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Vol. 20, No.5 Spring 2003

Edited by Sherry Bourlon

Letter from the President

Larry Voorhees, Voorhees TKD 5th Dan

From the President's desk:

GET IN THE GAME

Greetings, and welcome to SPRING! (finally!)

The purpose of my column in this newsletter is to make you uncomfortable...to bother you...to get you out of your comfort zone, if you will. To be blunt, I am purposely going to offend some of you in the hopes that it will elicit some action, or at the very least, a response.

One of the chief complaints I heard last year was that the SIBBA was lacking in communication. To rectify that, it is the intention of the Cabinet to be in nearly constant communication with you this year. You will be receiving emails. You will be receiving "snail-mails". You will be talked to by a Cabinet member at almost every conceivable event, testing and tournament. Your input will be solicited almost ad nauseum. Why, you ask? Because that is what our membership has told us they want and that they say we were lacking last year. And you know what? The membership is right. We WERE lacking in good communication last year. Never mind that newsletters and Cabinet meeting minutes are posted to the website, I still believe we were doing a poor job of good, timely communication last year, and I want you to know that your Cabinet is taking the steps to correct that. Each Cabinet member and committee chair has a directive from me to submit an article for each and every newsletter, describing what progress they are making on their assigned duties and tasks. We will be publishing more editions of the newsletter this year. In addition, I have encouraged the Cabinet to be making regular email "broadcasts" to the membership when significant steps are being taken in their areas of responsibility. The website is being upgraded, and functionality improved, so that you have access to more information, and the most current information we can provide. I believe you will find that in each person's article in this issue of the newsletter, they are requesting that **you** (the membership) communicate with **them**. Communicate with

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them your thoughts, your ideas, your wants, and your suggestions.

Oh...you mean "communication" isn't a one-way street? No, it isn't. As I've mentioned before, if you don't give us your thoughts, ideas, suggestions and input, you will get the best thinking and best creativity of the members of the Cabinet. However, this organization is made up of more than the members of the Cabinet. Our organization is over 200-strong. It would seem logical to assume that among the 200+ members that we have, there are some GREAT ideas, thoughts and suggestions for this organization. And it would be arrogant and presumptive to think that all of those are encased in the minds of the people now sitting on the Cabinet.

"Oh, but I'm just a 1st Dan....what can I possibly contribute or have to offer to the membership"?

Sorry, that argument simply doesn't wash with me. If that were true, why would there have been a 17-year-old 1st Dan in charge of receiving, formatting and getting completely set up the new Ringmaster scoring system and computers? (By the way, when you see him, take the time to thank Matthew Ross for his help and expertise with that project). If that argument were true, why would we have 1st Dans as elected members of the Cabinet? (Only the Secretary, the At-Large Delegate, the Hapkido Delegate and myself are above 1st Dan rank.) Sorry, but "rank" is no indicator of intelligence and imagination. Rank is merely an indicator of experience and expertise in a particular art. As we all know, just because a person wears a black belt doesn't automatically make them a great instructor. By the same token, just because a person doesn't have a senior rank doesn't mean they don't have good ideas or good suggestions or the ability to lead people well.

In the past few weeks since Banquet, I have heard each of the following statements or questions, not once, but several times each from several different people each:

- The SIBBA is merely a "social and scholarship-granting" entity.
- The senior ranks really have no need for what workshops the SIBBA can set up...they can pretty much do all of that on their own.
- Why should I join (or encourage my black belt students to join) the SIBBA? What's it going to do for me?
- What good is an SIBBA membership....it's just a "club".

To all of the people who say or think these things...you are absolutely correct. The reason you are correct is not so much because you are stating a universal truth, but you are stating what your concept of involvement in the SIBBA is. To some, the SIBBA IS merely a social group and a scholarship-granting entity, and has no more purpose in the world than that. To some, the symposia and workshops sponsored are seen as unnecessary. To some, they don't see any personal, immediate benefit, so it is unimportant. To some, they don't see a professional association or designation, or official recognition of their rank and expertise.

To those people, I would suggest that your vision is a bit narrow...even shortsighted. Perhaps self-centered. Personally, I get really tired of the whole "what's in it for me" mind-set. That's just not the way I was brought up, and that's not the way I've been taught in the martial arts.

I was taught, both as a child and as an adult, that I have been given certain gifts and talents. They are not "mine", they were given to me as a gift to be shared, not something to be jealously guarded. I was fortunate enough to be given the gift of music. It would be absolutely wrong for me not to be willing to share that and to embrace that gift, and try to nurture it to the highest level that I can. I have also, over the course of my adult life, been given the gift of Taekwondo. Sure, I "paid" for it...in money, time, sweat, blood, and even a couple of broken bones on occasion. But it is not "mine"...it is a gift that has been given to me over the years by all of the people who have been a part of that process. Instructors, students, colleagues, competitive opponents. And it would be absolutely wrong of me to not share that gift with others in whatever way I can. That is a primary purpose of the SIBBA...to "share" ourselves and our arts and our love of the martial arts with each other, and with others outside the organization.

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Is the SIBBA a social group? Yes. Is it a scholarship-granting organization? Yes. Does it provide workshops and symposia that some of the more senior in rank may not feel the need to attend? Yes; however, even though I'm considered "senior", I'm not about to think that I have all the answers and all the knowledge that I could possibly acquire in the martial arts. I'm always looking for fresh insight. What's in it for me? That all depends on what you want out of it. As with anything else, the group is only as good as the membership of the group. The outcomes and results and "product", if you will, are only going to be what the membership wants them to be. The SIBBA is also a professional group. Don't any of you belong to a professional group? If you're a corporate trainer, you probably belong to the American Society for Training and Development (ASTD). If you're a Chiropractor, you possibly belong to one of the professional Chiropractic associations. Why? For mutual growth, personal/professional development, and in many cases, recognition and/or accreditation of your training, degree or accomplishments. SIBBA is designed for the same things.

So...have I stepped on enough toes to get your attention? **Good.** Now for the challenge. It's time for YOU, personally, to get off the sidelines and get into the game. Yes, I AM talking to you, brand-new 1st Dan, Recommend. Yes, I AM talking to you, Jr. Masters and Masters. Either you're a part of the problem, or you're a part of the solution. No more fence-riding, no more "spectating", no more Monday-morning quarterbacking, no more "I already did my duty, it's somebody else's turn."

Yes, the SIBBA did a poor job of communication in the past year. In BOTH directions. From the Cabinet to the membership, AND from the membership to the Cabinet. This is the year to change that. The Cabinet is committed to doing their part. Are you?

Your Delegates expect to hear from you soon, and you can **count** on hearing from them. ☺

--Larry Voorhees, President
State of Iowa Black Belt Association.

Report from the Judo Delegate

Jim Malloy

Communication. One of the biggest problems in any organization like ours is doing a good job communicating with the membership. Do you have a complaint, concern or compliment? Contact your delegate. Contact any delegate. Contact the President.

With that said, let me introduce myself. This is my second year as the Judo delegate. I live in Boone and have a wife (Jody) and three children (Max, Erin and Dan). I have spent a little time in Judo, Tae Kwon Do, and Hapkido and have some great old and new friends in each of the arts (more new than old – many of the old have taken early retirement).

My goal for Judo this year is to work with Master Steve Scheid to help develop a training program for Judo officials. My goal for the SIBBA is to encourage each of you to become involved.

Since you are taking the time to read this newsletter, why don't you take a little more time and set some goals for the SIBBA. What would you like to see the organization accomplish? What role can you take in seeing that we serve each other and improve martial arts in Iowa? How can the organization help you reach your goals? Let us know.

If you need to contact me, I can be reached by mail at 1209 Country Club Drive, Boone, IA 50036; home (515) 432-8892; work (515) 275-4018; email jmalloy@netins.net or judo@sibba.org.

Jim Malloy



Report from the Hapkido Delegate

Mani Mina

My name is Mani Mina; I am a member of ISU Hapkido(HKD) program since 1979. I am on the faculty of the department of electrical and computer engineering at Iowa State University. I am a second-degree black belt in HKD and have experience in more that a few martial art styles. Currently, I am training in Hapkido (HKD) and Taekwondo (TKD).

My goal for this year is to continue the great work by Master Hegland in making the state wide HKD programs better known to all of the SIBBA members. We would like to organize inter club workouts, and to encourage clubs to have more exciting demonstrations of our style. The first of the demonstration series was introduced during the state qualifiers on March 8th, in Ames.

In addition we are going to work with SIBBA to offer variety of HKD trainings for different levels during our SIBBA seminar activities. I will also that we can cooperate and assist Master Hegland to organize the seminar series that she has been working on.

I would like to make sure that the PAK family HKD programs are well informed about our statewide activities. I would like to encourage more interclub meetings, in order for all of us to know what each club has been focusing on. This is the best way to learn from each other and get the membership active and excited.

Finally, I would like to reach out to the membership, please feel free to contact me or any other delegate if you have any ideas, any concerns, or any questions. SIBBA's strength is how well we work together as members. We will be successful if each member cares about the as association and provides ideas to improve the association. I believe SIBBA will grow and become strong when we all feel a part of it, contribute whatever we can. We will grow if we are passionate enough to be a part of the association and mature enough to work together constructively. We need to work together to open to new ideas, and to listen to all of the membership. If you are a practitioner in any of the styles, if you are interested in becoming one, and if you have any questions, please feel free to contact me or any of your SIBBA's delegates.

Perhaps the best way to contact me would be via email. hapkido@sibba.org or mani@manimina.com, you can also leave me messages at 515 294-3918. I look forward to hearing from you.

Looking forward to a great year, and seeking your help and cooperation

Mani Mina

Report from the TaekwonDo Delegate

Holly Bignall

Greetings Sirs and Ma'ams, my name is Holly Bignall. Thank you for electing me as your Taekwondo delegate for 2003. I hope to serve you well. For those of you who don't know me, I joined the Pak family when I began studying in Fort Dodge under Jr. Master Ron Smith. I have since moved and am living in Cedar Falls Iowa. I recently tested for my 1st Dan decided on March 1st. Thanks to all of you who took the time to go to Ames and judge for us.

I am proud and excited to represent this organization. I believe the SIBBA is a great asset to martial arts in Iowa and a tribute to the dedication of servitude of the SIBBA membership. My primary goal this year is to serve you. The best way I can do that is if we communicate with each other. Through these newsletters I plan to keep you informed about what is happening around the state in Taekwondo as well as activities of the SIBBA cabinet that affect Taekwondo. What I need from you is ideas, suggestions, thoughts, or concerns. Anything that will help us as a cabinet to know how to serve you better. Please don't hesitate to contact me by whatever means is most convenient to you. Email me at taekwondo@sibba.org, call or fax me at (319) 222-6200 anytime. I need your input to do my job.

There are a couple of things I'm working on that I need your help with. First are the SIBBA seminars. We have had some incredible ones in the past and we want to make this years seminars the best yet. While we are in the planning stages I hope you will contact me with any ideas you have for subjects, dates, instructors or other resources we could use to make this year's seminars exciting, relevant and well attended.

Second is the Dojang Directory. This is a really incredible resource to you as members. If you have not visited it on the SIBBA web site, you should check it out. We live in a very mobile society. As we members advance in our schooling and careers, we often have to relocate. The Dojang Directory allows you to find out what schools are in your new town, when they meet and how we can contact them. For you instructors, this is free advertising. Being listed in the Dojang Directory is one more way to get your schools name out to potential students. It is also a great resource for you when your students come to you and say they are moving. You can look up their new town on the Dojang Directory and make a recommendation to them of whom they might study under. Unfortunately only a handful of schools are listed on the directory. It is to your advantage to get yours on there. To that end, the Information Sheet is included in this newsletter for your convenience. Please, fill it out and send it to our web master Lane Swalve at webmaster@sibba.org or by snail mail to:

As for news and events in Taekwondo, there is quite a bit to report. Tournament season is here, and there are lots of them coming up. To see when they are, go to the SIBBA web site and look at the calendar. Qualifiers for the upcoming USTU Senior Nationals and Junior Olympics were held on March 8th. I was not able to attend myself, but congratulations to all of you and your students who did. For those of us who did not attend, Ms. Faass has summarized the event for us:

While the State of Iowa Qualifying Tournament was small, there were a sufficient number of judges and we got a chance to try out the new scoring systems and the new mats. Competitors loved the new mats and judges were pleased with the Ringmaster (RingMaster) scoring systems. The ISU Hapkido Club put on a demonstration halfway through the competition, highlighting self-defense techniques and educating the audience. Master Pak and his volunteers worked efficiently, and the tournament was over by 2pm. All Iowa athletes who attended the tournament were qualified to attend their national event. Good luck at Senior Nationals, Golden Seniors, Color Belt Extravaganza, Junior Black Belt Festival and, of course, Junior Olympics.

Report from the At- Large Delegate

Mike Wickham 3rd Dan

At-Large Delegate Notes

Mike Wickham-3rd Dan Collins Taekwondo

Hi there...let me start by saying its good to be back for another year as the at large delegate. For a quick bit of background, I am the returning at-large delegate. Among the things that at-large delegate does is work with the other delegates to help when needed, serve on standing committees, as well as fund raising issues and also representing the youth in martial arts.

For this year goals of mine are working to develop a fund raising task or two. Right now we are in the midst of working a fund raiser for the SIBBA involving RAGBRAI. Soon, the details should be worked out and we can fill you in with more details. This isn't the only fundraiser at this point, but we're taking a close look at some other ideas.

I definitely am looking forward to working with the new cabinet, there are many important issues we are dealing with, and we can use input from you. If you have comments, or anything to pass on to me, please don't hesitate to do so.

Thanks again
Mike Wickham

SIBBA Membership Director

Doug Frazer

I am a native of the Quad Cities area, where I attended public schools in Moline and Rock Island, Illinois, and graduated from Black Hawk (Jr.) College. I continued my education at Drake University in Des Moines, where I finished my B.A., M.S., and Ed.D. Degrees. My wife Claudia (a Drake librarian) and I have lived in Des Moines with our three kids and 12-ish dog Elvis since 1987. Our son Matt is a junior at Drake, and our daughters Elizabeth and Stephanie attend Hoover High School in Des Moines. I have been an academic advisor at the Newton Polytechnic Campus of DMACC since its opening in 1993, and have taught social science courses regularly since 1995 as an adjunct instructor. In the past three May Terms, I have sponsored students on study-tours of the "Wild Wild West," "Civil War America," and "Route 66." I am a 3rd Dan in TKD, and am head instructor for Polytech TKD, which was established at my campus in 1995.

What I do: I receive your yearly membership dues and maintain membership records. In addition, I will be sending membership certificates to all present SIBBA members.

How to reach me: email directly through the SIBBA link, or dfrazer@yahoo.com I tend to hover over my computer far too much, so will get your messages quickly.

Electronic Scoreboard Coordinator

Patrick Weaver

Hello Everyone

For those of you that don't know me, my name is Patrick (Sid) Weaver. I served as the TaeKwonDo Delegate of the SIBBA for the latter part of 2002. Currently, I'm a student at Iowa State University practicing with the ISU Karate Club under Master Pak. For this term, I have been appointed to serve as the Electronic Scoreboard Coordinator for the SIBBA where I will oversee both our old electronic scoring systems and our newly purchased RingMaster systems.

For those of you who attended the State Qualifiers on March 8th, you were able to see the new scoreboards in action. We are very lucky to have this new system as it represents the best and newest, cutting-edge technology available to TaeKwonDo practitioners. The decision to purchase this new system came from our constant need to upgrade and repair our older scoreboard systems. As you know, the SIBBA first stepped into the electronic scoreboard market two and a half years ago when we contracted several graduate students at Iowa State University to design and build a leading edge scoring system.

Over the past few years, the scoreboards have worked great, but as with all technology, each time they're used, new problems arise that limit their usability. Additionally, with the new rules concerning differentiated scoring in sparring competition, it was unfeasible to upgrade our existing systems to accommodate this new rule. With these factors in mind, we researched the different scoreboards available on the market today and found the RingMaster system best fit our needs with its extensive abilities, easy-to-learn interface, and upgradeability.

Currently, we have four full RingMaster systems. In the next few years, we hope to purchase more systems and have the ability to run eight full rings. In the interim, we will continue to use our older scoring systems when necessary.

I would also like to take this moment to recognize the other members of the SIBBA Electronic Scoreboard Committee. Dr. Mani Mina, Engineering Professor at Iowa State University has been extremely helpful in the maintenance and upkeep of our older scoreboard systems over the last year and continues to prove an invaluable asset to the SIBBA. Mr. Matthew Ross has been a great help in learning how the new RingMaster systems work and in preparing all our new systems for use. It's been a wonderful experience working with these two fine gentlemen and having their knowledge and abilities is a great asset to our fine organization.

If anyone has any questions or comments about the SIBBA RingMaster scoring systems, please feel free to contact me via e-mail at pweaver9@iastate.edu and I will get back to you as quickly as possible.

Thank you,
Patrick Weaver
Electronic Scoreboard Coordinator

Treasurer's Report

Wendi Prince 1st Dan

I would like to take a moment to introduce myself to the membership. My name is Wendi Prince, I am a 1st Dan Recommend and I work out in Des Moines at the Archie Brooks Community Center. I started taekwondo 3 ½ years ago with the goal of exercise and overall health. I have since found myself addicted to the sport and everything that it encompasses. For my "day job", I work as an accounting clerk for the City of Des Moines Parks and Recreation Department.

As most of you may know, we have secured a new vendor for our SIBBA Member nametags. I am in the process of setting up an ordering/shipping procedure with this vendor and hope to have the first order back by April 1, 2003. If you have not received a nametag since you became a SIBBA member or would like a new nametag, please contact me. There is no cost for a nametag to NEW members. If you would like to replace a nametag, the cost will be \$10.

I encourage anyone who has any questions regarding myself, the treasurer's position or the treasurer's duties, to please contact me at treasurer@sibba.org.

Thank you all for giving me the chance to serve in this honored position.

Respectfully,
Wendi Prince, 1st Dan
SIBBA Treasurer

Treasurer's Report March 2003

As of March 19, 2003

Personal SIBBA Accounts	
Checking Account	\$300.58
Savings Account	\$403.43
Jared Ringstad Account	\$4,121.96
CD	\$5,187.50
CD	\$5,237.50
Mutual Funds	
Investment Company of America	\$8,313.33
Washington Mutual	\$8,048.61
Total Funds	\$31,612.91

Inventory	Quantity	Retail Value	Retail Cost
Ties	69	\$1,725	\$25.00 each
Video Tapes	15	\$300	\$25.00 each
Audio Tapes	77	\$385	\$5.00 each

ATTENTION MEMBERS: The following items are available from the treasurer: New SIBBA logo name tags – (\$10.00; Membership card holders – free); SIBBA Ties - \$25.00; TKD terminology tape - \$5.00 plus \$0.50 postage and handling; WTF TAEKWONDO POOMSE VIDEO - \$ 25.00

Secretary's Report

Sherry Bourlon

Hello Everyone,

I would like to thank everyone for their patience and understanding last year. It was a very busy year for me. I opened a new Taekwondo school and tested for my 2nd Dan. I will continue to serve the membership to the best of my ability in the coming year. I am still very much open to suggestions and ideas. Elections were held in February at the Banquet and several new board members were elected. I have listed the names of the new members below. Thank you and I look forward to great year. Whether you are for or against the war remember to keep our young men and woman overseas in your prayers.

Sherry Bourlon-2nd Dan
Secretary

Membership Information In order for us to fulfill the goals of education and scholarship set by Master Pak and the founders of the SIBBA, the continuing support of our members is necessary. Instructors who are members may have their students' promotions recognized by the SIBBA. This is especially important for an instructor when a student is testing for 1st Dan or higher. The SIBBA strongly suggests that *all* instructors make sure their own memberships are current. If you plan to test for 2nd Dan or higher, you are strongly encouraged to pay for annual SIBBA dues missed since your last testing. This policy has the support of Grandmaster Pak and the Cabinet.

Membership Dues are as follows: **Adult** - \$30 **Student (age 17- college)** - \$15 **Junior (until age 16)** - \$15 **Alumni (not active with a Pak Organization Club)** - \$15 **Family** - \$60 **Affiliate (non Black Belt)** - \$15 **Lifetime** - Individual \$300 or Family \$600 (installment pay plan available)
NOTE TO ALL INSTRUCTORS: The dues are for one year (January through December) and are not to be prorated for part of a year.

SIBBA CABINET 2002

President	Larry Voorhees	president@sibba.org	515-263-9299
Treasurer	Wendi Prince	treasurer@sibba.org	
Secretary	Sherry Bourlon	secretary@sibba.org	641-322-3019
Judo Delegate	Jim Malloy	judo@sibba.org	515-432-8892
Hapkido Delegate	Mani Mina	hapkido@sibba.org	515-294-3918
Taekwondo Delegate	Holly Bignall	taekwondo@sibba.org	
At-Large Delegate	Mike Wickham	atlarge@sibba.org	641-752-2795
Fundraising Coordinator	Mike Wickham	fundraising@sibba.org	641-752-2795
Membership Coordinator	Dr. Doug Frazer	memberships@sibba.org	
Web Master	Lane Swalve	webmaster@sibba.org	515-265-1647
Electronic Scoreboard Coordinator	Patrick Weaver	scoreboards@sibba.org	
Instruction Certification	Jill Hegland	certification@sibba.org	

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Dear Master Voorhees,

I wanted to email you and say thank you, as well as the SIBBA board, for awarding me the Junior Olympic Scholarship. I will be using to improve my skills as a martial artist, with my goal to be the gold medalist at the upcoming Junior Olympics in Orlando.

Please pass this email on to the rest of the board for selecting me to be the recipient of the Junior Olympic Scholarship.

Sincerely,
Andy Wickham - 2nd Dan Collins Taekwondo

(Note: We have also received thank-you notes from Shantel Tyler and Nathan Brotherton for SIBBA scholarships).

2003 Calendar of Events Pak's Family Martial Arts

January	13	ISU School Starts
	15	Martial Arts program beginning
	26-27	Two Rivers Invitational Beginner's Tournament, Des Moines, IA
February	14	SIBBA Black Belt Reunion
	15	1pm SIBBA General Meeting
	15	28 th 6pm Annual ISU Martial Arts Awards Banquet, Ames, IA
	19-23	US Open, Las Vegas
	28	ISU promotion
March	1	ISU Promotional Testing, Ames, IA
	8	State of Iowa TKD Qualifiers
	14-23	ISU Spring Break
	22	Farrell's Midwest Open Championships
April	11-12	Iowa State's VEISHEA
	12	Kansas City Classic TKD Championships (Gautreux
	13	NCTA Championships for World University Games
	25-26	ISU Promotional Testing, Ames, IA
May	3	NCTA USA final team tryouts
	21-25	USTU Senior Nationals
	30-31, 6/1	9th Annual Leadership Seminar
June	7	Iowa Governor Cup Taekwondo Tournament
	15-21	Lance Farrell's Iowa Junior Camp
	30	USTU Junior Olympics
July	1-5	USTU Junior Olympics
	18-20	Iowa Games Judo and Taekwondo, Ames, IA
	25-26	ISU Promotional Testing, Ames, IA

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Application Form

DUES: Family - \$60
Non-Student (no longer enrolled in school) - \$30
Student (age 17 through college) - \$15
Junior (through age 16) - \$15
Alumni (not active with Pak Organization Club- \$15
Affiliate Membership (non-Black belt) - \$15
Lifetime Membership - \$300/individual \$600/family

New Member _____ Renewal _____ (circle one)

The dues are for one year (January through December). Dues are tax-deductible.

Name _____ Birthdate _____ Age _____

Address _____ New Address _____ yes ___ no ___

_____ e-mail _____
city state zip

Telephone: (H) (____) _____ (W) (____) _____

Are you a / Martial Artist / Friend / Family (circle one)

TaeKwonDo / Judo / Hapkido / Other _____ Rank _____ Received _____ / _____
(circle one) mo. / yr.

Name of Instructor _____ Club _____

Are you teaching? _____yes _____no Where? _____

How many students? _____ What ranks? _____

*****AN OATH OF MEMBERS*****

1. We as members, train our spirits and bodies according to the strict code of martial arts etiquette.
2. We as members, are united in mutual friendship.
3. We as members, will comply with the regulations and obey the instructors.

Signature

Date

Make checks payable to: S.I.B.B.A.

Mail to: Doug Frazer
4410 Skyline DR
Des Moines, IA 50310