

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.

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.

National Night Out Thank You

The Windsor Heights Police Association hosted its 4th Annual National Night Out event with great success because of your help. With such a success, the Police Association wants to thank everyone who participated in our largest event to date. This year, over 700 individuals took part in the night's activities along with 22 vendors and raised money for this year's service project. The Windsor Heights National Night Out event continues to experience substantial growth regarding attendees, volunteers and community involvement and is looking for more neighbors to join us next year.

Thanks to our 40 sponsors and more than 700 participants, the Police Association was able to collect and distribute \$1,500 in gift cards to Iowa National Guard families in need. We could not have accomplished this without your generosity and the Windsor Heights community.

On behalf of the Windsor Heights Police Association, thank you for taking time out of your evening to join us for America's Night Out against crime.

We look forward to seeing you next year.

More information at www.windsorheights.org

City of Windsor Heights

AMERICA'S CROWN COMMUNITY NEWSLETTER 

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Leaves and Stormwater

Summer is winding down and the bright, brilliant colors of fall are beginning to fill our trees and lawns. With turn of the season, leaves begin to fall. Please help keep our stormwater intakes free and clear of leaves and debris as you rake your lawns. Do not rake your leaves into the street as they will eventually end up in the stormwater intakes and the storm sewer, potentially clogging the pipes and causing flooded streets and possible homes. Windsor Heights stormwater flows in underground culverts, open ditches and creeks, and eventually finds its way to the Raccoon River, which is the source of our drinking water. Clean stormwater runoff helps protect aquatic life, and helps make our drinking water cleaner and safer too!



New City Hall Open House

You're invited! Mayor Willits, City Council Members, and City Staff welcome the public to the new City Hall for an open house. Join us Tuesday, October 7, from 5:00-7:00pm at 1145 66th Street, Suite 1 in Windsor Heights for tours of the building. Mark your calendar and join our celebration! Refreshments will be provided.



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

O C T O B E R 2 0 1 4



Working Smoke Alarms Save Lives

Test Yours Every Month!

Fire Prevention Week • October 5–11, 2014
Go to FPW.org



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

Interim City AdminBrett Klein
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.

OCTOBER & NOVEMBER 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6 City Council Meeting 6 p.m. (City Hall)	7 New City Hall Open House 5-7 p.m.	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
26	27	28	29	30 Beggars' Night	31	1
2	3 City Council Meeting 6 p.m. (City Hall)	4	5	6 Mayor & Administrator 10/60 Meeting 6 p.m. (Community & Events Center)	7	8
9	10	11	12	13	14	15
16	17 City Council Meeting 6 p.m. (City Hall)	18	19 Planning & Zoning Meeting 4:30 p.m. (City Hall)	20	21	22
23	24	25	26	27 Thanksgiving City Hall closed	28 City Hall closed	29

NEWS BRIEFS

Beggars Night

Ghosts and goblins will be in the neighborhood for trick-or-treating on Thursday, October 30, from 6:00- 8:00 pm. Turn on your porch light if you would like to host little visitors. Please be extra careful while driving at this time as well.

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.

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, if you plan to dig deeper than 12 inches, you are required to make the toll-free call at least 48 hours before digging. 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.



Garbage, Recycling and Yard Waste FAQ

Friday is your collection day in Windsor Heights for all services – garbage, yard waste and recycling. Garbage and yard waste (during the yard waste season) are collected EVERY week. Recycling is collected EVERY OTHER week (see calendar on lid for your week).

Garbage

Who do I call...

- For a missed collection? Call ASI, your garbage hauler at 964-5229
- For cart repair/replacement? Call ASI, your garbage hauler at 964-5229
- To start/stop service? Call Des Moines Water Works at 283-8700
- To request an extra cart (for a fee)? Call ASI, your garbage hauler at 964-5229



Recycling

Who do I call...

- For a missed collection? Call Waste Management, your recycling hauler at 244-7336
- For cart repairs/replacement? Call Waste Management, your recycling hauler at 244-7336
- To start/stop service? Call Des Moines Water Works at 283-8700
- To request a different size cart (96 and 48 gallon carts available)? Call Waste Management, your recycling hauler at 244-7336



Yard Waste

Who do I call...

- For a missed collection? Call Waste Management, your yard waste hauler at 244-7336
- To sign up for the yard waste cart service? Visit Windsor Heights City Hall



Residents can call Metro Waste Authority at any time for general questions about their service. For more detailed information residents can also visit the Windsor Heights page on the Metro Waste Authority website at www.WhereItShouldGo.com/WH.