

NORWALK

JULY 2022

Living

MAGAZINE

Getting TOGETHER

Residents share how
they build community
through gatherings

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WELCOME

GATHER around

Getting to know your neighbors isn't always an easy task. Some people simply want privacy and don't care to mingle much. That's certainly fine, as not everyone is a social butterfly. Others aggressively seek out new friends, especially those with whom they have things in common, which often deals with children being the same age.

Each time we moved, Jolene would seek out homes with playsets in the backyards and go up to the door and introduce herself and our toddler kids. A plate of chocolate chip cookies usually helped, too. It worked for her, and that bit of reaching out created lifelong friendships for us.

Admittedly, this is easier to do in the summer months. During the cold Midwest winters, most people tend to stay indoors where it's warm. But when the warm months arrive, residents start to come alive, much like a butterfly in a cocoon.

In generations past, homes had front porches where friends and family would gather. As the years passed, homeowners sought more privacy and preferred gathering on decks in their backyards. In recent years, as you may have noticed, the trend seems to be moving back to the front yards — or at least the driveways.

We found that one of the better ways to get to know our neighbors was circling the bag chairs around a fire pit in our driveway with a cold drink in our hands. And the s'mores helped, too. While the kids played hide and seek, we adults solved the world's problems — or at least the ones in our neighborhood. From there, we found reasons to gather for potluck dinners, football games and, more often than not, just impromptu get-togethers. The fire pit may not be legal in your community, but the conversation certainly is, and that's what's most important.

So if are not already doing so, invite the neighbors over to your driveway and host a little get-together. If you need some ideas on how to do this or get involved in other gatherings, check out our feature story this month.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



Tammy Pearson

Editor

515-953-4822 ext. 302

tammy@iowalivingmagazines.com

Martha Munro

Advertising Account Executive

515-953-4822 ext. 314

martha@iowalivingmagazines.com



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Getting TOGETHER

**Residents share how
they build community
through gatherings**

By Lindsey Giardino

The recent COVID-19 pandemic has had an interesting effect on our social ties. The word “neighbor” has taken on a new meaning as we recognize the importance of authentic social interaction with those who are closest and most accessible to us. Engaging with those neighbors (from a safe distance) was a way to continue to have interaction with those outside our family during the stressful time of a global pandemic. Driveways became gathering places, with lawn chairs six feet apart; people’s news and conversations became precious when the walls of our homes began to close in. As a result, the resurgence of the front porch, driveway or lawn as a “place to meet and greet” is back in the fabric of American life.

Front Porch Norwalk, a program of Norwalk Hometown Pride and the Norwalk Police Department, urges people to invite neighbors to gather outside their home for socializing and meeting first responders.

FEATURE

Greens of Echo Valley

The residents in the Greens of Echo Valley are a tight-knit group.

The neighborhood consists of 29 townhomes, and some of the folks who live in the area have been there since the townhomes were built a few decades ago.

Barb Storjohann, the secretary and treasurer of the neighborhood association, has lived in the Greens of Echo Valley since 2012.

"These people have become our best friends," she says of the neighborhood.

Because the neighbors enjoy each other's company, they find ways to get together often.

In July, they host an annual potluck that's preceded by a four-person golf outing in the morning. The group also gathers in December for a holiday happy hour, and, twice a year — in the spring and in the fall — they clean up trash surrounding Echo Valley Drive as part of Adopt-a-Street, after which they gather for pizza.

"We like to have a good time, but we also feel like we give back, too, so that's rewarding as well," Storjohann says.

She adds that, around the holidays, neighbors bake trays of treats and goodies to share with City employees, including police officers and firefighters.

There's also a social media page for the Echo Valley Cycling Club, which was created by one of the neighbors.

A group of folks in the neighborhood bike together once or twice a week and have opened it up to other interested cyclists as well.

Additionally, many of the neighborhood residents are retired and enjoy golfing, so they get together to play often. They also host watch parties for college football and basketball games at the clubhouse.

They are quick to lend a helping hand, too,



The neighbors of the Greens of Echo Valley neighborhood are involved in a variety of gatherings and projects that promote socializing.

Storjohann says, whether that be building a new deck, trimming a tree or anything else.

"It's a really close-knit community,"

Storjohann says.

She shares that most in the neighborhood grew up in small towns, so it's nice to have that similar feeling in the Greens of Echo Valley.

"It's having that sense of belonging,"

Storjohann says.

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FEATURE

Front Porch Norwalk

When Judy Corcoran moved to Norwalk in 2012, she didn't know many folks in the community. Thankfully, though, the street on which she lived — Bristol Street — had a great group of neighbors. One couple up the street even hosted a gathering for the street's residents every Tuesday evening. Neighbors would bring their lawn chairs and favorite beverage to the informal get-together and chat.

Corcoran thoroughly enjoyed the gatherings but thought the opportunity to meet neighbors was bigger than just her street.

Then, a few years ago, she read a book about life in small communities, which mentioned how many people today don't know their neighbors because homes aren't built with front porches like they used to be.

"That clicked with me," she says. "I thought, we need to do some kind

of gathering to get people out on their front porches and meeting their neighbors."

So, the idea for Front Porch Norwalk was born. Corcoran, who's part of the community organization Norwalk Hometown Pride, took the idea to Chief of Police Greg Staples, who agreed to having the Norwalk Police Department partner.

"It was a perfect fit," Corcoran says.

Front Porch Norwalk, which is in its fifth year, is a series of neighborhood summer events in which a neighbor steps forward to be a host and invites their neighbors over to gather on their driveway or lawn. From 6-8 p.m., Norwalk police officers, firefighters and EMTs make the rounds to say hello.

The event ultimately brings together neighbors to foster communication and public safety.

The final two gatherings of the



Judy Corcoran, with Norwalk Hometown Pride, thought it was time for people to start socializing with their neighbors in front of their homes instead of sticking to the privacy of the backyard.

JESS KNOWS

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Read more about the effects of the impact of rising inflation on my blog



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FEATURE

summer will be held Wednesday, July 13 and Wednesday, Aug. 10.

Corcoran shares that, typically, about 20 hosts will sign up for their street to join. She adds that hosting is easy. All one must do is sign up, get the word out to neighbors and then sit out front of their home while neighbors show up to meet for a couple hours of conversation and connection.

For Corcoran, personally, her street includes just 34 homes, a few of which have changed ownership over the past few years. Because of Front Porch Norwalk, she's been able to meet and get to know the new residents.

And because research shows strong connections among neighbors is connected with greater personal satisfaction and can help reduce crime, Front Porch Norwalk truly is a service to the community.



Norwalk EMS and police stop at a Norwalk Front Porch event to meet the neighbors gathered there.



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FEATURE



Norwalk Chief of Police Greg Staples is glad that Front Porch Norwalk gives his officers and other emergency responders an opportunity to meet the public in a comfortable setting.

Chief of Police's perspective

Norwalk Chief of Police Greg Staples recalls the time before Front Porch Norwalk came into existence.

"When I became chief eight years ago, I wanted to find a way for officers to interact with community members at their homes in a manner that wasn't where we got called for some crisis," he says.

So, he and some officers walked through neighborhoods in town, but no one was outside. They knocked on front doors to find people to talk to, and while good conversations ultimately happened, Staples says they were interrupting people. He wanted to figure out a way to get officers in front of citizens to talk about things like football, the weather, really anything to foster connection, but he didn't have an "ah-ha" idea.

That is until he connected with Judy Corcoran, who shared her thoughts about Front Porch Norwalk and was curious if the police department would want to partner.

"I said at that time, it was the fastest 'yes' I've ever given," Staples says.

He adds that the past five years of the summer events have been great.

"The community seems to really like having that personal conversation with officers, and the officers have benefitted from meeting people and getting to know the community," he says. "It's worked out great on both sides."

Another benefit of Front Porch Norwalk comes in the form of public safety. Staples shares that, when he arrived eight years ago, if you asked someone what made Norwalk great, the three themes to emerge were the schools, the small-town feel and the great neighbors.

This past year, the City of Norwalk put out

a community survey, and one of the questions asked what folks enjoyed about living in Norwalk. For the first time, Staples says, the number one thing people noted was its safety and security.

"I can say that things the Norwalk Police Department have done, including Front Porch Norwalk, have potentially — based on that survey — changed the mindset of the community members, people who live here, about what's important and good about Norwalk," he says.

Staples continues, "One of the things that's good is the fact that we are a safe community, and one of the reasons we're a safe community is because the police department is successful in what they do. And one of the reasons we're successful is because we take the time to talk to community members about random things at events such as Front Porch Norwalk." ■

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DOES fixed income benefit from rising rates?

On June 15, the Federal Reserve hiked interest rates by 0.75%, the largest rate hike in more than 28 years. This puts the current rate at 1.65%. The current projections suggest rate hikes will continue to near 3.5% by December of 2022. This is likely priced into the bond market yields today.

What affect does this have on bond investors, and is there a benefit to the rising rates? Over the past decade, we had seen continuous decrease in the interest rates. Now we are seeing a rising rate environment that has not been experienced in a very long time. Generally, interest rate moves have an opposite correlation to the prices on bonds. Rates moving higher pushes bond prices lower. The longer the duration of a bond, the more negative an impact rising rates will have. (See graph below.)



So how can rising rates be a benefit to investors? Return on a bond is not just about the price. Rising rates can create losses. The shorter the duration of your bond portfolio, the shorter time horizon until the bond matures. As the bonds mature, you can now reinvest those proceeds at higher rates.

Bonds bring stability and diversification to our portfolios, so when investors see these “safe” investments lose value, this can understandably cause concern. However, this near-term view can overlook the longer-term value of higher yields. As simple as this sounds, bonds do mature, and when they mature, we can invest these proceeds at higher yields, generating more income for our clients in the future. Bonds play an important role for retirees. Though rising rates will cause bonds to lose value, eventually the decline in price will be more than offset as bonds mature and can be reinvested at higher yields. Bond investors who are patient and let their existing bonds mature and reset at higher yields will be rewarded, versus those selling the bonds and locking in their losses. ■

For more information, please contact Chad Stevens with City State Bank Trust & Investments at 515-981-1400. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. The materials are based upon publicly available information that may change at any time without notice.



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GROUND broken for \$50 million Norwalk Central Development

A groundbreaking was held May 12 for the Norwalk Central Development.

The City Council recently approved two development agreements for the area. One agreement is with SportsPlex USA and Heartland Sports Properties to construct a 20-plus acre private sports and recreation campus. The Central Iowa Sports Campus (CISC) will host more than 15 acres of turf multi-sport athletic fields with adjoining parking, pedestrian walkways, and a standalone concessions and restroom facility. It will also contain a 35,000-square-foot indoor retail center, with multiple tenant spaces for businesses related to sports, fitness, nutrition, athletics, recreation, entertainment and eateries.

The City Council also approved two land purchase agreements with Diligent Development for a total of 8 acres. Diligent Development owns Hughes Century Crossing, a retail and residential development within Norwalk Central. This agreement will allow the City to construct the long-awaited 45,000-square-foot public recreation facility. C.O.R.E, Center of Recreation Excellence, will consist of Park and Recreation Department offices, a commons area to host programming, a concession stand, a multi-use court space with rubberized gym floor, four basketball courts, four volleyball courts, 6 pickleball courts, indoor track and rental space for public practice, tournaments and other programs/events. There will also be public parking and a new regional stormwater detention facility that will serve multiple commercial properties in the area.

In addition, the City entered into another agreement with Diligent Development that allows the City of Norwalk to use Tax Increment Financing (TIF) for the purpose of funding new public infrastructure within the proposed project areas. Diligent Development serves as the land developer for this area. Diligent will construct the infrastructure that will serve and provide access to the City's future public recreation facility, public park, trail, retail parcels and the private sports campus. The proposed cost of infrastructure is \$9.5 million with a max of \$12 million.

"Norwalk Central is a critical step helping to meet needs for our citizens and also spur commercial development in the heart of our community," said Norwalk City Manager Luke Nelson.

All four agreements allow the City and the developers to move forward with the much anticipated Norwalk Central Development. The project will bring an estimated 1 million new visitors to the area each year for large tournaments and events.

"The Norwalk Central project is an exciting addition to the Metro area and will provide significant increases in available commercial, recreation, sports and additional retail opportunities," said Economic Development Director Hollie Zajicek.

Visit norwalkcentral.com to stay up to date on the development. ■

NORWALK softball star

Carly Brewer makes name for herself.

A rising star at Norwalk High School, sophomore Carly Brewer is making herself known in the sport of softball.

She started playing at age 10 — before which she played T-ball with her brother — and has continued to develop a passion for the game. She's talented, too, and the stats speak for themselves.

Putting in long hours in the batting cage, Brewer has increased her pitch velocity to 65 miles per hour and gained spin on both her rise and drop ball. This year, she was rated by Extra Innings Softball as the No. 31 best pitcher in the nation and the No. 65 overall player in the 2025 class.

"The ranking was nice, but for me, the ultimate goal is helping my team win and playing at a high-level Division I school," Brewer says.

Brewer plays softball for Iowa Premier Fastpitch, the top travel club in Iowa — one that's also a top-ranked national club, too.

"Greg Dickel (club director) and Carlos James (the 14U National coach) have been a big part of my growth as a pitcher, athlete, teammate and overall softball player," Brewer shares. "Both coaches push me to be the best version of myself I can be on and off the field."

She adds, over the years, she's played for some great coaches, but what sets Iowa Premier apart is the level of softball at which they play.

"Every weekend we travel to play top-tier teams, and the players Greg brings together are some of the best players in the nation," Brewer says. "Iowa Premier Fastpitch has been awesome and has made me better."

In fact, Brewer's team is currently ranked No.1 in the country for 14U teams. Brewer herself was invited to play in the 2022 Futures All-Start game at the Colorado Sparkler — a well-known national softball tournament that features top talent. Additionally, she's been selected to attend several elite invite camps over the past two years, including at the University of Oklahoma and LSU.

But, for Brewer, any individual



Carly Brewer has set a goal to increase her pitch velocity to more than 68 mph before she graduates high school. She is currently able to pitch at 65 mph.



stats or opportunities are a reflection of her teammates and coaches' efforts. Her ultimate goal is to pitch for a Division I school and continue her education. She's also working to increase her pitch velocity to more than 68 mph before she graduates high school.

Brewer shares she's been asked by numerous people why she doesn't play softball at Norwalk High School, and it's in large part because of conflicting schedules with the travel team.

Outside of her busy softball commitments, Brewer enjoys spending time with friends and family, participating in agility and strength training and being outdoors.

After college, "I plan to have a career in the medical field and enjoy helping people," Brewer says. ■

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Check for cancellations

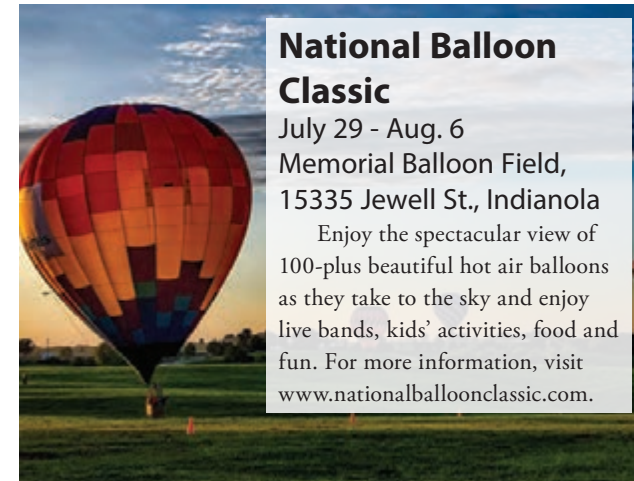


Warren County Fair

July 27 - Aug. 1

Warren County Fairgrounds

Enjoy all the favorites of a county fair: grandstand shows, contests, exhibits, food, kids' activities, and a variety of fun for all ages. For more information, visit www.warrencofair.com.



National Balloon Classic

July 29 - Aug. 6

Memorial Balloon Field,
15335 Jewell St., Indianola

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit www.nationalballoonclassic.com.

Lunch in the Park

Every Friday through Aug. 19, 11 a.m. to 1 p.m.
City Park, 907 North Ave., Norwalk

The Norwalk Area Ministerial Association presents free food, games and fun activities at its Lunch in the Park. For more information, contact the St. John the Apostle Parish Office at 515-981-4855.

Fun Fest

Wednesday, Aug. 3 -
Friday, Aug. 5
Fellowship Community
Church, 225 North
Ave., Norwalk

Fun Fest is a free event for incoming K-fifth grade kids. It includes songs, games and tons of fun. Special guest Jesse Joyner will use his gifts of juggling, balancing and Biblical teaching as participants embark on an "Amazing Race" around the world. Register your child at www.fellowshipnorwalk.org/funfest or contact the church office at 515-981-0699. Pre-registration closes Monday, Aug. 1. Transportation is available if reserved with registration by July 30. All are welcome to attend.

Farmland Leasing and Management Workshop

Monday, Aug. 1, 1-3 p.m.

Warren County Extension, 200 W. Second Ave., Suite A,
Indianola

ISU Farm & Ag Business Management specialists will present information and updates on farmland leasing topics including: current cash rental rates, land values and crop price survey results; determining a fair cash rent; tenant/landowner communications and legal aspects; and approaches to writing and terminating a farm lease. They will share ISU Extension web-based resources. To register, contact Bethany Cecot, bcecot@iastate.edu, 515-961-6237, at least two business days before the meeting. Registration is \$20 per individual and includes one Farmland Leasing Arrangements book.

Warren County Conservation StoryWalk

Various dates and locations

StoryWalk is a fun idea to get communities outside and reading. Each month, new nature-themed children's stories will be placed along trails in different parks. Bring your whole family out to hike and read a page of the story every few feet as you go along. A few days before the end of the month, the StoryWalk will move to the next park. Call 515-961-6169 if you want to know the exact location of the StoryWalk within the park. Sign the guest book at the end of each StoryWalk so attendance can be noted.

- July (Woodland Mounds), "A Backyard Birding Adventure: What's in Your Yard?" by Kermit Cummings and illustrations by Holly Weinstein
- August (Otter Creek), "If Animals Built Your House," words by Bill Wise and pictures by Rebecca Evans



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July 17
Outdoors Night
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Aug 7
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HOME HEALTH

By Ward Phillips

MYTHS and truths about hospice care

Considering end-of-life care for a family member who is ill can be overwhelming. Assistance from a qualified hospice provider can make the idea less daunting, help you initiate the conversation with other loved ones, and perhaps even reassure you that hospice care can benefit your whole family.

If your loved one's doctor has suggested hospice care and you're hesitating about making the call, the information below, compiled with assistance from the American Hospice Foundation, might help you better understand the benefits of hospice services.



Myth No. 1: Hospice is appropriate only when a person is at death's door.

Truth: The hospice conversation should begin before a person is in his or her last days; ideally, it should take place when individuals are still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a person to live life in comfort for the days, weeks, months, or longer that remain in his or her life. It's not unheard of for an individual's condition to improve and for him or her to "graduate" from hospice care. A philosophy of the hospice model is that life can and should be lived fully, no matter how much time remains.

Myth No. 2: Families are discouraged from involvement in a loved one's hospice care.

Truth: On the contrary, hospice care can benefit family members nearly as much as it can benefit clients. One of the gifts of hospice is its capacity to help families realize how much can be shared at the end of life through personal and spiritual connections. As part of a family-centered concept of care, hospice focuses almost as much on supporting a client's family members as on caring for the client. It's not unusual for family members to look back upon the hospice experience with gratitude.

Myth No. 3: Hospice is a place.

Truth: Some hospice providers care for patients in a dedicated hospice building; others care for clients wherever the need exists, usually in the client's home. You can seek and receive the care that feels right to your loved one and family.

Myth No. 4: Hospice is only for patients with cancer.

Truth: More than half of hospice clients nationwide have diagnoses other than cancer. Hospice commonly serves people who are living with chronic diseases such as emphysema, Alzheimer's disease, or cardiovascular and neuromuscular illnesses.

Myth No. 5: Hospice care is expensive.

Truth: Most hospice clients 65 or older are entitled to the Medicare Hospice Benefit, which covers virtually all hospice services and requires the client to pay little in out-of-pocket costs. This means there are no financial burdens incurred by the family — a situation that can contrast sharply with major expenses that can be incurred to manage a life-limiting illness when hospice is not used. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.



We're all about *living.*

“

“We fought the doctor about our dad needing hospice care because we were afraid, but we actually ended up wishing we had called WesleyLife sooner. We really feel the care Dad received from the hospice team allowed him to live longer.”

– Terry L., Des Moines

”

WesleyLife Hospice helps people spend their days the way they want to, continuing to make memories with those closest to them in the environment that they find most comfortable. We offer care anywhere, and virtually anyone with a life-limiting illness can qualify. What's more, as everyone processes end-of-life issues differently, **we offer support for the whole family.**



WesleyLife
HOSPICE

If you'd like to know more about hospice services for someone you love, visit wesleylife.org/hospice or call **(515) 978-2777**. We'd be honored to help your family.



TEENAGE drivers

Inexperience and immaturity make it much more likely that a teenage driver will have an accident than an adult driver. A driver in the age group of 16-19 is four times more likely to have an accident than an older adult and twice as likely to die in an auto accident. In some states, a 16-year-old is 20 times more likely to have an accident than an older adult. A 16-year-old is three times more likely to have an accident than someone 18-19 years old.

More than one-third of all deaths in the 16- to 19-year-old range are due to auto accidents.

From an insurance standpoint, it is more expensive if your child has a vehicle driven primarily by them. Consider not getting your child his/her own auto and letting him/her drive a family car. If you insist on providing him/her with an auto, consider buying an inexpensive, but reliable, used car. Anticipate at least one or more fender benders. In general, you are better off not buying collision insurance and not reporting these minor claims; an increased claims frequency can result in higher premiums or nonrenewal.

Unless it is impossible, do not insure your child's auto under a separate policy. It is almost always advantageous, from a pricing and



coverage standpoint, to have your child's auto on your policy. In addition, since statistics show conclusively that teenagers have a higher claims frequency and severity, make sure you have a personal umbrella policy with at least a \$1 million limit. The cost can be as low as \$150 but could be as high as \$300 or more. Still, it's a bargain to protect yourself and your assets from catastrophic loss.

If applicable, ask for a "good student" discount. If your child's grade point average is a "B" or better, you could get a discount of 10-20% or more.

Most importantly, practice sound loss control. When dealing with teenage drivers, preventing accidents is more important than relying on insurance to fix things. Insurance can replace your vehicles and pay for broken bones, but it can't replace the most important thing in life ... your child.

Driving is a privilege, not a right. If your child violates your rules or the rules of the road, take that privilege away from them until they can demonstrate they understand the seriousness of this responsibility and the possible consequences of their actions. ■

Information provided by Michael Lane, Lane Insurance Agency, 1225 Sunset Drive, Norwalk, 515-981-4614.

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FACE the financial storm head on

The first half of 2022 has been a financial storm. Inflation hit a 40-year high, interest rates are rising, and the S&P 500 declined 20% through mid-June — the steepest start to any year since 1939. There are things you can do right now to help your retirement savings weather the storm.

Take your 401(k), for example. We often talk to the families and individuals we work with about rebalancing their 401(k). When the market is down, stocks are on sale. Depending on your retirement date and your other retirement savings, this may be the time to put more into the stock market and less in bonds. We are also talking about new contributions to 401(k)s or other employer-sponsored plans. Now may be a time to dedicate those new contributions to equities, allowing you to take more risk with a smaller part of your portfolio. Also, look at how many shares you own, not the value of those shares. If you can ride out this storm, the more shares you buy on sale, the more you can enjoy the sunny days when the market goes up again. Like any retirement decision, these moves must help you achieve your goals, and you must understand and feel comfortable with the risk you are taking.



You can make other strategic moves that don't have anything to do with the stock market. Developing a long-term tax plan is one of them. Having three buckets of money: taxable, non-taxable and tax-deferred allows you to draw income from these buckets in a way that can decrease your tax burden. A long-term tax plan could also include paying more taxes one year to pay fewer taxes later, as in the case of a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on that money again if it's a qualified withdrawal. Inside the Roth account, you can buy stocks, and if the market is down, you buy them at a lower rate. Then you can ride the market volatility back up and do so in a tax-free account.

Some may say sit back and wait it out when a storm is brewing, but I disagree. Face the storm head-on by developing a plan for your retirement savings so you can take control of your money and your retirement vision. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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HOMEOWNERSHIP: A portal to community?

More community within neighborhoods is a trending goal. People are wanting to socialize with neighbors again, and it is showing up in communities all across America. There are benefits to knowing your neighbors and building a network at home.

In the 1800s, it was necessary to be outdoors, especially in the summer months to stay cool. Front porches were a place to do household chores like folding laundry or tending to freshly harvested vegetables. Some porches were the cool summer sleeping spot, especially if bedrooms were on a second floor. As a result of time spent outdoors, you were aware of your neighbors and what went on in the neighborhood. Porches were meeting places to catch up on news or perhaps get to know a special someone better.

Congregating happened easily and often as the front porch was a place to relax after dinner in the cool evening breeze. Remember watching "The Andy Griffith Show" and seeing Andy, Opie and Aunt Bea sitting on the front porch while Andy played his guitar? That was the



scene in communities across America up to the 1960s. Air conditioning and TVs pulled people off the porch and into the house, and life started to become more private.

With the tense temperament of the news and social media lately, it may seem ironic that people are drawn to desiring community while at home again. One definition of community is, "an interacting population of various kinds of individuals in a common location." Interacting with one's neighbors will break down barriers as it builds a network of connection, assistance and broadened perspectives. It is not ironic at all that, when chaos surrounds an environment, people are driven to make sense by finding other people with whom to connect. There is no better place to look than your neighbors: to learn they play in a band, and you enjoy local music; to discover the woman two houses down is struggling to get her lawn mowed as her husband is ill and she works overtime, and you have an extra hour on the weekend you could get it done for her.

Homeownership, human nature and porches are outlets for relationship building of the community kind. ■

Information provided by Jon Niemeyer, owner, EXIT Realty North Star, 1039 Sunset Drive, Norwalk, 515-981-5131, Jon.Niemeyer@exitrealtynorthstar.com.

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MEET Britney Boland

Creating intervention plans and a behavior team

As a behavior support specialist for the Norwalk Community School District, every day for Britney Boland is different and unique. Originally from Waukee, Boland studied psychology at Simpson College before receiving a master's degree in applied behavior analysis from the The Chicago School of Professional Psychology. Boland then became a Board Certified Behavior Analyst (BCBA). When accepting her current position with the district, she says the first thing that stood out to her was how welcoming everyone was.



Britney Boland is a behavior support specialist for the Norwalk Community School District.

"From top to bottom, even though I was new, and I wasn't truly a teacher or ever have been, so many teachers and administrators reached out to help me find some sort of footing. It is definitely a community and a district that makes an individual feel like they belong right from the start," Boland says.

When she first became certified as a BCBA, she applied to both a clinic setting and a school setting, unsure of which path she was going to take. However, Boland liked that her position at Norwalk would give her the opportunity to work with a clinic as well as the school setting, something she says does not happen often. Now, in what is a newer position for the district, Boland says she continues to work though the "kinks" of a typical day.

"Behaviors of others are often hard to navigate — from adults to kids, 'typical' behaviors to challenging ones. However, seeing students make progress in areas they once struggled with (i.e. academics, behaviors, social situations, etc.), or seeing staff show growth and gain confidence in areas that once wasn't the case, there is nothing more rewarding," Boland says.

Boland works out of one of Norwalk's elementary schools where she navigates an intervention plan in conjunction with staff from a clinic setting, learns how to teach and train other adults on intervention plans, and works towards creating a "behavior team" within the district. Whether it is activities that help support learning and growth of students or activities that help support the staff, Boland says every day brings its own challenges and excitements.

"There are so many different challenges that come with this role. However, the rewards that tag along outweigh these challenges every time," she says.

In her free time, Boland enjoys spending time with friends and family. She also enjoys participating in sports such as basketball, volleyball and slow pitch softball. ■

"This place has changed my family's life."

Jan, Daughter of a Holland Farms resident



When her mother started experiencing dementia, Jan and her family looked to Holland Farms for support. The love, care and engaging actives offered stand out to Jan as some of the best parts of our welcoming community.

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MAYORS MOMENT

As I look at the calendar, I realize we are almost halfway through the summer, and I really hope you've been having a good one. My family and extended family on my wife's side just spent a week in Orlando. We had a great time and we've come back refreshed and ready to finish the summer strong. I hope everyone has a chance to get some rest and relaxation this summer, whether it's a vacation or a much-needed staycation.



Tom Phillips, Mayor

Norwalk Central Update

I'd like to clarify a few things regarding the sports campus. The City will own a public recreation facility at the Norwalk Central site that will include four full-sized multi-sports courts, a walking track, a commons area, and concessions. While we hope that we'll see lots of weekend tournaments at this location, we believe there will be plenty of time available for residents to use the courts and the track. As we get closer to opening this facility, we plan to have a schedule of court and track availability on our website. Next to the City's recreation facility, there will be a two-acre public park and trail through the entire development available for use, weather permitting.

A privately owned fitness and sports facility (SportsPlex USA) and 8 turf fields (Heartland Sports) will be located in Norwalk Central as well, which will work in conjunction with the City's activities, but privately owned and managed. If you have any questions about this or any other commercial project, please contact our Economic Development Director Hollie Zajicek by emailing holliez@norwalk.iowa.gov.

Board of Supervisors

Recently, there was an article in the Indianola Record Herald about increasing the number of Warren County Board of Supervisors to five members. There have been several situations, over the past few years, that I believe could have been handled better had there been five-county Supervisors. Several of the situations include the deterioration of the County Courthouse and Jail, the deterioration of our county's emergency communications system, the deterioration of our county's rural roadways, the delay to replace our emergency communication system, and the starting, stopping, and delay of building the new Warren County Justice Center. These are things all of Warren County's residents rely on, but they have unfortunately been woefully neglected for a long period of time.

I've done some research on board sizes and found out the optimal size of a board is between four and seven members. The research shows that more than four members increase the overall knowledge of the board just by using individual knowledge, by the ability to do a wider variety of research, and by the ability to talk outside of a meeting to share thoughts and ideas. The research has also shown that as a board increases to over seven members, the board becomes more social and wants to talk about everything, thereby slowing down the decision-making processes. I firmly believe that Warren County has grown enough to warrant the Board of Supervisors increasing to five members.

This is just one of the issues that will be on the ballot in November. As we get closer to the election, I will provide additional information on this topic in a future article.

July is Parks and Recreation Month

This July we are bringing attention to how important it is to rise up and support parks and recreation because every day, parks and recreation professionals rise up for the communities in service of equity, climate readiness, and overall health and well-being. Join us at one of our many events around Norwalk this month to support parks and recreation and to learn more about what we offer the community! Follow City of Norwalk Parks and Recreation on Facebook!



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Peddlers Permit

The Norwalk Police Department has received several complaints from community members of unlicensed peddlers coming to their doors and claiming to have permits with Norwalk when they do not.

We have started posting when people receive a peddlers permit on our social media pages, and we've also created a new page on our website that lists out all the current ones. You can see what a peddler permit for Norwalk looks like. You can also scan the QR code to view all active peddlers permits.

If you have any questions or concerns, please contact the Norwalk Police Department at 515-981-0666.



DATE

In accordance with Norwalk City Code of Ordinances Chapter 122 the below listed person has been issued a License to conduct business within the City limits of Norwalk Iowa. Approval and issuance of this license is not an endorsement by the City of Norwalk or the Norwalk Police Department of this business, its products or services.

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Address: **ADDRESS**

City: **CITY**

Purpose: **REASON FOR PERMIT**

Effective: **DATE**

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2. License valid only to the holder and with Iowa license presented at time of application.
3. License shall be presented at the request of prospective customers to be in compliance of Chapter 122 of the City Code.

Greg Staples
Chief of Police
Norwalk Police Department

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Meeting Room Space

Looking for a site for a graduation party, baby shower, birthday, or other gatherings? Norwalk Easter Public Library has re-opened its meeting room for reservations. This spacious room may be used for civic, community, cultural, educational, political, religious, or social activities. Library-related groups, non-profit organizations, and departments of federal, state, and local government may use the meeting room free of charge. A \$50.00 rental fee is charged for private, social, or political gatherings.

Full information is available by scanning the QR code or by contacting the library at 515-981-0217.



Summer Storytimes

Tuesday & Wednesday mornings through July 27 at 10:30 a.m.

We've got books & rhymes for a grand old time! We'll have a fun, interactive 25-minute storytime. Tuesday storytimes will be followed by playtime or themed activities in the library's meeting room. Wednesday storytimes will be outdoors in City Park. Recommended for ages 2-5.

Teen Takeover

Most Thursday nights through July 28 at 6:00-8:00 p.m. OR 8:00-10:00 p.m.

Check the schedule at norwalklibrary.libcal.com/ to see what tweens/teens will do—video gaming, crafts, interactive movie, murder mystery, laser tag, and always snacking! Registration is preferred.

Brew & Bubbly Bash: Uncorked Crafts Edition

Saturday, July 16 at 6:30-8:30 p.m.

Cheers to you! Adults 21 & older can visit the library after closing time to hang out, enjoy beverages/snacks, & participate in the evening's activities. Saturday's project is a repurposed wine bottle tiki torch to take home. The library will provide light snacks & non-alcoholic beverages; participants are welcome to bring their own beer or wine. Registration is recommended; save your spot by calling the library at 515-981-0217 or online at norwalklibrary.libcal.com/event/9205178

Art on the Lawn

Saturday, July 23 at 10:00 a.m.-1:00 p.m. (drop-in any time)

This fun, open-ended art experience for all ages will be held on the library's front lawn. Participation is free; all materials are provided. Choose from a variety of art-related activities and dress for mess!

Employee spotlight

Kerri Keyte,
HR Director



Kerri grew up in Columbia, MO, and graduated from the University of Central Missouri. She moved to Iowa to attend Drake University Law School.

Prior to joining the City of Norwalk, Kerri was a practicing attorney in the Des Moines area. Kerri joined the City of Norwalk team in 2017. She has held several positions and became the City's HR Director in March.

"I enjoy coming to work in the morning! Norwalk is a wonderful community and the City has a great team of knowledgeable, hardworking, and service-minded employees."

Kerri is married to Tony, and they have three children; Grace, Ben, and Matthew. The family also has two dogs and three cats. Kerri is an avid reader and enjoys spending time with friends and family.



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SENIOR LIVING

By Shawn Kinnison

MYTHS of senior assisted living



Assisted living communities are designed to empower individuals to maintain their independence, while giving them access to 24/7 assistance with activities of daily living, socialization and activities in a homelike environment. Many seniors thrive in assisted living communities, but people tend to still have reservations on deciding whether to move into one. Although there are many myths out there that make it difficult for seniors and their caregivers to make the big decision on moving, an assisted living community is one of the best living options for seniors. Here are some myths about these communities that may help you understand the benefits of moving into an assisted living community.

One of the biggest myths regarding assisted living communities is that the term "assisted living" is just a new way of saying nursing homes. Nursing homes and assisted livings do share some things in common, such as 24/7 access to health care services. However, assisted livings are designed to empower independence and autonomy, whereas nursing homes have more of a restrictive setting. Some other differences in assisted livings are that they offer private apartments with your own furniture, tend to cost less, and offer more independence, privacy and activity programs tailored to specific needs.

A second myth in assisted living communities is that you will lose your independence. In assisted livings, you are encouraged to entertain guests, cook your own meals and do other things you used to do at home. Assisted livings follow the "if you don't use it, you'll lose it" motto. They offer assistance with certain tasks, not complete, round-the-clock care like nursing homes do. Seniors in assisted livings can come and go as they please, but they still have the reassurance that, if they need help, staff is able to respond within minutes.

A third myth is that residents give up the things they used to love. Living in an assisted living provides more socialization and companionship than living alone. The community's activities are centered around the individuals' likes and interests while enhancing their quality of life. Many assisted living communities have gardening clubs, bridge groups, cooking classes, church services and music groups.

These are just a few myths out there about assisted living. There are many benefits about making the big decision to move into an assisted living community that can improve a senior's quality of life, wellness and their social life. When looking for an assisted living community, do your research and ask appropriate questions that are centered around your loved one. ■

Information provided by Shawn Kinnison, Community Relations Coordinator, Edencrest at the Legacy, 2901 Cedar St., Norwalk, 515-313-3814, welcomesh@edencrestliving.com.

RECIPE

MEDITERRANEAN-inspired dinner parties made easy

(Family Features) Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit GenovaSeafood.com. ■

Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna
Servings: 4-6

ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided
- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained, patted dry and halved
- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped



season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.

- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

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4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.

Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen



levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes and sedentary lifestyle.

2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart risk factors. Continuous stress releases an excess

of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com

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THE NEED for hearing protection devices

A recent study by the National Institute for Occupational Safety and Health (NIOSH) found that 53% of noise-exposed workers didn't consistently use hearing protection when exposed to hazardous occupational noise.¹



This is an alarming statistic, as more than 22 million U.S. workers currently face exposure to hazardous noise at work. Younger workers aged 18–25, females and smokers were the least likely to wear hearing protection devices (HPDs).

Those who worked in industries with the least noise exposure (like finance and social assistance) were less likely to wear HPDs. However, just because exposure to hazardous noise is less common in their line of work does not mean that there are no instances where they

could benefit from using hearing protection. Further education on the potential for damage and the advantages of using HPDs should be discussed in those industries.

Surprisingly, some industries where noise is a well-recognized hazard were found to have a high prevalence of HPD non-use as well. These include agriculture, forestry, fishing, hunting (74%) and construction (52%).

This is another indicator that education and training about the importance of proper and consistent use of HPDs are critical. Additionally, workers need access to HPDs that are both comfortable and still allow them to communicate effectively with their coworkers and hear what they need to in order to perform their jobs safely.

If you are exposed to loud noise at work, here are steps you can take to protect your hearing:

- **Wear hearing protection:** Your audiologist can work with you to find the right

earplugs to protect you from unsafe noise levels at your job.

- **Get routine hearing screenings:** Being proactive will allow you to catch and treat a hearing loss sooner.

- **Take noise breaks:** Giving your ears some time away from a loud environment helps reduce your overall noise exposure.

Do you, or have you, worked in a noisy environment? Contact your local audiologist to get a hearing health checkup as soon as possible. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.IowaHearingCenter.com. Dr. Cook is a Medicare participating provider. 1. Green, D. R., Masterson, E. A., & Themann, C. L. (2021). Prevalence of hearing protection device non-use among noise-exposed U.S. workers in 2007 and 2014. *American Journal of Industrial Medicine*. <https://doi.org/10.1002/ajim.23291>.

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HEALTH

By Dr. Donna Grant

IN CASE of dental emergency

A rogue elbow in a basketball game, roughhousing with siblings, bonking heads on a trampoline, or dropping a weight on your face at the gym. We have seen it all. Dental emergencies come in all shapes and sizes, but we'll cover some information on what to do if disaster strikes.

If a tooth is:

- **Chipped or broken into pieces:** Collect all pieces of the tooth if possible and call your dentist. Minor chips are not dire emergencies but you will want to get an x-ray to rule out other fractures.
- **Knocked into the wrong position:** Reposition the tooth into the correct position and call your dentist.
- **Knocked entirely out of the socket (avulsed):** Call your dentist. Replace the tooth into the correct position. If it's been on the ground and has visible dirt on it, rinse with milk or saliva (not water) and do not scrub. Try only to handle the tooth by the crown (the part that normally shows in your mouth), not the root. If unable to replace, store the tooth in milk or hold it in your cheek (saliva) to keep it moist (again, not water). You have about 30 minutes that the tooth is viable to successfully reposition.

ER doctors typically have little training in dental emergencies. If injuries to the rest of the mouth/body are relatively minor, in a case with an avulsed tooth, try getting into your dentist first. ■



Information provided by Dr. Donna Grant, Norwalk Family Dentistry, 1101 Chatham Ave., Suite A, Norwalk, 515-256-9000, www.norwalkfamilydentistry.com.

HEALTH

Dr. Cord Linville

BACK to school time for eye exam

Summer is in full swing, but, before we know it, the school year will be right around the corner. Your child's eye examination should be included in your back-to-school checklist. My recommendation is to have your child's eyes examined prior to starting kindergarten and annually thereafter. Here are a few conditions that are critical to identify at an early age:

- **Refractive error:** Identifying if your child needs an updated glasses prescription is important before they start school. We want them to see to the best of their ability for their schoolwork.
- **Strabismus:** Misalignment of the eyes either inward (esotropia) or outward (exotropia).
- **Amblyopia:** (also known as lazy eye) is poor vision that develops in just one eye. This occurs because of refractive error in one eye, strabismus, or deprivation to that eye. It is critical to identify this in the early years of life.
- **Ocular health:** Finally, it is important to fully assess your child's eye health through a dilated eye exam. There are various ocular health conditions that can occur in childhood that we examine for. ■



Information provided by Dr. Cord Linville, Family Eye Health Center, 6004 S.W. Ninth St., Des Moines, 515-287-0820, www.fehcenter.com.

HEALTH

By Dr. Jesse Stumbaugh

DO I need a referral to see a chiropractor?

In almost all cases, a referral from a medical doctor is not required. Doctors of Chiropractic (DCs) care for patients of all ages, with a variety of health conditions. DCs are especially well known for their expertise in caring for patients with back pain, neck pain and headaches — particularly with their highly skilled manipulations or chiropractic adjustments. They also care for patients with a wide range of injuries and disorders of the musculoskeletal system involving the muscles, ligaments and joints. These painful conditions often involve or impact the nervous system, which can cause referred pain and dysfunction distant to the region of injury.

Chiropractic adjustment or manipulation is a manual procedure that utilizes the highly refined skills developed during the Doctor of Chiropractic's intensive years of chiropractic education. The chiropractic physician typically uses his or her hands — or an instrument — to manipulate the joints of the body, particularly the spine, in order to restore or enhance joint function. This often helps resolve joint inflammation and reduces the patient's pain. Chiropractic manipulation is a highly controlled procedure that rarely causes discomfort. The chiropractor adapts the procedure to meet the specific needs of each patient. Patients often note positive changes in their symptoms immediately following treatment. ■

Information provided by Dr. Jesse Stumbaugh, Norwalk Chiropractic, 1300 Sunset Drive, 515-981-9208, www.norwalk-chiropractic.com. Norwalk Chiropractic is a provider with most major insurance companies.



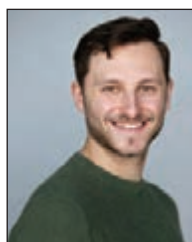
HEALTH

By Elijah Evans

PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■

Information provided by Elijah Evans, T-LMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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UNDERSTANDING the endocannabinoid system

Studying how the human body works is infinitely fascinating, and, for as much as we have already learned, it seems there is still more to discover. It's well known that our bodies have several transmitting systems — a popular one being the sympathetic nervous system, which provides us our fight-or-flight response. Another important system within us is the endocannabinoid system (ECS), which regulates most aspects of our day-to-day functioning. It is in charge of our ability to learn and create memories; our emotional, pain and immune responses; our sleep cycles; and more. The most important function of this entire system is to help our bodies maintain homeostasis, or overall internal stability. The ECS is active in our bodies even if we do not use cannabis. People are especially inclined to ingest if they have heavy pain or anxiety. The ECS also exists in animals. Creating awareness of this system has undoubtedly contributed to cannabis' rise in popularity. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th, #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. References: <https://www.health.harvard.edu/blog/the-endocannabinoid-system-essential-and-mysterious-202108112569#app>. <https://www.healthline.com/health/endocannabinoid-system#deficiency>.

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ROTARY secures grant for Bike FixIt stations

Funds will make repair stations available along trail.



Helping install the Bike FixIt stations are, from left, Dakota Springer (Norwalk Parks and Recreation), Justus Harris (past Rotary Club president), Luke Nelson (current Rotary Club president and city manager), Russ Smith (past Rotary Club president), and Kris Kunze (future Rotary Club president).

Rotary International is a community-based organization focused on service to others.

For the Norwalk Rotary Club, the emphasis tends to be on youth and families. As an extension of that, the group has been looking for ways to further support the Great Western Trail connection recently constructed by the City of Norwalk.

This past year, the Norwalk Rotary Club received a Community Service Grant from the District 6000 office. The \$4,000 grant was used for the purchase of Bike FixIt stations, which Rotary members then installed at two locations on the town's bike trail. Funds also went toward air pumps and the concrete pad needed for installation. The total project cost just more than \$8,000.

The Bike FixIt stations offer tools that allow people to do basic repairs and maintenance — from changing a flat tire to adjusting brakes and seat height — right on the trail. The FixIt stations include hanger arms, which lets the pedals and wheels spin freely while adjustments are being made.

"The FixIt stations came up as an amenity to help people using the trail," says Luke Nelson, a founding member of the Norwalk Rotary Club and upcoming president.

Norwalk Chief of Police Greg Staples, president-in-waiting of the Norwalk Rotary Club, says when the idea for the Bike FixIt stations came up, he was able to include his perspective as police chief of what the best locations in town might be — areas that are secure and with low crime.

"Those are the kinds of things you think about when you put a community service out," he adds.

Staples, an avid cyclist, also shared his opinion in that regard.

"As a cyclist, it's really neat that a city and a philanthropic organization like Rotary could partner together to enhance the trail system," he says. "It's a neat public-private partnership."

For Nelson, the best part of being involved in the Norwalk Rotary Club in general is spending time with like-minded community members who have an interest in making Norwalk a better place.

"The Rotary Club has helped me meet new people in Norwalk and learn more about our community," he says. "I hope that other community members see the same value and explore joining our club. I would love to meet more people."

Nelson adds, residents who would like to learn more about the Norwalk Rotary Club and who might be interested in attending an informational lunch, can contact him at lnelson@norwalk.iowa.gov

As for the Bike FixIt stations, Staples says, "It's just one more reason why Norwalk is such a great place." ■

DISTRESSED?

"I call on you in the day of distress, for you will answer me." -David (Psalm 86:7)

It was Dec. 19, 1941. The British Cruiser HMS Neptune found itself in a minefield off the coast of Tripoli. After striking four of the mines, the ship quickly sank. Some of the crew members, including the captain, stayed alive for several days in the waters of the Mediterranean, but, in the end, out of a crew of 765 men, only one crew member, Norman Walton, survived. And how did he do it? Walton found himself in the bow of the ship where the ship's anchor attached to a huge chain was kept. He escaped the sinking ship by climbing down the ship's chain, jumping into the water and swimming to a raft floating in the water where several other shipmates were. Five days later, only Norman and one other sailor were still alive when an Italian ship took them aboard. His shipmate died the next day, but Walton lived and spent the next 18 months in Italian prisoner of war camps. Norman Walton didn't know it until he was released and was told by authorities that he had been the only survivor of the HMS Neptune, a fact that took him years to accept.

Life is a lot like Norman Walton's experience on the Neptune. You're sailing along in life and then, one day, you find yourself in a minefield. A job is lost, your health deteriorates, a loved one or friend is in a car accident — name the circumstances — and you look around to find the ship is going down under the waves, and you find yourself in distress — real distress. Now you've got options, that's true, but, in the heat and pressure of distressing times, not all options are good ones, and, if you trust in the wrong one, your survival isn't guaranteed. Fortunately for him, Norman Walton chose the right option: He chose to stay near the anchor, and that decision saved his life.

There's only one anchor that can be trusted in the distressing times that come in life, and that anchor is Jesus Christ. When we choose to turn to Him and stay close to Him when those distresses come slamming into our life, we will find our survival is in His hands, and He will carry us through those distresses, whatever they may be. David learned that God is trustworthy in distressing times, and that's why he called out to Him in prayer. Jesus Himself said, "Come to me, all of you who are weary and burdened, and I will give you rest" (Matt. 11:28).

Circumstances have you feeling distressed and going down? God will be your anchor if you let him. ■

Pastor Rob Jones is the senior pastor of Fellowship Community Church in Norwalk. The church was founded under his leadership in 1995.



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Please see full Important Safety Information for CoolSculpting® Elite on CoolSculpting.com.

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LEGAL By Ken Winjum

I'VE HAD a back condition for years before my accident. Do I still have a claim?

An accident can happen to anyone, regardless of health. There is often confusion about whether a person who already has neck, back or other issues can obtain full compensation for an injury.

Sometimes an insurance adjuster will ask about prior medical history to learn about pre-existing conditions, usually, to make a reduced offer based on an assumption that the accident did not cause the claimant's current symptoms.

In Iowa, a claimant who had a pre-existing condition that was aggravated by an accident is entitled to recover damages caused by the aggravation but not to recover for conditions not caused by the accident.

If the claimant had a condition making him or her more susceptible to injury than a person in normal health, he or she is still entitled to damages caused by the accident.

A person who has been injured in an accident should be wary about his or her claim being "discounted" simply because of prior medical issues. A well-informed analysis of how past medical history may affect a claim for damages is crucial before accepting any settlement from an insurance company. ■



Information provided by Ken Winjum, The Winjum Law Firm, P.L.C., 1220 Sunset Drive., Suite 103, Norwalk, 515-981-5220, www.winumlaw.com.



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MENKES go 'Under The Stars'

Norwalk couple enjoyed their 18th year with Music Under The Stars.

Seventy-five years is a long time for any community group to remain in existence, but Des Moines can boast of at least one.

Music Under the Stars is one of the longest-running summer band concert series in Iowa. The concerts were held this summer on Sundays from June 12 to July 10 at the Iowa Capitol grounds. The ensemble features the Metro Concert Band and Jazz Big Band. Many of the members are Des Moines Symphony musicians as well as some of the Midwest's finest professionals.

Two of those are Nick and Elaine Menke of Norwalk, who have been involved with Music Under The Stars for 18 years now. The reasoning is simple: They love music, and they enjoy getting on stage and showing others just how much so.

"We enjoy getting to perform with other professional musicians in front of a live audience, and having the Iowa Capitol as a backdrop to our concerts is pretty spectacular," Elaine says.

Music Under the Stars features two performing groups at each concert. The Menkes are both musicians in the Des Moines Metro Concert Band, which is typically the first group to perform.

Nick and Elaine both graduated with music education degrees from the University of Northern Iowa and are band directors at Norwalk Community School District. Elaine began her stint with the group when she met another musician from Music Under The Stars when she was teaching in the Des Moines Public School District.

"We (Elaine and Nick) loved playing and wanted a chance to perform more in the Des Moines area," she says of their reasoning to hop on board.

And a chance they received.

This season was the 75th anniversary of Music Under The Stars, and some special events were planned around it, including dedicating a tree on the west Capitol lawn where the group performs to symbolize its commitment to playing there for future generations.

"Plus there's lots of great music with guest artists, including the legendary Scott Smith," Elaine adds. "It is a great Des Moines tradition where generations of families have attended and enjoyed together." ■



Music Under the Stars consists of professional musicians that perform on select evenings at Capitol Hill.

IT'S THE season for power surges

Is your AC safe?

Iowa's heat and humidity is legendary in the summer, which is why having a functioning air conditioner is such a necessity for homes and businesses.

It is not unusual to see a home in the heat of summer that is 90 degrees

or more indoors when the air conditioning is not working. Of course, getting an HVAC technician available during the biggest summer demand period will certainly be a major challenge, not to mention the availability of replacement parts and systems in today's environment.

What causes HVAC electronic components to fail?

Put simply, dirty power can cause excessive wear on electrical parts, motors and power supplies. In some cases, it can fry electrical components outright, causing your air conditioning system to power off. Power surges, spikes and flickers



during the summer during the hottest part of the day are common as the demand for electricity is high. Dirty electricity, which refers to any abnormalities in power quality including surges, spikes and flickers, can burn up or wear out more quickly the electrical equipment that makes your system run efficiently.

What can cause power surges?

Lightning strikes, high electricity demand, power flickers and outages due to heavy vegetation and squirrels (no joke) can happen to any home. We commonly see power-related equipment failures. According to the American Society of Civil Engineers, power disturbances cost homeowners a whopping \$79 billion each year. The reason? Power surges, brownouts, and blackouts do not discriminate — and appliances, no matter their sticker price, are equally vulnerable.

Can surge protectors help?

Yes. Surge protectors help insulate your air conditioning system from unexpected electrical

fluctuations and help keep your system's electrical components from failing or wearing out too soon.

How do surge protectors help your air conditioner or heat pump?

Surge protectors detect and redirect currents to keep your air conditioning system or heat pump safe from harm. This protection is critical to keep your heating and cooling components working efficiently for the duration of their life span. In addition, you can save money due to a reduced risk for repairs of your system.

When it comes to protecting your home's heating and cooling equipment from power surges, your HVAC specialists can help keep you and your HVAC equipment safe. ■

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CELEBRATING our 30th year

We are excited to share that July 10 marks an important milestone for our chamber. We are celebrating 30 years as an organization. For those of you who do not know, a chamber of commerce is a voluntary partnership of businesses and professionals working together to build a healthy economy and improve the quality of life in a community. Our mission at the Norwalk Area Chamber is to promote, connect and grow member organizations while working to enhance the quality of life and economic development in the Norwalk area. This doesn't mean that our members are only from Norwalk, Cumming, Martinsdale, etc. Our membership includes any business that is doing business or interested in doing business with our community. You'll find our members are intensely focused on making the Norwalk area a great place to live, work and play. We're like family here, and we promote each other.

According to one of our founding members, Sue Bolander from Norwalk Ready Mix, our chamber began with an enthusiastic group of businesses meeting monthly, and they weren't sure if becoming an organization was needed. It took some convincing and support from The Greater Des Moines Partnership to spearhead this chamber. Now we are



an organization with 240 members that include 190 thriving businesses and organizations. Events and meetings used to be monthly, and now we are hosting two to three meetings or events per week. This has led us to add staff and prepare as our organization grows with our community.

Thank you to all who came out for our Second Annual Celebrate Norwalk Party in City Park. The City of Norwalk was gracious in its support and helping us get everything ready for our citizens to celebrate. A special thank you goes out to our volunteer committee. We also want to thank our sponsors who made the event possible, including Michael Foods, City State Bank, Gregg Young Chevrolet, Capital City Fruit, Casey's, Crayons 2 Pencils, Hildreth Brothers Construction, Kappelman Appliance and Norwalk Chiropractic.

We are excited to celebrate our 30th anniversary in various ways this year starting with our Annual Banquet in January of 2023. More details to come as the time gets closer. Come and see us at the Norwalk Music Fest beer tent on Sept. 4 from 11 a.m. to 11:30 p.m. at Norwalk City Park. You can enjoy non-stop live music from various bands all day, plus food, games and more. ■

Information provided by Lucinda Sperry, executive director, Norwalk Area Chamber of Commerce.



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OUT & ABOUT

GOLF Outing

The Norwalk Chamber Golf Outing was held June 16 at The Legacy Golf Course.



Nicole Hoover, Holly Albrecht, Amanda Reid-Raper and Jared Carlson



Dave Eppel, MJ Sharp, David Duffy and Brad Cooper



Eric Simon and Logan Davis



David Welch and Brian Denham



Colby Widener, Clayton Garriss and Jill Burton



Scott Bohlender, Ben Bohlender and Scott Griese



David Schroeder and Jacob Laursen



Wesson Kingma and Craig Choate



Kara Appleget and Mike Wolfe



Kyle Doyle, Dan Obley, Sam Sorensen and JJ Beecher



Cale Rizer, Norm Rizer and Bob Foust

OUT & ABOUT

FOR THE LOVE of Norwalk

For the Love of Norwalk 5K Walk and Run was hosted by Fellowship Church on June 25.



Officer Greg Hepperly and Officer Nick Frye



Eric Delker and Officer Scott Palmer



Brad Earp



Bruce Huckfeldt finished in first place



Rob Jones and Forrest Parsons



Adam Jones and Jonathan Martin



Mel Nehring and Jason Minella



Dylan Armel and Matt Wetzel



Michelle Fischer and Jill Houseman



Ashley Dousenbery, Xander Dousenbery, Danni Jo Spiewak and Cataleya Spiewak



Amanda Pentico, Ashley Lawton and Miles Loescher



Beth McLaughlin, LaVon and Faith Klinefelter

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