

Balance Chiropractic & Wellness Donation



Balance Chiropractic & Wellness, a Windsor Heights patient-centered chiropractic practice led by Dr. Jennifer Rahe-Thompson, announced its donation of a police patrol bicycle to the Windsor Heights Police Association (WHPA) following a philanthropic partnership that ran through the end of June.

"Bicycle patrol officers are an integral part of keeping our community safe," said Community Relations Officer Ryan Rupiper with the Windsor Heights Police Department. "Bicycles are able to silently patrol, reducing burglaries and providing a flexible approach to otherwise inaccessible areas. Balance Chiropractic's donation allowed us to replace older gear and continue to grow our patrolling resources."

During the philanthropic partnership, Balance Chiropractic & Wellness accepted a thirty-dollar donation to the WHPA in exchange for a patient's initial consultation and exam. This provided an opportunity for the practice to not only raise funds for the local organization, but introduce chiropractic care and its benefits to a previously untapped clientele. Dr. Jennifer Rahe-Thompson notes, "Windsor Heights police officers and their friends referred a number of new patients to the office interested in making a donation and gaining the benefits of regular chiropractic care. We look forward to continuing our relationship with the WHPA and the amazing work they do for the community."

Balance Chiropractic & Wellness is currently evaluating future philanthropic partnerships; to inquire about how to participate call the office at (515) 255-5330.

Balance Chiropractic & Wellness is a full-service practice committed to patient-centered health and wellness lead by Jennifer Rahe-Thompson, D.C. "Dr. Jen" is a graduate of Palmer College of Chiropractic in Davenport, Iowa, and active in the Iowa Chiropractic Society, the American Chiropractic Association and the ACA's Council on Nutrition, in addition to being involved in community activities such as the Greater Des Moines Partnership. Balance Chiropractic & Wellness is recognized as a Five Star chiropractic service provider by the Integrity Management Group and is a member of the Windsor Heights Chamber of Commerce.

The \$350 donation was used to help purchase a new patrol bicycle for the Windsor Heights Police Force and was purchased at Barr Bike in Clive. Thank you, Balance Chiropractic for your support.

Is Your Number Up?

If you have an emergency in your home or business, we can't help you if we can't find you. When you call the Windsor Heights Fire Department to request assistance, a vital piece of information is your address.

It is important that you have your address visible so that emergency vehicles responding to your aid will be able to reach the scene in a timely manner.

Numerical addresses for each building should be at least 4 inches in height, contrasting color, and readily visible from the roadway. It is also helpful if the numbers are reflective so they're visible at night.

By posting your home or business numbers, you will be helping the Windsor Heights Fire Department help you without unnecessary delays. If you need more information regarding the placement of your address, please contact the Windsor Heights Fire Department at 515-279-9450



More information at www.windsorheights.org

City of Windsor Heights

AMERICA'S CROWN COMMUNITY NEWSLETTER

CONTENTS

- 2 Officer Kendig Promoted
- 3 Stormwater Tips
- 4 Police Association Donation
- 4 House Numbers

Safe, Free Disposal of Hazardous Waste for All Metro Residents

Is Spring cleaning still on your mind? Metro Waste Authority's "Clean Up Crew" is coming to Windsor Heights for a household hazardous waste clean up event. Join us Saturday, August 27 from 8 a.m. to noon in Windsor Heights at Colby Park at 6900 School Street, behind Wal-Mart. Residents from the entire Metro Waste Authority service area can bring lead and oil-based paints (not latex*), chemicals such as insecticides, poisons and solvents, lawn products, CFLs, and cleaners to the event for proper disposal.

For a complete list of accepted and unaccepted items, visit:

<http://www.mwatoday.com/pressroom/article.aspx?pid=139>

*NOTE: Latex paint and electronic waste is NOT ACCEPTED at this event. You can dispose of latex paint by mixing it with kitty litter or sawdust and letting it dry out. You can then dispose of it in your regular trash as long as the lid remains off the paint can.

Citizen of the Year Award



The Citizen of the Year award has been given annually since 1987 for exemplary volunteer efforts demonstrating commitment, support, leadership, outreach, and a desire to make a positive impact in the city. Since that time, noted Windsor Heights residents have been honored.

This year's winner was announced by Mayor Jerry Sullivan at the June 14 "Music in the Park" concert. For her distinguished service and far-reaching contributions to the Windsor Heights community, this year's award goes to Sylvia Owens.

Sylvia is a standout in the volunteer world. She got hooked when she first offered to help at the July 4 Celebration seven years ago. Sylvia says, "I wanted to know more about my community. I have seen the need and positive impact of volunteerism throughout Iowa starting with my position at the Iowa Civil Rights Commission where I have worked for over ten years. At the commission we use the AmeriCorp Vista program. These volunteers have made positive contributions to our agency."

Through Sylvia's dedicated efforts with the Special Events Committee, the Neighborhood Association and the Neighborhood Watch, thousands, both residents and non-residents alike, have benefitted.

There will be a reception honoring Sylvia on November at 7, at the Windsor Heights Community and Event Center at 5 p.m. prior to the City Council Meeting, which will also be in the Community Center.

Heartfelt congratulations go to Sylvia for this prestigious and well deserved honor.



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

Police Officer Trace Kendig Promoted

Effective Monday, June 20, the Windsor Heights Police Department announced the promotion of Officer Trace Kendig to the position of Lieutenant. Lieutenant Kendig has been an asset to the Windsor Heights Police Department since 2006. Prior to working for the city, he served the communities of Perry, Storm Lake, and Emmetsburg in their police departments. Prior to his promotion, Trace was a proactive member of the WHPD Patrol division, worked as a field training officer, and served with the Metro STAR tactical response unit for the last two and half years. We welcome him to this position and look forward to his continued service. Lieutenant Kendig will be supervising patrol shifts during nighttime hours as well as coordinating the police department's training program. Trace is also a certified Defensive Tactics instructor and Taser instructor-



Lieutenant Trace Kendig can be reached by email at tkendig@windsorheights.org

Contact Us! City of Windsor Heights

Emergency Phone Numbers

Fire Department911
Police Department911

Non-Emergency Phone Numbers

Police/Fire286-3632
City Hall279-3662

MayorJerry Sullivan

Council Members:

Charlene Butz
Betty Glover
Dave Jenison
Steve Peterson
Diana Willits

City Admin.Marketa George Oliver

Chief Financial Off.Carrie Kruse

Fire ChiefChristopher Cross

Police ChiefDennis McDaniel

Public Works Director Jason Van Ausdall

Director of Comm. Svcs. Josh Heggen

Police Department:

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

Fire Department279-3662

Public Works Dept.279-3662

Colby Park Reservations ..279-3662

Building Inspector279-3662

Animal Control279-3662

2

City Council Meetings - 1st and 3rd Mondays of every month, unless posted otherwise.

AUGUST & SEPTEMBER 2011						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 City Council Meeting 6 PM (City Hall)	2 National Night Out & Music in the Park 7 PM (Colby Park)	3	4	5	6
7	8	9 Mayor's Hour 9-10 AM Music in the Park 7 PM (Colby Park)	10	11	12	13
14 Chamber of Commerce Annual Golf Outing	15 City Council Meeting 6 PM (Luin Lane)	16	17	18	19	20
21	22	23	24	25	26	27* Household Hazardous Waste Drop-off 8 AM (Colby Park)
28	29	30	31	1	2	3
4	5	6 City Council Meeting 6 PM (City Hall)	7	8	9	10
11	12	13 Mayor's Hour 9-10 AM	14	15	16	17
18	19 City Council Meeting Cancelled	20	21	22	23	24 Community Coffee Club 9 AM (Grounds for Celebration)

*Community Coffee Club 9 AM (Grounds for Celebration)

NEWS BRIEFS

A Cheer of Thanks to the Volunteers

An abundance of sunshine with temperature in the cool 80's set the stage for this year's 4th of July in Windsor Heights. The group of volunteers who worked their tails off to make the day's activities go off without a hitch are to be thanked for contributing their time and effort in making it such a memorable occasion. These folks helped from beginning to end, from the parade line up to the final firework flame. The City of Windsor Heights salutes the citizens, council members, staff, special events committee members and wave our flag in thanks for their terrific assistance.

Much appreciation also is extended to the partners, who through their financial assistance or in-kind donation so generously contributed to the event. On behalf of everyone involved with the 2011 Fourth of July Celebration in Windsor Heights, special thanks to :

- Windsor Heights Foundation
- Hy-Vee
- Windsor Heights Special Events Committee
- Lions Club
- Premium Solutions
- Windsor Heights Chamber of Commerce
- City of Windsor Heights

Takin' it to the Streets Council Meetings

We are excited to have the return of the Takin' it to the Streets program in 2011. This award winning program started three years ago and involves the city holding a city council meeting in the various neighborhoods. Our third Takin' it to the Streets meeting will be on August 15 on the street curve on Luin Lane, located south of 78th Street. If the weather is poor, we will move inside back to City Hall. Following the meeting we will have cookies for everyone to share and get to know their neighbors a little better. As always, the meetings will start at 6:00 p.m. Please remember to bring your lawn chair.

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.



Stormwater Tips

Mowing, Trimming and Planting:

- Dispose of leaves, sticks or other collected vegetation as garbage, by composting or at a permitted landfill. Do not dispose of collected vegetation into waterways or storm drainage system.
- Use mulch or other erosion control measures when soils are exposed.
- Place temporarily stockpiled material away from water-courses and drain inlets, and berm or cover stockpiles to prevent material releases to the storm drain system.
- Consider an alternative approach when bailing out muddy water: Do not put it in the storm drain; pour over landscaped areas.
- Use hand weeding where practical.

Fertilizer and Pesticide Management

- Follow all federal, state and local laws and regulations governing the use, storage and disposal of fertilizers and pesticides and training of applicators and pest control advisors.
- Use less-toxic pesticides that will do the job when applicable. Avoid use of copper-based pesticides if possible.
- Do not use pesticides if rain is expected.
- Do not mix or prepare pesticides for application near storm drains.
- Use the minimum amount needed for the job.
- Calibrate fertilizer distributors to avoid excessive application.
- Employ techniques to minimize off-target application (e.g., spray drift) of pesticides, including consideration of alternative application techniques.
- Apply pesticides only when wind speeds are low.
- Fertilizers should be worked into the soil rather than dumped or broadcast onto the surface.
- Irrigate slowly to prevent runoff and then only as much as is needed.
- If fertilizer spills on the pavement or sidewalk, clean these surfaces before applying irrigation water.
- Dispose of empty pesticide containers according to the instructions on the container label.
- Use up the pesticides. Rinse containers, and use rinse water as product. Dispose of unused pesticide as hazardous waste.

3