

Networks

R &R Realty Group is a full service real estate company offering expertise in development, brokerage, construction management, property management, technology services and real estate investments.



Aurora Business Park



Capitol Center



Country Club Office Plaza



Interstate Acres Business Park



Meredith Business Park



Paragon Office Park



Three Fountains Office Park



The Shoppes at Three Fountains



Vista Centre

Country Club

Office Plaza

Home to Several Medical Providers

- Dunn Chiropractic
- Country Club Dental
- NYDIC Open MRI
- LASIK Select
- Plaza Dental Group
- Jordan Creek Center for Aesthetic Dentistry

LASIK Select
Pinehurst Building
1225 Jordan Creek Parkway, Suite 104
West Des Moines, IA 50266



Dr. Daniel Conrad is a board certified surgeon who has been performing LASIK since 1998. He is a skilled refractive surgeon, has trained with many of the LASIK pioneers and has recently been recognized as a top LASIK surgeon.

After graduating from medical school from University of Colorado, Dr. Conrad completed his Ophthalmology residency at the Dean A. McGee Eye Institute (University of Oklahoma).

Currently, Dr. Conrad is a member of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery and the American Medical Association.

Let LASIK Select open your eyes to a brighter more colorful, sharper future.

Your wait for affordable High Quality LASIK is over. Just imagine a lifestyle without the hassle of glasses or contacts - at a price that won't hassle your new lifestyle. SafetyFirst LASIK is our proprietary process designed to maximize visual results with safety and comfort. That's our SafetyFirst LASIK process and our LASIK Select promise! States Dr. Conrad, "My medical commitment along with our staff preparedness for each individual case are the element of SafetyFirst LASIK."

See page 2 for continued Country Club Office Park medical providers...

Mission Statement:

- To set the *standard* for real estate companies.
- Conduct business with *integrity*.
- Establish long-term relationships built on *trust*.
- Provide the best *value*.
- Deliver quality *customer service*.

1225 Jordan Creek Parkway, Suite 200
West Des Moines, Iowa 50266

Phone: 515-223-4500

Fax: 515-223-7235

www.rrrealty.com



Real estate.
Results.

Plaza Dental Group
Sonoma Building
1089 Jordan Creek Parkway, Suite 100
West Des Moines, IA 50266



Dr. Steffany L. Mohan, D.D.S. attended Iowa State University for her undergraduate work. She graduated from the University of

Iowa College of Dentistry in 1996. She has completed many advanced courses in implant and cosmetic dentistry.

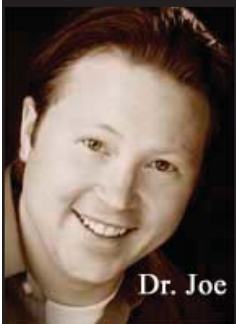
She also has finished required coursework to become Invisalign certified. She is married to Mike Mohan and has three children, Luke, Camaryn and Halle.

Let Our Expertise in Family & Cosmetic Dentistry Improve Your Life!

Plaza Dental Group is committed to preventing dental disease in all forms. Our first priority is your well being and your optimal dental health. We will educate you about the latest products, techniques, and information to help you prevent dental disease. A few of the services they specialize in are: Endodontics, Cosmetic Dentistry, and Restorative Dentistry.



Jordan Creek Center for Aesthetic Dentistry
Pinehurst Building
1225 Jordan Creek Parkway, Suite 100
West Des Moines, IA 50266



Dr. Joe

Dr. Joe Solinger has spent hundreds of hours being trained at the Las Vegas Institute for Advanced Dental Studies by the very best dentists in the world. LVI guides the most talented dentists to deliver patient based care in a progressive and highly skilled atmosphere. This allows Dr. Solinger to provide you with the care best designed for your oral health needs. Diagnosis is not insurance mandated, but rather the procedures he would recommend for himself or his family.

Dr. Joe's continuing emphasis on this education for himself and his staff ensures your oral health care needs will always be on the cutting edge of the dental industry.

It's Just Amazing What a Smile Can Do!

Welcome to Jordan Creek Center for Aesthetic Dentistry. Our goal is to provide you with the highest level of oral health care possible. By training our team in the most advanced areas of dentistry, JCCAD offers only the most exceptional dental procedures available. We pride ourselves on the use of the finest materials, lab work, and patient education. Allowing us to provide you with unmatched service for the smile you have always dreamed of.

** Mention this newsletter and receive a free professional bleaching by reserving a new patient exam and cleaning. JCCAD is a member of most dental insurances and have flexible financing available.**

Dr. Solinger has enjoyed working with R&R Realty Group and appreciates the assistance in turning his idea into reality - an office with lush accommodations. "Pinehurst in Country Club Office Plaza is a beautiful building, one that represents the quality I want to be perceived by," states Dr. Solinger.

NYDIC Open MRI
Norwood I Building
7601 Office Plaza Drive, Suite 115
West Des Moines, IA 50266



*NYDIC staff members (left to right):
Darren, Joselyn, Jeanine, Carrie and Mary*

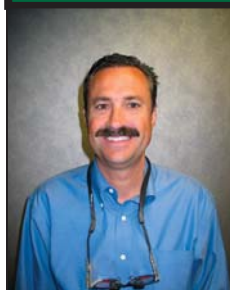
NYDIC Kicks Off Multimillion Dollar Growth Campaign

Nydic has announced that it is installing industry-leading MR equipment at its facilities in Des Moines, Iowa, and Columbus, Ohio, making it the only outpatient provider to offer both open and ultra high-field imaging in these two regions.

These facilities will be the first beneficiaries of new 3.0 Tesla high-definition magnetic resonance imaging (MRI) machines with the highest clinical magnet field-strength available in the marketplace—the GE Signa 3.0T EXCITE HD MR.

Facilities that offer both high-field MRI and open MRI are rare. Nydic's decision to offer this combination reflects the company's commitment to providing the highest possible patient care while focusing on comfort and its physicians' need for the latest technology. The upgrades will put Nydic's facilities at the forefront of imaging technology while maintaining the company's focus on high-quality patient care.

Country Club Dental Care
Bristol Building
7029 Vista Drive
West Des Moines, IA 50266



Dr. Larry Long is a graduate of the University of Iowa Dental School and is affiliated with the following organizations:

- American Dental Association
- Iowa Dental Association
- Academy of General Dentistry
- Christian Medical & Dental Society
- Des Moines Dental Society

You Deserve Thorough Personalized Attention...Every Time

Our Services Include:

- Total Family Dental Care
- Friendly Caring Staff
- Air Abrasion
- Treatment for Breath Problems
- Digital Technologies
- In-Office Laser Bleaching
- Effective Care For Gum Problems
- New Patients Welcome
- Emergency Care
- Most Insurance Welcome
- Tooth-Colored, Mercury-Free Fillings
- Highest Infection Control Standards
- State-of-the-art Intra-Oral Video Exams
- Beautiful Cosmetic Techniques to Fix Chips, Cracks, Spaces & Stains
- Relax with Nitrous Oxide, TV, Movies & Videos

Midwest Oral & Facial Surgery
Pinehurst Building
1225 Jordan Creek Parkway, Suite 120
West Des Moines, IA 50266



Peter D. Lemon, DMD, MD

Midwest Oral and Facial Surgery, P.C. specializes in oral and maxillofacial surgery. Peter D. Lemon, DMD, MD and Jason H. Fleischmann, DMD, MD treat patients in our two office locations in West Des Moines and Johnston. The office specializes in tooth extractions, wisdom teeth removal, dental implants and in office sedation for patient comfort. Please visit us at either location or call for more information.

1225 Jordan Creek Parkway, Suite 120
West Des Moines, Iowa 50266
515-221-0807

5619 NW 86th Street, Suite 400
Johnston, Iowa 50131
515-251-7300

Dunn Chiropractic
Vista Centre
7205 Vista Drive
West Des Moines, IA 50266

Dunn
Chiropractic
F. Marcus Dunn, DC



Dr. Marcus Dunn has an Advanced Proficiency Rating from Activator Methods Chiropractic Technique, the leading low-force chiropractic adjusting technique.

He has trained with some of the leading Activator doctors in the world and regularly attends seminars to update his skills and knowledge so he can better serve his patients.

Dr. Dunn graduated Magna Cum Laude from Palmer College of Chiropractic in 1988. He had a successful practice in West Virginia for 13 years before relocating with his family to the Des Moines area in 2001.

Dr. Dunn is active in the community and chiropractic profession. Currently, he is a member of the American Chiropractic Association, Iowa Chiropractic Society, Palmer College Alumni Association and the Northwest Des Moines Rotary. He also volunteers for Ballet Des Moines.

Activator Methods Chiropractic Technique

Visit Dunn Chiropractic to determine if chiropractic might be right for you. We have helped many patients relieve migraine headaches, ease back pain, and improve overall health. You don't have to wait until it hurts to benefit from regular chiropractic adjustments!

Chiropractic helps restore your spine's normal movement and relieves stress from your nervous system, allowing you to target the underlying problems that cause symptoms, without using drugs or surgery. Dunn Chiropractic also offers on-site massage therapy with licensed massage therapist Stefanie Strum. Massage therapy provides the perfect complement to chiropractic adjustments for many patients.

To schedule your consultation with Dr. Dunn to find out if you could benefit from chiropractic care call 225-9200.

MPI Employee Highlight



Tami Schott,
Grounds Operations
Manager for all R&R
Properties

Years of Service:
6 years

Age:
31 years

Education:
Hawkeye Community College
St. Edmond High School

Certifications:
Chemically Certified - 30T

Responsibilities Include:
Supervising grounds maintenance for all of R&R's properties.

What I like most about my job:
I like how my job changes with the seasons, always presenting new challenges. I also enjoy working with the members of the grounds team.

Something I'd like to accomplish:
I would like to become a certified Nurseryman and learn how to speak Spanish.

First Job:
Detassling corn at age 13.

Family:
Married to Jason Condon for 1 1/2 years with 9 month old son, Jake, with another child due October 11.

Hometown:
Fort Dodge, Iowa

Greatest Personal Accomplishment:
I participated in planting a memorial grave in honor of the Oklahoma City bombing victims.

Someone I Admire:
I most admire my father, Dave Schott. He is an electrician and small business owner.

Something About Me Not Everyone Knows:
I love Bob Barker and attended a taping of The Price is Right on February 20th.

Hobbies/Outside Interests:
Reading, canoeing, spending time with my family.

Favorite Vacation Spot:
I don't have a favorite vacation spot, however, I would like to visit Mexico.

DTN/Meteorlogix is the official weather provider of the PGA TOUR and the Champions Tour.



Data Transmission Network Corporation is a tenant at Aurora Business Park 11027 Aurora Avenue Urbandale, Iowa



To Submit Information for the R&R Business Networks Newsletter:

If you have news to share and would like the opportunity to highlight your business in the NETWORKS Newsletter, please contact your property manager or Melissa Becker at 223-4500 or email becker.melissa@rrrealty.com.