



Inflatables were part of the entertainment at the Illumifest celebration in West Des Moines on Saturday, Sept. 24.



Crafts were offered at the Illumifest celebration in West Des Moines on Saturday, Sept. 24.



Hot air balloons get ready to take flight during the Illumifest celebration in West Des Moines on Saturday, Sept. 24.

### Aspen Athletic Club expands location

Aspen Athletic Clubs is pleased to announce the grand re-opening of its expanded location in the West Glen Town Center at 5465 Mills Civic Parkway. The West Glen location offers a unique, state-of-the-art fitness environment for individuals with active lifestyles who place a premium on convenience. Current amenities include certified personal trainers, Apex nutritional programming with the exclusive Bodybugg, a variety of Life Fitness cardio equipment each equipped with personal TVs, a full line of resistance training equipment and free weights. The new expanded facility will also include free on-site childcare, free group fitness classes and more than 15,000 square feet of workout space. ■

## Q: How can I keep my electronics from overheating?

**A:** Heat is not a friend of your electronic purchases. These simple usage and maintenance tips will help your electronic equipment last longer and run more dependably. The simple advice for the use of your electronics is, don't let anything prevent the flow of air through the cooling system.

The cooling of your car is accomplished by a radiator; on your computer there is a device called a heat sink (spiky piece of metal) that absorbs heat energy from your system processor (think computer brain). There is generally a fan attached directly to the heat sink that moves heat away from the processor and out of the case. Frequently, even in the most dust-free of homes, dust collects on the fins of this device and diminishes the fan's ability to transfer heat away. This issue can be prevented on a desktop by opening the case and blowing the dust away using a pressurized air nozzle. This is a bit more difficult on a laptop, (and arguably more important) by directing this forced air through the openings of the fan and venting system.

The second important tip is primarily related to laptops. Avoid using your laptop on your lap, a blanket, ottoman or soft and flexible surfaces; these materials can form directly to the bottom of the air intakes and prevent the exchange of cooling air.

Most computer service companies will complete this cleaning for less than \$50. This is a service that 600MONKEYS provides for free in our West Glen location. Please call to learn more. ■

Information provided by James L. Thalacker 600MONKEYS, 5465 Mills Civic Parkway Suite 220, West Des Moines, 327-0600, jim@600monkeys.com.

Save



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Located in West Glen - 5465 Mills Civic Parkway - Suite 220 - Expires Nov 15th, 2011  
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