

Milkweed for Monarchs

Monarch butterfly species are critical pollinators that increase plant diversity and support nectar-flowering native plants. Populations are continuing to decline at alarming rates.

What are the concerns?

Loss of habitat and nectar-producing plants as well as climate change are causing the decline in pollinators. Increased urban development and recent changes to agricultural practices in Iowa are some of the contributors to the decline in Monarch populations. Butterflies need connected corridors of habitat to move between food sources.

Monarchs in particular need nectar and host plants such as milkweed as a food source and for reproduction. Milk-weed is a native prairie plant that is in short supply along with other prairie species. Native prairie plants not only benefit butterflies but also help improve soil health. The Rainscaping connection to healthy habitat.

How can you help?

- Grow milkweed plants in your flower gardens or add them to your prairie or grasslands. Milkweed can be found where native Iowa plants are sold.
- Plant nectar-flowering plants such as butterfly or swamp milkweed and blazing star in your native plant gardens, prairies, rain gardens, bioretention cells, bioswales and other stormwater green infrastructure practices. They not only provide habitat for monarchs, but also the deep plant roots create greater pore space in the soil which helps soil health.
- Decrease the use of herbicides, pesticides and fertilizers. Use only what you need.
- Encourage others to use these practices as well.



Congratulations, You Know How to Recycle!

Windsor Heights residents, you did it! Because of your recycling efforts, Metro Waste Authority won the 2014 paper recycling award from the American Forest & Paper Association.

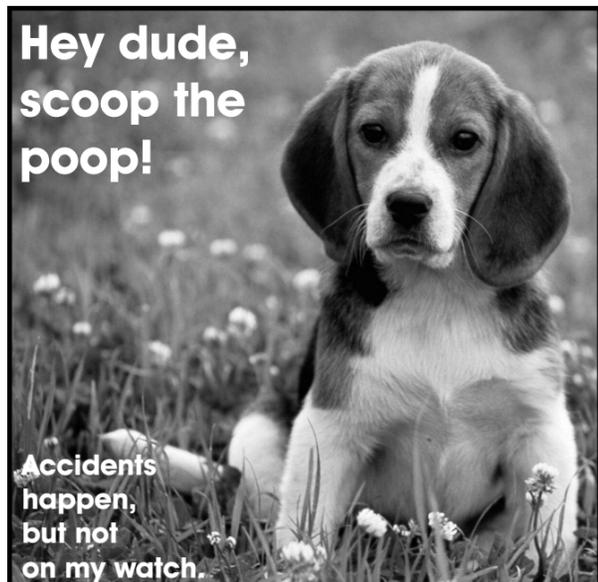
While the success of Curb It! is influenced by many partnerships, the most notable one is with cities, such as Windsor Heights, that offer the program and the residents who roll that cart to the curb.

You are great recyclers and we like to brag about because:

- A few years ago, the Iowa Department of Natural Resources did an audit of what materials were going into our landfill. There was still a decent amount of paper that could be recycled. Metro Waste Authority focused education over the next two years to expand people's view of what paper can be recycled. And you listened. As a result, Metro Waste has seen mixed paper (box board, junk mail, paper bags, etc.) increase by 10 percent!
- You keep garbage out of your recycling cart. Metro Waste sees 10-20 percent less trash in the recycling carts than similar markets. This means, the things people put in their recycling carts really are recyclable, which keeps their resale value high.

Congratulations, Central Iowans! And, thank you, Windsor Heights, for recycling. For more safe, smart waste disposal and recycling options, visit www.WhereItShouldGo.com or call 244-0021.

Hey dude, scoop the poop!



Accidents happen, but not on my watch.

Pet Poop Pollutes!

www.iowastormwater.org
PROTECT WATER QUALITY LEARN MORE DO MORE

More information at www.windsorheights.org

City of Windsor Heights

AMERICA'S CROWN COMMUNITY NEWSLETTER 

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Windsor Heights Oktoberfest

Celebrate fall in Windsor Heights! Bring your whole family to the annual Oktoberfest in Colby Park, 6900 School Street. Enjoy the beautiful scenery while sipping on German refreshments. Enter your children in the costume contest or your whole family in the pumpkin carving contest. You can even bring your furry friends and check out the dog park! There's a little something for everyone. Join us October 4, from 2:00-6:00 p.m. Visit www.windsorheights.org for more information to come.



Keep Windsor Heights Beautiful Cleanup Day

Please join the Keep Windsor Heights Beautiful Committee on Saturday, September 20, for our Annual Fall Cleanup Day. We live in a beautiful community and a couple of hours of work on a Saturday morning can let us put the best of our city on display heading into fall and winter. The more hands we have, the lighter the work for each one of us, so the more the merrier.

Bring along neighbors, friends, groups or anyone who cares about our city and making a difference in the community. Our home base will be in a white tent just north of Burger King on 73rd Street and we'll be working from 8:30 to 10:30 a.m. We'll provide gloves and a refuse bag and will give you an area to police. Please join us and spread the word to all.

The mission of the Keep Windsor Heights Beautiful Committee is to engage citizens, businesses and governments in Windsor Heights to take greater responsibility for beautifying and improving the community we all love.



City of Windsor Heights
the heart of it all
1133 66th Street
Windsor Heights, IA 50324
(515) 279-3662
www.windsorheights.org

Rx Drug Drop-off Boxes



The Polk County Sheriff's Office teamed up with some local city governments to offer Polk County residents a new way to dispose of their unwanted prescription medications.

Residents can find Drug Drop-Off Boxes in the lobbies of these new locations: Bondurant City Hall, Grimes City Hall, and the Polk County Sheriff's Office Field Headquarters at 6023 NE 14th Street, Des Moines. You can find these locations, as well as existing ones in the Metro Waste Authority Recycling & Disposal Guide.

Tossing or flushing your unwanted prescription medications is not the best option. People desperate enough will rummage through garbage for drugs, and flushing them down the toilet can contaminate our water supply. The drop-off boxes provide a more secure option for disposal, and the Polk County Sheriff's Office ensures all accepted items are properly disposed of.

Prescription medication in the form of pills, tablets, ointments, creams, powders, liquid medications, supplements, vitamins, inhalers, and pet medicine are accepted. Items must be placed in a sealed zip-top baggie prior to dropping them off.

CONTACT US! City of Windsor Heights

Emergency Phone Numbers

Fire Department911
Police Department911

Non-Emergency Phone Numbers

Police/Fire286-3632
City Hall279-3662

MayorDiana Willits

Council Members:

Steve Peterson
Charlene Butz
Betty Glover
Dave Burgess
Tony Timm

City AdministratorJeff Fiegenschuh

Accounting ClerkMarcia Woodke

Fire ChiefChristopher Cross

Police ChiefDennis McDaniel

Public Works Director Jason Van Ausdall

Police Department:

Police Dispatch286-3632
Police Admin./Records277-4453
Police Investigations277-4455

Fire Department279-3662

Public Works Dept.279-3662

Colby Park Reservations645-6821

Building Inspector279-3662

Animal Control286-3632

2 City Council Meetings are held the 1st and 3rd Mondays of every month at 6:00 p.m., unless posted otherwise.

SEPTEMBER & OCTOBER 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day (City Hall closed)	2 City Council Meeting 6 p.m. (City Hall)	3	4 Mayor & Administrator 10/60 Meeting 6 p.m. (Community & Events Center)	5	6
7	8	9	10	11	12	13
14	15 City Council Meeting 6 p.m. (City Hall)	16	17	18	19	20 Keep WH Beautiful Cleanup 8:30 a.m.
21	22	23	24 Planning & Zoning Meeting 4:30 p.m. (City Hall)	25	26	27
28	29	30	1	2 Mayor & Administrator 10/60 Meeting 6 p.m. (Community & Events Center)	3	4 Oktoberfest 2-6 p.m. (Colby Park)
5	6 City Council Meeting 6 p.m. (City Hall)	7	8	9	10	11
12	13	14	15	16	17	18
19	20 City Council Meeting 6 p.m. (City Hall)	21	22 Planning & Zoning Meeting 4:30 p.m. (City Hall)	23	24	25

NEWS BRIEFS

Mayor & City Administrator 10/60 Meetings

The Mayor/Administrator will continue hosting regular monthly 10/60 community meetings for Windsor Heights residents. The meetings will be held on the first Thursday of the month from 6-7 p.m. at the Windsor Heights Community and Events Center. Residents are encouraged to attend. They will have 60 minutes to ask their Mayor and Administrator any 10 questions they want. Please call 645-6808 with questions.

Rain Barrels for Sale

The City of Windsor Heights still has rain barrels for purchase at \$50. If you're interested, please come to City Hall to purchase and take home a rain barrel the same day. Just make sure you can fit one in your vehicle! They can easily fit into the backseat of a standard sized car. If there are any questions, please contact Sheena Danzer at 645-6826 or sdanzer@windsorheights.org.

Hazardous Waste Drop-Off Events

"Toxic," "Flammable," "Keep Away from Children." Do you have items with these types of words on the label? If so, stop storing it and get rid of it. Every year, Metro Waste Authority partners with the western suburbs to help residents get rid of household hazardous waste the safe and smart way.

All metro residents (including Windsor Heights) can attend the drop-off events on October 25, from 8 a.m. to Noon at the Clive Aquatic Center, located at 1801 NW 114th Street.

Review a list of items to bring at www.WhereItShouldGo.com and click on Calendar for event details. Items not accepted include: latex paint, electronic waste, medications and tires.

Iowa One Call

Residents undertaking projects involving digging and excavating are reminded to call Iowa One Call. Under Iowa statute, you are required to make the toll-free call at least 48 hours before digging, excluding Saturday, Sunday and legal Holidays. The service is FREE to anyone who requests it. Before any digging or excavation starts, call Iowa One Call at 1-800-292-8989 to have utilities marked.



Self-Defense Course for Women

The Windsor Heights Police Department is currently gathering contact information for area residents who may be interested in participating in a women's education and self-defense course called Rape Aggression Defense (RAD). Dates of the course have tentatively been set for Tuesday and Wednesday evenings in October (October 7, 8, 14, and 15) from 6:00-9:30 p.m. at the Windsor Heights Community and Event Center. Class size will be limited to 20 students and attendance at all classes is recommended to complete the program successfully. There will be a one-time registration fee of \$25 due prior to the first class along with pre-event paperwork and waivers. Returning students are welcome at no charge.

The RAD program for women's basic self-defense is the largest nationally recognized women's self-defense organization in the world (www.rad-systems.com). Classes encompass twelve hours of education and awareness topics mixed in with hands-on, active self-defense techniques and strategies. The final class in the series is a culmination of the material presented where three separate, active simulation scenarios are given to students to apply what they have learned in the classroom.

Participation in this course does encourage a moderate level of activity; however, women of all ages and abilities are encouraged to attend. The philosophy of RAD instructors is that this program should be easy to learn, easy to retain, and relatively easy to employ during real confrontational situations.

Chief McDaniel of the Windsor Heights Police Department, and long-time certified RAD instructor states, "The objective of the basic RAD program is to develop and enhance the options of self-defense so that they may become viable options for a woman who is attacked. We work with our students to educate them on general awareness issues and also strive to create confidence in the application of some basic self-defense techniques."

Interested women, high school age and above, may contact Officer Woods at the Windsor Heights Police Department during normal business hours at 645-6829 or awoods@windsorheights.org with questions.