



# **Greetings from the President**

Our neighborhood is coming alive again after the brutal lowa winter. The grass is greening, bushes budding, and colorful spring flowers are beaming. Our sidewalks are once again busy with walkers and runners and the laughter of children can be heard.

The cold weather did not keep people from attending the annual Westwood Art Center mixer. Lisa LaValle once again put out a great spread of food. Greg Berry, our Social chair, arranged the Soul Searchers band, who provided smooth jazz all evening. Many contributed food donations, which I delivered to a food pantry. I enjoyed seeing familiar faces, as well as meeting many new.

I look forward to seeing you out and about in our lovely neighborhood.

-Kristy Barzen

# **Neighborhood Communications**

Our neighborhood had a situation with a large, loose dog, attacking deer. One incident was witnessed by a child, whose upset parents got a hold of the Westwood Neighborhood Association seeking help. We were able to communicate with neighbors through the email addresses provided on membership forms. Thanks to Sue Boesen, our Secretary, for putting that list together so that we are now able to email members. Flyers were also posted at Hanawalt School and around the neighborhood. After all this information went out, the dog has not since been seen running loose and attacking deer. A relief to many concerned parents! The communication blitz seemed to work.

Being able to communicate quickly by email, about alerts, issues, and concerns is a very real benefit of our Westwood Neighborhood Association. I know that I have been concerned about the news in Des Moines about a 5 year-old boy being lured into a car, and about others cars trying to lure young girls. I want to be able to communicate quickly if we see anything in our neighborhood that affects the safety of our residents. I am glad I am involved in a neighborhood that has forum that allows me be more aware of happenings in my neighborhood.

—Kristy Barzen

# Neighborhood Meeting With Parks & Rec Regarding Welker Trail Connection

### WEDNESDAY JUNE 9 AT 7 P.M. - HANAWALT

On Wednesday June 9, Des Moines Parks and Recreation staff will be presenting the results of their investigation into Welker trail access options to neighborhood residents at 7 p.m. at Hanawalt Elementary School for feedback and review.

This issue arose last year after a neighbor, asserting heightened concerns of privacy and safety following the completion of the Walnut Creek Trail to the South of his property, installed and padlocked shut a gate that blocked the existing public right-of-way which had been long used by a number of neighborhood residents. Two neighborhood meetings followed, the end result of which was for the City to propose an alternative paved route for study and review. Those in attendance at the second meeting supported this review by a vote of 11-6 with 9 abstentions. It was also agreed that the existing right of way, which is presently accessible through an entry adjacent to the gate, would remain open until any alternative path was developed.

The City's Park and Recreation Department subsequently requested the survey of two potential paths to replace the existing dirt and gravel public right of way that presently extends to the Walnut Creek Trail from the end of Southwest 52nd Street and Welker Avenue. If chosen, the existing path would be sold to one or both adjoining property owners to partially cover the costs of paving the newly created path. The two locations include the alternative discussed at the community meetings last year (which is approximately 475 feet to the west of the existing public access) and a second alternative that is farther to the west but flatter and with fewer trees. The surveys, which are presently being reviewed by city engineers, were to determine the impact to trees as well as the estimated cost of each alternative location. City staff are confident this review will be completed by the June 9 public meeting, but probably not much before, so the meeting will be the first unveiling of the findings and your chance to help provide the Park and Recreation Department with feedback and review. The two alternative routes are each marked by survey sticks, i.e., pieces of lath with orange marking tape on them.

The Westwood Neighborhood Association encourages everyone interested in this issue to attend, and also encourages a civil neighborly discourse.

Parks and the City are not considering a formal trail head with parking, but instead a neighborhood access to the trail. Beyond that, we'll need to wait and see what Parks determined through its investigation of the possible alternative paths, and what is further determined based on your feedback and review. The WNA Monthly Board meeting will follow and also be open to all who may be interested in attending.



-Mike Keller

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# SAVE THE DATE FOR JAZZ IN JULY! JULY 9, 2010 6:30 P.M.

Join us for our fourth annual event at Sylvan Theater in Greenwood Park. The Jim Oatts Quintet will be our featured artist this year.

Jim Oatts, on trumpet, is the leader of the Des Moines Big Band. Jim has toured and/or recorded with the Stan Kenton Orchestra, Woody Herman Orchestra, Chase, Machito, Wilson Pickett, Thad Jones/Mel Lewis Jazz Orchestra, Clark Terry Big Band, Mike Vax Big Band and others. Jim has been the director of the Des Moines Big Band for over twenty years. They just released their fourth CD last year. Also, Jim's sextet and the Des Moines Big Band have been featured on IPTV for several shows. Other performance credits include Tony Bennett, Sammy Davis Jr., Doc Severinsen, Vic Damone, Bobby Darin, and many others. Currently, Jim is a middle school band director for the Southeast Polk Schools in the Des Moines area. He also stays very active as a clinician and judge throughout the Midwest.

**Dave Camwell**, Saxophone. Dr. Camwell is professor of Saxophone and Jazz Studies at Simpson College in Indianola. He also runs the Jim Widner jazz camp every June on the Simpson campus.

**Eric Krieger**, Bass. Eric is a graduate of Lincoln High School in Des Moines and the University of Northern Iowa. He is one of the most sought after bass players in the metro area. He is a regular with the Des Moines Big Band and several Latin groups. He has a regular gig with John Krantz at Sam and Gabes Restaurant every Friday night.

**Rob Messer**, Drums, Masters in Percussion, University of Iowa. Rob is a freelance musician in Des Moines and plays and records regularly with the Sam Salomone Group.

**John Kizilarmut,** Vibes and Piano, Professor at Drake University. John is also a great drummer. He is one of the first call percussionists in the Des Moines area. He taught at Northwest Missouri State before joining the faculty at Drake University.

We hope to see you at Sylvan Theater for some great music with The Jim Oatts Quintet!



### HANAWALT PE4LIFE



Hanawalt Elementary was selected to serve as one of only four PE4life® Model sites in Iowa and will be used as a model for workshop delivery at other schools. The goal is to improve physical education programs across the state of Iowa. John Baker, the PE teacher at Hanawalt, will implement the program, which emphasizes getting all kids healthy through fun and interactive activity.

Julia Burton-Varn, principal of Hanawalt stated, "Our PE teacher, John Baker, has been a leader in his field regarding the importance of teaching students how to live healthy and lead active lives. He inspires all Hanawalt students to improve their personal levels of fitness. PE is exciting, challenging, and student-oriented. We are very excited to become a model school."

Congratulations to John Baker and Hanawalt for being leaders in the movement to keep kids healthy!

### **SCRUB DAYS**

Neighborhood Scrub Days are coming up — just in time for spring cleaning. To take advantage of Scrub Day, proof of Des Moines residency is required in the form of a driver's license or utility bill. Here's what you need to know:

Saturday May 15, 7 a.m. — noon, Central Presbyterian Church 39th and Grand Scrub day--household items, NO COMPOST

Saturday May 15, 7 a.m. — noon, Compost center will accept your compost at 1601 Harriet, DSM Saturday, October 16, 7 a.m. — noon, Roosevelt High School parking lot Scrub day

All yard waste will need to be hauled to the MWA Metro Compost Center at 1601 Harriett Street in Des Moines.

Yard waste is NOT accepted at the neighborhood SCRUB sites.

#### **SCRUB Items Allowed:**

• Trash containers, general trash including furniture, lawn mowers without fluids, televisions, computers, tires (any size on or off rim) appliances (no charge), air conditioners, refrigerators, freezers, microwaves, dehumidifiers, furnaces, stoves, washers, dryers, dishwashers, water heaters, etc.

#### **SCRUB Items Not Allowed:**

• Car batteries, propane tanks; toxic liquids such as oil, paint, etc.; toxic or hazardous chemicals. Call Metro Waste Authority's Regional Collection Center for Household Hazardous Waste at 967-5512 to dispose of these items

### **SCRUB Yard Waste Allowed at Compost Center:**

• Brush, tree limbs 24" diameter or less; maximum length 10', prunings, loose leaves, loose grass clippings, straw, hay

For more information, go to www.dmgov.org and look for the heading "Hot Topics." You'll find Scrub Days listed there. You can find the list of calendar dates for other neighborhoods at http://www.dmgov.org/departments/PW/pdf/ScrubCalendar.pdf

# WESTWOOD ANNUAL NEIGHBORHOOD ART CENTER PARTY

Over a hundred of our neighbors attended this year's Westwood Neighborhood Annual Art Center party!

Missed this year? Don't worry — this is an annual event! Please consider joining us next year as we celebrate our successes, meet new neighbors, and catch up with current ones.



Keep an eye on your Westwood News for information on all upcoming festivities, including our neighborhood Ice Cream Social and Jazz in July (featured on page 2).

### THE 2009 WESTWOOD GREAT PERENNIAL DIVIDE: MAY 7 AND 8



This year's Great Perennial Divide will be held May 7th and 8th. We probably all have some hosta that need dividing, and they seem to be a favorite for those looking for new additions to their gardens. All plants are welcomed and appreciated, however.

Mary Gottschalk will be hosting the Divide this year at her home, 416 49th Street Bring any plants you have to share from 3:00 to 6:00 p.m. Friday, May 7, and then come and pick up what you would like to have for your garden from 9:00 to 12:00 a.m. Saturday, May 8. Please be sure you tag all plants with name of plant, height (small, medium or tall will do) and sun requirements (sun, part sun or shade.) Plastic bags will work for transporting. We have plenty of pots to put them in.

That's all there is to it! You don't have to "give to get," and you don't have to be a member of the neighborhood association to participate!

—Mary Gottschalk

Have news or a story about your neighbors to share? We'd love to hear it!

Email Amy MacKrell at

amy.mackrell@dmu.edu (subject line=Westwood) and we'll make it known!

#### RATS ARE PETS TOO! - THE WESTWOOD VET

Ten year-old Westwood neighbor Tate MacKrell had some questions about his pet rat, which he recently adopted from the Animal Rescue League in Des Moines. Tate knows that rats are social animals and, among other things, wondered if his pet rat should have a friend. With his questions as a lead-in, let's talk about some basics in caring for these small pets.

Rats are classified as rodents, a classification which includes mice, gerbils, hamsters, guinea pigs and rabbits. The term "rodent" is derived from the Latin word "rodens," which means "gnawing." All rodents share one characteristic: highly specialized teeth for chewing. They have a single pair of upper and a single pair of lower incisors. The incisors are rootless and grow continuously, which is why when you think of a rodent you picture them chewing on something!

Prevention of disease in rodents is far more successful than treating them once they get sick. Disease prevention is based primarily on these common-sense practices:

- 1. Supplying balanced fresh food.
- 2. Providing clean, fresh water every day.
- 3. Furnishing adequate shelter (including shade from direct sunlight).
- 4. Avoiding drafts, excessive temperatures, or humidity changes.
- 5. Keeping cages clean by preventing the accumulation of excess feces and urine.
- 6. Isolating a sick rodent from its cage-mates for treatment.
- 7. Protecting the pet rodent from natural predators (such as cats!) living in the same household.



Remy the rat

Obesity in pet rats is common and it is known that pets with a restricted-calorie diet live longer. To prevent or reduce obesity, owners should limit the pet's food intake and provide cage accessories that allow play and exploration (e.g., exercise wheels, tunnels, and ramps). Owners should also supplement their pet's diet with foods high in fiber such as vegetables, limited amounts of fruit, and occasional treats.

Another important consideration is where your rat will live. Aquariums generally are not suitable cages because of inadequate air circulation. The best cages are made of a material that will be easy to clean and deodorize, and is indestructible by chewing or digging in the corners. The cage floor can be solid, but should be waterproof and easy to clean. Wire mesh floors are not recommended because rats and mice can trap their feet (especially hind limbs) in the openings, resulting in fractures and injuries.

Owners should frequently change bedding and clean cages. This will reduce the toxic or odor-causing gases, such as ammonia, from building up. Some pet bedding contains lemon and chlorophyll to give them a pleasant scent. This type of bedding irritates pet rodents, and the coloring agents can stain white rats or mice, so try and avoid using this type of bedding.

Rodents are also sensitive to temperatures. In the wild, their main method of controlling their body temperature involves escaping the heat by burrowing or seeking cool places. When we keep them as pets their environmental temperature should be kept between 64-79° F, while humidity should be kept in the range of 30-70%. Both temperature and humidity regulation are important to prevent diseases such as ring-tail, nasal dermatitis, and other respiratory disease.

Rats also look forward to a daily treat. You should not offer treats by placing them between the wire openings of the cage. Rats conditioned to accept treats this way can mistakenly bite fingers that are innocently placed between the wire openings or when the cage is held or moved. Pet rodents accustomed to being handled will eat the treat out of the owner's hand. If owners handle rats gently, they become tame and rarely bite unless roughly handled, startled, or hurt. Rats not only seek out interactions with people, but learn to distinguish and prefer familiar people rather than unfamiliar ones. Environmental enrichment toys and frequent human contact with pet rats increases production of growth factors and has been shown to stimulate areas of the brain involving cognition.

In addition to making your pet happier and more comfortable, this daily routine can detect subtle changes in the pet's behavior. Sick rodents are very good at hiding signs of disease. Sick rats do not show the same interest in their daily treat, and this can alert the owner early to disease when it is still treatable and reversible.

Tate is right! Rats are social animals. But male rats should not be housed together unless they were raised together from birth. Placing strange adult male rats in the same cage together will result in fighting. Housing male and female rodents together will result in mating and subsequent litters (with a new litter possible every 3-5 weeks!) unless they are spayed or neutered.

I hope this helps you enjoy our smaller pets. Remember to foster their social behavior and innate curiosity by adopting some of the tips suggested above, including daily human interaction and rotation of toys that they seem to enjoy.

Thanks for the question, Tate! I am happy to hear that you are taking such good care of your pet rat, and supporting the Animal Rescue League in Des Moines.



Veterinary Staff:
Dr. N. T. Peterson
Dr. T. J. Frye
Dr. T. S. Dermody
Dr. L. Meythaler-Mullins
HOURS

Weekdays: 7 a.m. to 6 p.m.

Saturday: 7 a.m. to Noon

For more information on rat and mouse care, a good resource is the American Fancy Rat and Mouse Association at http://www.afrma.org.

-Dr. Laurie Meythaler-Mullins, Veterinarian and Westwood Neighbor

Questions for the vet for the next Westwood Newsletter?

Email them to: ingersollvet@gmail.com

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# **Des Moines Neighbors News**

#### **DM NEIGHBORS NEEDS YOUR HELP!**

Please help Des Moines Neighbors, a coalition of all the Des Moines neighborhoods by saving your used ink jet and laser jet toner cartridges along with old cell phones. The Des Moines Neighbors is paid for each cartridge and cell phone turned in. This fundraising effort has been so successful that it will continue indefinitely. Your are helping support a great advocacy group and making a positive impact on our environment at the same time!

Please bring items to the home of **Sharon & John Murphy at 100 SW 52nd Street** and leave them on the front porch. We will ensure they get to the Des Moines Neighbors office.

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#### HAVE YOU PURCHASED YOUR DSM NEIGHBORS COOKBOOK YET?

The cookbooks are now available at various locations around the city including Dahl's on Ingersoll. They can also be purchased through the board members of Des Moines Neighbors and at the general Des Moines Neighbors meeting the 4th Thursday of the month.

Price: \$12.00

#### 2010 ALICE RODINE AWARDS:

Mark your calendars for the 2010 Alice Rodine Volunteer recognition Pot Luck on April 22, 2010. The Award ceremony will be held at 7:00 pm at the Mickle Center

Nominations forms are available at www.dmneighbors.org.

—Sharon Murphy, Westwood Liaison to the DM Neighbors

# Save the Date for the Ice Cream Social: August 3, 2010



Summer always comes quick so here's a quick heads-up for the Westwood Annual Ice Cream Social!

Our neighbors Bernie and Stephanie at **217 52ND ST** are once again opening their yard and swimming pool for us to have hot dogs, chips, and ice cream. Meet old friends and make new friends, and bring your swimsuit if you would like. Mark it on your calendars!

# **Neighbors in the News**

Neighbor Dave DeBord's script "Dick Diamond—Private Eye" was one of two winning scripts chosen for the Fairfield Film Expo Production Workshop. Each of the scripts was shot in a three hour period in front of a live studio audience. You can see Dave's work for yourself by viewing the video at:

http://www.youtube.com/watch?v=6rVVzGdwSUk

Congratulations, Dave!



# **Westwood Neighborhood Association Board Officers**

**President** Kristy Barzen 274-6263 kbarzen@aol.com Vice President Mike Keller 707-2764 mrk515@gmail.com **Secretary Sue Boesen Copple** 277-8474 boesencopple@yahoo.com **Treasurer Ed Truslow** 277-1608 ed@ampiowa.com

#### About Westwood Neighborhood News

Westwood Neighborhood News is published quarterly to provide residents with information about the activities of the Westwood Neighborhood Association. We welcome and encourage contributions from residents. Please contact Amy MacKrell with news, articles, and calendar events at amy.mackrell@dmu.edu (subject line "Westwood") or 440-2766.

Submissions may be edited for length and clarity.

## WESTWOOD MEMBERSHIP

Strong, consistent membership can greatly benefit the neighborhood association and is essential when seeking grants to fund neighborhood improvements. Our challenge is to build a stable neighborhood association. Becoming a member is the first step.

#### Thanks to the members who have contributed to our success!

Allen, Jason Anderson, Marcus & Mary Aspengren, Mary Lou Baker, Keith & Deborah Guthrie Baldwin, Patricia Barzen, David & Kristy Bates, Dennis & Sally Beh, Bud & Mary Bell, Jim & Barbara

Berntsen, Rob & Steph Pickens

Berry, Dr. Greg & Maria Bookey, Harry & Pam Brooks, Steve & Katie Brown, Peter & Lisa Burgeson, John & Colleen Burke, Bernie, Stephanie Preusch Burkle, Daniel Caldbeck, Garry & Debbie Campbell, Jan & Bo Cary, Daniel & Tiffani Christensen, Scott & Debby Clutter, Ryan & Vicki Sehgal Connor, Bob & Shirley Copple, Vincent & Susan

> Need to renew your membership? Your support makes great things happen in Westwood!

Cownie, Drew & Christine Davis, Ron & Agnes DeBord, Dave & Kristi Sutton DenHartog, Rob & Brenda Currans DiSilvestro, Charlie & Martha Dorner, Dr. Carolyn Downing, Dr. Wendell & Joyce

Faber, Vern & Nancy Fleming, James & Allison

Fox, Cynthia

Galeazzi, Dennis & Nancy Galenbeck, Scott & Leann Treloar

Gleson, Lisa Gottschalk, Mary

Grannes, Dean & Stephanie

Hand, Judy Hearn, Jack

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Heinz, Amy & Jason Handeland Hemminger, David & Jane Hetherington, Dr. Peter & Sue

Horstmann, Rick & Laura Huber, Rory & Marti

Jansen, Dale

Kahl, Andrew & Peg Roy Karas, Chris & Kiera

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Keller, Mike & Rick Marura

Kelly, Enosh & Rachell Kenworthy, John & Lisa

Kisch, Thomas & Margo Hutcheson Kneile, Bob & Ruth

Kramer, Randy

Krantz, Mary

LaValle, Michael & Lisa Lem Mon, Jean

Linebaugh, Jesse & Melissa Lonning, Craig & Judy

Lorber, Fred Lumbard, Rob & Lisa

Lyford, Dick & Barb Mackaman, David & Laura

MacKrell, Scott & Amy Malone, Jane

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Martinez, Mary McKinney, Alissa Meehan, Judith Melton, Mark

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Moyer, Debra

Mullins, Dan & Laurie

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Murphy, John & Sharon

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Roselind

Rask, Rick & LaRayne Lilley

Rasley, June

Ray, Robert & Billie

Reece, Dr.Mark & Barb Reynolds, loe/lim Lansing

Ricker, Ron & Kathleen

Rosenberg, Dr.Steven & Tracy

Rosenberg, Harlan & Audrey

Sammon, Brad and Jenny

Sara Sager

Satterstrom, Bill & Virginia

Schroeder, Diane Scott, Debora

Shadur, Dr. Craig & Kimberly

Shiffler, Bryan & Lyn

Shumaker, Bill

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Strief, Charles & Peggy

Tatge, Bob & Sandy

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Tegrotenhuis, Jeff

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Tiffany, Bill & Maureen

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Vander Weerdt, Adam & Christine

Ver Steeg, Dr. Dirk & Adele Voss, Zachary & Sara

Wallace, Sam & Sally

Walsh, Sharon

Weitenhagen, Dean

West, Mary Beth

Wieland, John & Denise

Williams, Ted & Nancy

Windsoe, Stephanie Wirt, Brian & Kelly

Wolnerman, Michael & Missy

Young, Linda

Zisko, Tom & Dena Goblerud

Zuck, David & Amy

# Much appreciation for our neighborhood captains! They deliver the news to you!

Bill & Ginny Satterstrom, 49th St \* Joe & Jo Kobes, N. 51st St \* Phil & Sharon Walsh, S. 51st St \* Jim & Barbara Bell, N. 52nd St Bill & Lynn Heggen, Robertson Dr \* Jim & Alison Fleming, S. 52nd St \* John & Colleen Burgeson, Welker \* Dean Weitenhagen, 56th St \* Tom Kisch & Margo Hutcheson, 58th St \* Tom & Dena Zisko, 58th Pl \* Sheila Keene, 59th St Rory & Marti Huber, 44th-45th St \* Rob denHartog, Grand Ave \* Dennis & Cheryl Pederson, 56th Private Drives

> Vicki Heiken. **Chair & Block Captain** 255-7066