

NORWALK

JUNE 2022

Living

MAGAZINE

Celebrate **NORWALK**

**Fourth of July
festivities showcase
community pride**

Hill roots grow in Norwalk

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Dance Marathon students support causes

EDUCATION

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WELCOME

CREATING memories

Everyone loves a parade, right? But why? Well, you don't have to look far at parades to see 5-year-olds waving for candy or retired folks enjoying shade in their lawn chairs — and every other age in between, too. Parades simply make people of all ages smile. And why not?

But parades are only part of what makes community festivals so great. The phrase “something for everyone” is often overused, but it rings true with festivals. OK, maybe the fireworks aren't every child's favorite. I remember many a tear from our toddler children when they first saw and heard fireworks in the sky. As I recall, the dog wasn't too fond of them either. But most everyone else seems to enjoy fireworks. I know I do.

Don't forget the food. This is the one time of year when it is OK to devour the foods that you may try to avoid the rest of the time. I mean, who can resist a funnel cake? Or a greasy cheeseburger? Or ice cream?

There is something about carnivals that make me smile, too. Maybe it's the lights and the music. Or maybe it's those seemingly simple games and the big prizes that nobody appears to win. Or maybe it's the carnival workers and their amusing salesmanship that draws me in. As much as things in this world change, the carnivals today seem much like they did when I was a child — and that's just fine with me.

Nowadays, live music has also become a staple in community festivals with a variety of genres and levels of talent. There's nothing like a cold beverage on a hot night with some friends while tapping your toes along to your favorite songs.

Of course, not every community festival has a parade, fireworks, a carnival or live music. Each has its own specialty, but they all create one thing: memories. Make yours this year at the Norwalk Fourth of July celebration! Look inside for details.

Thanks for reading. ■



SHANE GOODMAN

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



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FEATURE

Celebrate **NORWALK**

**Fourth of July
festivities showcase
community pride**

By Lindsey Giardino

A parade, live entertainment, food, a variety of fun, and, of course, fireworks! All in a small-town setting where kids, parents and grandparents gather as they often have for the tradition that is Norwalk's Independence Day celebration.

This year's Celebrate Norwalk Fourth of July weekend kicks off on Sunday, July 3, with a breakfast held at the Norwalk Fire Station from 7 to 10 a.m. A freewill donation for breakfast is appreciated, and proceeds will be given to the Hometown Pride group for its community projects. The meal is sponsored by Michael Foods, which is donating the food for the breakfast.

FEATURE

Everyone loves a parade

On Monday, July 4, the festivities kick off with a crowd favorite — the parade, which starts at 10 a.m. The route starts and ends in the Norwalk High School parking lot. Spectators are encouraged to bring a lawn chair and set up anywhere along the route, which goes down North Avenue, Main Street, School Street, Lane Avenue, Elm Street and Cherry Street.

Community member Sarah Copple shares it's the parade she enjoys most.

"I love hearing the sounds of the parade before you can see it, then watching the flags, Boy Scouts and the High School Marching Band come over the hill," she says.

Peter James, another community member, shares Copple's sentiments.

"I love watching the Norwalk High School Color Guard marching in the parade and the happy looks on their faces," he says.



The parade will be at 10 a.m. on Monday, July 4.

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FEATURE

Party in the Park

Following the parade, everyone is invited to take their lawn chairs to the Party in City Park from 11:30 a.m. to 3 p.m. During that time, folks can enjoy live music from the City State Bank Stage. The first performance will be by Norwalk musician Dane Van Brocklin followed by the Dick Danger Band, which promises to bring the funk and fun.



The Party in the Park will feature live music, so bring a lawn chair or blanket and enjoy.



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Festivities will conclude with the Lions Club's fireworks display.



Norwalk musician Dane Van Brocklin will entertain at Party in the Park, followed by The Rick Danger Band.

"I can't wait to see everyone and pay tribute to the country we call home, as well as the people who sacrificed to build it," says Van Brocklin, who describes his music as upbeat acoustic guitar. "You can expect to hear hits of any genre from the 1970s to now. All of it with a little bit of a gritty, twangy twist."

Party in City Park will also include a beer garden — and, because the whole park will be blocked off, adults can enjoy a beverage while mingling among yard games, street vendors and food trucks. The Norwalk Lions Club will host bingo in the park shelter house as well.

Lucinda Sperry, executive director of the Norwalk Area Chamber of Commerce, explains that the Celebrate Norwalk committee, which consists of representatives from the Chamber, Norwalk Hometown Pride, Norwalk Lions Club and Norwalk Rotary Club, simply wants community members to have a place to gather once the parade is done. With the

Party in City Park, people can roll right in, have lunch, experience entertainment and gather with friends and family.

The event is only held during the afternoon hours, though, because the committee knows folks often have other Fourth of July plans.

Capping it off

At dusk, the Norwalk Lions Club-sponsored fireworks display will happen at McAnich Park on Wright Road, although the show can be viewed throughout Norwalk.

Sperry adds that, in a way, the event honors Pat and Mike Wahl, who orchestrated and organized the 4th of July parade for years, as well as the Town and Country Festival.

Sperry says last year, the celebration had more than 2,000 people attend Party in the Park, as the festival is now known.

"We're looking forward to another successful event," she says. "It's just one of our most cherished events." ■

FOURTH OF JULY FESTIVITIES

SUNDAY, JULY 3

7-10 a.m. — Breakfast hosted by Michael Foods at the Norwalk Fire Station, 1100 Chatham Ave.

MONDAY, JULY 4

10 a.m. — Parade starting at Norwalk High School. Bring a lawn chair and find a seat along the route.

11:30 a.m. to 3 p.m. — Party in City Park, 907 North Ave. Free to attend. Outdoor, safe event for the whole family. Live music on the City State Bank Stage, beer garden, yard games, bingo in the shelter house, street vendors and food trucks. Plenty of room to socially distance and enjoy the day. Bring a lawn chair and join the fun. **Dick Danger Band** will be bringing the funk and fun.

Dusk — Fireworks sponsored by Norwalk Lions Club at McAninch Park, 200 Wright Road, but can be viewed throughout Norwalk.

IOWA tax update

Although tax season is behind us, there are some interesting changes to Iowa tax law on the horizon that could have a significant impact on many Iowans.

One significant change will impact Iowa retirees. Beginning in 2023, all retirement income will be completely exempt from Iowa taxation for retirees who are 55 years old or older. Retirement income includes income from 401(k) plans, IRAs, annuities, and deferred compensation plans. This law change was enacted in the hopes that it would incentivize retired Iowans to stay in the state rather than move away to a more tax-advantaged (and possibly warmer) state.

Another important state tax law change beginning in 2023 is a reduction in individual income tax rates. Currently, the top income tax bracket in Iowa is 8.53% on income over \$78,435. That highest tax rate will decrease to 6% starting in 2023. From 2023 through 2026, the top tax rate will continue to decrease annually before settling in at a top tax rate of 3.9% for 2026 and all subsequent years. Here is a look at the top state tax rates in future years:

- 2023 - 6%
- 2024 - 5.7%
- 2025 - 4.82%
- 2026 and subsequent years - 3.9%

Lowering the top income tax rate should allow for many Iowans to have more money in their pocket in coming years. Retired Iowans could enjoy the dual benefits of lower state tax rates, along with completely state tax-free distributions from retirement income.

One additional tax law change has to do with Iowa inheritance tax. Historically, Iowa has charged a tax on inheritances that do not pass to a spouse or to lineal ascendants and descendants (essentially straight up and down the family tree). For example, an inheritance given to a niece or a nephew would be subject to Iowa inheritance tax. However, the Iowa inheritance tax is phasing out and will be completely eliminated by 2025.

While taxes can often be painful and confusing, hopefully the law changes outlined above will be beneficial to the bottom line for many Iowans. ■

For more information, please contact Nathaniel Tagtow with City State Bank Trust & Investments at 515-981-1240. 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. These materials are based upon publicly available information that may change at any time without notice.



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RECIPE

MORE Chef-Worthy Summer Classics

(Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at OmahaSteaks.com/Summer. ■

Southwest steaks with creamy peppercorn sauce and parmesan-herb fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

PARMESAN-HERB FRIES:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

NEW YORK STRIP STEAKS:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

PEPPERCORN CREAM SAUCE:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked
- salt and pepper, to taste

DIRECTIONS

- **To make Southwest steak rub:** In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.
- **To make Parmesan-herb fries:** Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.
- In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.
- Remove fries from oven and toss with Parmesan herbs.
- **To make New York strip steaks:** Season steaks generously with Southwest steak rub on both sides.
- In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

- Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.
- **To make peppercorn cream sauce:** Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.
- Add beef stock and reduce by 1/3 volume, about 2-3 minutes.
- Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.

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EVENTS IN THE AREA

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

Check for cancellations

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.

Summer StoryWalk schedule

- June (Annett Nature Center) "And the Bullfrogs Sing: A Life Cycle Begins" by David L. Harrison
- 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

For The Love Of Norwalk 5K Walk & Run

Saturday, June 25

Fellowship Community Church, 225 North Ave., Norwalk.

Fellowship Community Church will be hosting For The Love Of Norwalk 5K Walk & Run. All members of the community are invited to join in this family-friendly event. The 5K will start and finish on the grounds of Fellowship and participants are welcome to run or walk along the route. Along with the 5K Run & Walk, there will be a shorter Kids Run for children ages 10 and younger. Following the 5K, there will be a free Kids Fun Zone with inflatables and games, in addition to a food and vendor fair with many local vendors and businesses. Registration is now open. The fee includes race entry, a T-shirt and a medal. The Kids Run registration fee includes their race entry and a T-shirt. Proceeds go to the Love Norwalk fund, which is used to assist members of the Norwalk community who are in need. For more information, including online registration, visit www.fellowshipnorwalk.org/5k, or call 515-981-0699.



Indianola Classic Car & Truck Show and Shine

June 25, July 23, Aug. 27, Sept. 24, 4-7 p.m.

TruBank parking lot, 1901 West Second Ave., Indianola

Car Show season is beginning, and you won't want to miss the 11th annual show. There will be music, homemade food, pop/water, Kids' Pick, Wife's Pick, door prizes and 50/50 drawings. There is no entry fee. Proceeds to St. Jude's Children's Hospital.



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EVENTS IN THE AREA

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30 Days of Pride

Every day in June
Various locations

Capital City Pride will offer 30 events scheduled more than 30 days in honor of Pride Month this June. Individuals and families can celebrate all month long through educational activities, parades, concerts and other family-oriented events that all can enjoy. The main event of the month, Pride Fest, will take place June 10-12 with headliners Todrick Hall and Matt & Kim, plus the annual Pride Fest parade through the East Village. A full list of events can be found at capitalcitypride.org.



Shaun Cassidy

Friday, June 17 at 6:30 p.m.
Hoyt Sherman Place, 1501
Woodland Ave., Des Moines

1980s heartthrob Shaun Cassidy will visit Des Moines for one night only. The singer, actor, writer and producer rose to fame in high school with hits like "Da Doo Ron Ron," "That's Rock n' Roll" and "Do You Believe In Magic?"

BACoon Ride

Saturday, June 18
Waukee Northwest High School,
655 N. 10th St, Waukee

If you like biking and bacon, you'll love the BACoon Ride. The annual 71-mile bike ride takes you along the Raccoon River Valley Trail, with several stops featuring bacon snacks and samples, plus bacon-themed drinks at bacon party stops. Start between 6 and 9 a.m. in Waukee, traveling counter-clockwise towards Dallas Center to finish back in Waukee between 2 and 8 p.m. Find more information at baconride.com.



Neighbors Day — Juneteenth

Saturday, June 18
Western Gateway Park, 1000 Grand Ave., Des Moines

Celebrate 32 years of Juneteenth in Iowa at the annual Neighbors Day festival. Proclaimed a federal holiday in 2021, Juneteenth celebrates the end of slavery in the United States. It marks the date in 1865 when the last slaves in Texas received word of the Emancipation Proclamation. Neighbors Day will run from 11 a.m. to 11 p.m. Find more details at www.iowajuneteenth.org.

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HOME HEALTH

By Ward Phillips

CHOOSING hospice care is all about living

It may seem counterintuitive to think about “living” in conjunction with services offered at the end of a person’s life — but the keyword there is “life.” Any stage of life can include purposeful, meaningful moments that make life more than worth living.



Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models. The type of care you and your loved one select is truly an individual choice. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

No matter the type of services you’re considering, you should always ask any provider on your list: “How can you help me or my loved one continue to live through this stage of life?” Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a patient to live life in comfort for the time that remains in his or her life.

Todd of Perry describes his father’s hospice experience this way:

“To us, admitting that Dad needed hospice meant he was closer to death than we thought he was, and we weren’t ready for that,” he says. “We didn’t have any idea what it really meant and how it could actually make his life better.”

Once Todd’s family talked to a family friend who was a nurse and became more comfortable with the idea of hospice, they ended up choosing home hospice, and they actually grew to love the hospice team. Todd’s father lived several months longer than his doctor had predicted — a fact that the family credits in large part to the care the hospice team provided him.

If you’re considering hospice services for a loved one, do your research; consider the logistics of where the care is provided, by whom, and the specifics of services. Then, ask the provider about their philosophy of living in the end stages of life. If the answer isn’t what you were hoping for, keep looking. ■

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.



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Stay tuned and **watch The Village and WesleyLife continue to reimagine** the future of aging. We have some great things in store for you! Call Julia today at **(515) 961-0878** to arrange your private Village tour.



Contact Julia Fitzhugh | (515) 961-0878 | jfitzhugh@wesleylife.org

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5 THINGS you can do to control insurance costs

1. Investigate coverage and product options with your independent insurance agent.

One of the advantages of using an independent agent is that s/he represents a number of insurers with different products and can assist customers in fitting the right product at the right price for the unique exposures you present. Keep in mind that a lower price often means inferior service and lesser coverage, possibly lesser to a greater degree than the premium decrease. Also note that this tip deliberately avoids advising you to “shop around” because that implies price comparisons should drive the decision.



is not aware of them. Ask your agent for a list of everything that could reasonably reduce your premium and see if you can meet those standards. A good example is how your auto is rated for use. If you're laid off from work or you've found a job closer to home, you might very well be entitled to a lower premium. Unless you tell your agent about these kinds of changing circumstances, you won't reap the benefits of reduced risk.

2. Consider multiple-policy discounts. This is common advice and generally good advice. Having homeowners, auto and umbrella policies in the same company will likely save money and, perhaps even more important, will make it less likely that a coverage gap will show up when more than one insurance company is involved in a claim. Likewise, in business insurance, having general liability and auto coverage in the same insurer using “ISO-standard” or superior forms is often critical.

3. Ask for credits. Too often, consumers are entitled to credits for alarms, extinguishers, good student driving discounts, etc. but the agent

4. Question any advice you get, even the advice in this article. It may not be right for you. Before you make decisions to reduce or eliminate insurance coverages, assess your risks of loss. What are your exposures? What can you lose? What exposures represent losses you cannot afford? What exposures can you retain? The quality of your decisions may be the difference between economic survival and bankruptcy.

5. If you're going to drop coverages, consider dropping noncritical coverages. Examples include towing and rental reimbursement, credit insurance, etc. Your independent agent can assist you in making these decisions. Consider discontinuing high-risk activities such as using ATVs, jet skis, etc. Catastrophic injuries are common with vehicles of these types. ■

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

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THE SOCIAL Security decision: marriage, divorce and death

For many of the individuals and families we work with, Social Security makes up 20-30% of their retirement income. You could have up to 81 options for electing this important benefit if you are married.

When it comes to Social Security benefits for spouses, the determining factors are the length of the marriage, work history, and the age of both spouses. Each spouse needs ten years of work history to qualify for individual benefits. However, your full retirement age benefit is based on an average of your 35 highest wage-earning years. Each spouse will automatically receive the highest amount for which they are eligible — either the benefit based on their own work record or a derivative (up to 50%) of their spouse's benefit. For instance, a wife may qualify for a higher benefit based on her husband's work history over her own. You can qualify for spousal benefits if your spouse is already collecting Social Security, you have been married for at least a year, or you are at least 62 years old.

The rules change in cases of divorce. For a divorced spouse to receive benefits based on the ex's work history, the couple must have been married for 10 years or longer, and both must be age 62 or older. If a former spouse



is eligible for a benefit but has not yet applied for it, the ex may still apply for the spousal benefit as long as they have been divorced for at least two years. Claiming benefits on your ex-spouse triggers a spousal benefit, which is worth a maximum of 50% of the retirement benefit. Then you can take retirement benefits based on either your work history or half of your ex-spouse's, whichever is higher. If your ex-spouse remarries, you can still claim benefits. If you began drawing ex-spousal benefits, then remarry, then typically, those payments are terminated.

Widows and widowers are entitled to 100% of the higher earner's retirement benefit if the decedent spouse had reached full retirement age before death. A widow(er) may receive 71.5% of the decedent spouse's benefit once they reach age 60. A surviving spouse may claim a reduced benefit on one working record and then switch to the other. The higher earner can increase the survivor's benefit by waiting to receive benefits until age 70.

These are just some of the rules for electing Social Security. It's not your job to know all of them; working with a retirement planner who does will help you maximize this vital piece of your retirement income. ■

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

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THE FREEDOM of homeownership

The Independence Day holiday is quickly approaching, and Norwalk has had great celebrations every year — at least, since we moved here in 1997. We have enjoyed the parade, parties and fireworks each year; however, I have only watched the parade as a spectator once. Except for that one year, I have always been in the parade, either for church, Scouts, the Chamber of Commerce or for my own business.



Our Founding Fathers were an independent group and, on July 2, 1776, the Continental Congress voted to declare its freedom from Great Britain. Our county's independence is worth protecting and celebrating. Our desire to be free and independent is woven into the DNA of Americans. The state motto of New Hampshire, "Live Free or Die," is possibly the best-known of all state mottos and is a statement to the importance of freedom.

One right we, as Americans, sometimes take for granted is homeownership, or the ability to own real estate. A friend who immigrated here from Cuba many years ago told me that homeownership was the greatest advantage to living in the United States. In Cuba, the government owned all the homes and everything in them. Cuban citizens were assigned a house to live in and were responsible for it and its contents. Police would come in occasionally and do an inspection and inventory of everything. If you were missing even a drinking glass or plate it was a big deal and lead to incarceration.

The closest we, as Americans, come to that kind of life is renting a car, a motel room or a house. As a tenant living in a rental house, you have a responsibility to maintain the property like it was when you moved in. You are not free to make alterations as you wish, and some activities might be forbidden. You may think there is an advantage because you are not paying a mortgage, property taxes or for repairs, but you would be wrong. Those expenses are all built in to the rent payment, plus some. John Stuart Mill, a famous British economist and philosopher once said, "Landlords grow rich in their sleep without working."

CoreLogic recently reported that the average homeowner with a mortgage in the United States enjoyed a \$55,300 increase in home equity in 2021. As a tenant renting a home, you might get your deposit back when you leave, but that's it. Homeowners are building wealth. Each mortgage payment is like a forced deposit into a savings account that also appreciates over time. Franklin D. Roosevelt once said, "Real estate cannot be lost or stolen, nor can it be carried away. Purchased with common sense, paid for in full, and managed with reasonable care, it is about the safest investment in the world."

It is often said that home ownership is the American dream. John Paulson, an American billionaire, gives this advice, "If you don't own a home, buy one. If you own a home, buy another one. If you own two homes, buy a third. And lend your relatives the money to buy a home." ■

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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FOR A good cause

Dance Marathon group draws diversity, emphasizes inclusion



The Dance Marathon group raises money for the University of Iowa Children's Hospital.

Norwalk High School's Dance Marathon group, modeled after the University of Iowa's Dance Marathon, organized about five years ago. This past school year, the group consisted of approximately 75 to 100 students filling in the role as dancers with 25 to 30 students holding leadership roles. Each May, co-presidents are chosen, followed by committee leads and committee members. Planning is held during the summer with the official kickoff of the season taking place in August.

"This group is important on so many levels. It is all inclusive, and the amount of diversity in our 'dancers' and executive positions makes it the success it has been over the last five years. We ask students throughout the year to think about their 'why' in their choice to get involved, and it is a great reflective tool for kids," says Norwalk High School Dance Marathon Sponsor Lisa Popken.

Students participate in diverse fundraising events throughout the year ranging from gathering business donations to Trick or Treating for Kids Who Can't, to hosting a babysitting event, and more. Proceeds from these events go towards the University of Iowa's Children's Hospital. Over the past five years, the Norwalk High School group has raised more than \$100,000 in support of the hospital.

"As a sponsor, along with Michelle Wiedmann, getting to see young adults, who are actively involved in a variety of activities, choose to put in countless hours to support a cause that is so much bigger than they fully understand at this point in their life is truly amazing," Popken says.

In March, Norwalk students participate in "The Big Event," a celebration that is fully funded through business and community donations through Sign Up Genius. Popken describes The Big Event as having an "after-prom" feeling. The evening includes music, games such as gaga ball or bags, donation jars, photo booths, power hours that share stories of children that have been through the University of Iowa's Children's Hospital, and more. The night concludes with final thoughts from the co-presidents as well as the "big reveal" of the total funds raised over the nine months of fundraising.

"The life skills they gain from their volunteerism is as equally important as what they gain from the academics of being a high schooler. We are truly blessed with the best. Kids at Norwalk are amazing. It is fun to see them celebrate when they raise more money than local colleges for the same cause," Popken says. ■

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MAYORS MOMENT

Norwalk Central

A groundbreaking ceremony for Norwalk Central was held on May 12th. Many Norwalk residents, along with the developers of the land and the owners of the private portion of the sports complex, were in attendance. Iowa Economic Development Authority Director, Debi Durham, was our special guest speaker and relayed the importance and statewide economic impact that projects such as Norwalk Central make.

You'll be seeing a lot more dirt-moving, as the Chatham Avenue extension to the east of HWY 28 begins after the mass grading is completed. Once the streets have been built, construction on the sports campus will begin. The owners of the private portion (SportsPlex USA and Heartland Sports) plan to have their fields ready for use in the spring of 2023.

During the ceremony, we hinted at some exciting additions planned for Norwalk Central. Once details and agreements are finalized, we will share the exciting news! What I can share with you at this time, is that several "first in Iowa" announcements will be made over the course of this year. The Norwalk Central development is going to be a huge attraction and benefit to Norwalk!

For any development-related questions, please contact Economic Development Director Hollie Zajicek, holliez@norwalk.iowa.gov.

Scan the QR code to learn more about the project and follow along as things progress!



Tom Phillips, Mayor



Front Porch Norwalk

Front Porch Norwalk events began this month! The first was held on June 8th. The other dates are set for July 13th and August 10th. These events are a fantastic opportunity to meet and get to

know your neighbors. The concept is simple. Someone in your neighborhood - maybe you - volunteers to be the host. The host invites their neighbors to come over and visit. The neighbors bring their own chairs, and set up on your front porch, in your driveway, or in your yard. It's that easy. Norwalk Hometown Pride would like to know about your event and ask that you register on their website.

Fireworks Update

Norwalk City Council had passed a new ordinance on where fireworks tents could be located within city limits. But then, the Iowa State Legislature took that power away from local city governments. This means the City of Norwalk can no longer regulate where fireworks tents are placed within its city limits. The state law indicates that the tents can be set up in commercial and retail areas of the city only.

City Council also passed a new ordinance restricting the days residents can legally set off fireworks to July 2nd and 3rd from 4 - 10 p.m. Fireworks are also allowed to be set off on July 4th from 4 - 11 p.m. Council has also passed a new ordinance that gives our Police Department more power in controlling illegal fireworks. I am hopeful everyone will have a safe fireworks season.

Should you have any complaints regarding your neighbors setting off fireworks illegally, please contact your State Representative Stan Gustafson or Senator Julian Garrett to express your concerns.

Independence Day

I, like many of you, am looking forward to our Independence Day celebration. We have a fantastic parade in Norwalk, and I'm always amazed at the number of people lining our streets. The parade will start at 10 a.m., followed by the Party in City Park from 11 a.m. - 3 p.m. with live music, food/retail vendors, a beer tent, and family-friendly activities. That evening, the Lion's Club will again be putting on one of the best fireworks displays in Central Iowa at McAninch Sports Complex on the south side of town.



Summer Reading Program 2022

The Summer Reading Program theme is "Read Beyond the Beaten Path" and features all sorts of outdoor-themed programs and activities. The programs are free. There is something to interest everyone and events for all ages. Check out the full schedule by checking Facebook, getting a print calendar at the library, or visiting <https://www.norwalklibrary.org/reading-challenges/>.

Author/Illustrator Tim Read

All ages will enjoy a very interactive, humorous storytelling/drawing session with Author/Illustrator Tim Read on June 18 from 10:30-11:30 a.m. Audience participation is highly encouraged.

Tim will also host "Come Draw with Me" on June 18 from 1:00-2:30 p.m. This free class for children ages 8 & up will be a hands-on opportunity to work with a professional illustrator and published author to learn how to draw using some fun & creative exercises. All supplies are furnished for this free program.

Modern American Pop Artist/Author Michael Albert

Relax and enjoy a fun evening with Modern American Pop Artist and Author Michael Albert. Michael will explain his art and artistic process at this free program on June 21 from 6:30-8:30 p.m. The program finishes with a FREE poster giveaway and signing!

Michael will present a hands-on collage workshop for school-age kids & older on June 23 from 2:00-4:00 p.m. All materials will be provided for you to make a collage to take home using Michael's expertise.

Extreme Weather with Iowa Storm Chasing Network (ISCN)

Local storm chaser Zach Sharpe will present the science behind storm chasing & everyday hazardous weather, as well as how to prepare for it. All ages are welcome to attend this free program on June 29 from 6:30-7:30 p.m.

Adventure Pass

Use your library card for a free ticket to adventure! Make a FREE visit to the Blank Park Zoo, Des Moines Children's Museum, Greater Des Moines Botanical Garden, and Science Center of Iowa using the Adventure Pass Program.

Library card holders 18-years-old and older who are in good standing with their library are eligible to borrow an Adventure Pass. Get your card from the library and reserve through the library's website!

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Sergeant Promotions

The City of Norwalk Police Department promoted two Police Officers to Sergeant on Thursday, May 5th. Ben Lewiston and Andrew Reed are only the fifth and sixth Sergeants to be promoted in the nearly 50-year history of the Norwalk Police Department. They are also the first to be promoted to Sergeant in thirteen years.

Sergeant Lewiston has been with the Norwalk Police Department since 2009. He was a member of the 227th Basic Class at the Iowa Law Enforcement Academy. He's a proud graduate of Valley High School in West Des Moines. He served six years on Active Duty in the United States Air Force. Sergeant Lewiston holds a master's degree in Public and Criminal Justice Administration from Columbia Southern University.

"Ben is a committed member of the department who is certified in numerous specialty disciplines," stated Police Chief Greg Staples.

Sergeant Lewiston serves as a certified instructor in all areas of defensive tactics, instructing department members during recurring and advanced training and new recruits at the Academy.

Outside of work he enjoys martial arts, bicycling, and spending time with his wife, family, and dog Sunny. Sergeant Lewiston has since been assigned as the Patrol Sergeant for Squad "A".

Sergeant Reed has been with the Norwalk Police Department since 2018. He began

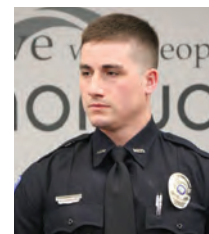
his career in law enforcement after spending several years in the agriculture industry. Sergeant Reed is a native of Oskaloosa, Iowa. After high school he attended Drake University, and ultimately graduated from William Penn University with a bachelor's degree in Physical Education; Strength and Conditioning. During college, Sergeant Reed was a member of the football team as a defensive back.

Chief Staples expressed, "Andrew's experience as a college athlete has helped him be an excellent teammate within the police department!"

Sergeant Reed currently serves the department as a member of the patrol division. He is a certified field training officer and an instructor in chemical and less-than-lethal munitions.

During his off-duty time, Sergeant Reed enjoys working out, walking his dog, playing guitar, and spending time with his wife and young son. Sergeant Reed is assigned as the Sergeant in Special Services.

Congratulations to both Sergeant Lewiston and Sergeant Reed!



Sergeant Reed



Sergeant Lewiston

Hwy 28 and North Ave Intersection Construction Delays

We realize traffic is moving much slower with the construction at this intersection. We ask residents to continue to be patient when passing through the construction zone. Unfortunately, delays are part of construction, and they could get worse before they get better. Now that school is out, there should be less traffic in the area!

Hopefully the contractors will have a very productive summer and will get a good amount of the construction behind them before school starts again in the fall.

We have had some requests to change the timing on the east/west traffic lights to allow more traffic through. Unfortunately, it's not a simple process to change the timing of the traffic signals on the highway. The traffic signal timing is under the control of the Iowa DOT and programmed according to traffic engineers' recommendations.

We hope everyone is not losing sight of the great product we will have when this is over! Residents spoke up and asked for this project and the City listened. These are the pains of getting to the final product.

It will be great when we get there!



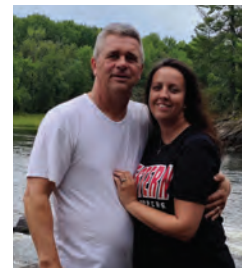
Employee spotlight

Marc Vrbn, Public Works Department

Marc is from Indianola and graduated from Pleasantville High School. He joined the City of Norwalk in August 2016 after 12 years with Baker Electric. Marc enjoys being a part of Public Works. "The guys I work with are all great guys! With so much experience in many different areas." He works on the streets crew and really enjoys running the heavy equipment!

Marc has a big, blended family; his wife Brandi, 5 children, 4 stepchildren, and 1 granddaughter. He enjoys being outdoors hunting, fishing, and riding motorcycles. He also coaches softball.

Next time you see Marc in his high vis vest, be sure to say Thank You for all his hard work!



Beat the Heat: Extreme Heat

Heat related deaths are preventable

June, July, and August are typically the hottest months in the state of Iowa. The Norwalk Fire Department would like to remind you of the dangers of hot weather and provide ways to protect yourself from hot weather emergencies.

Extreme or excessive heat is defined as a period of at least 48 hours where the heat index, a combined effect of temperature and humidity, reaches or exceeds 110 degrees Fahrenheit. In extreme heat, evaporation is slowed, and the body works extra hard to maintain a normal temperature, which can lead to death.

According to the National Weather Service, heat is the leading cause of death of all weather related incidents, on average, over the last 10 years. Older adults, children, people with disabilities and individuals who work outside are of the greatest risk. By following the tips below, you too can stay safe and BEAT THE HEAT this summer.

WHEN UNDER AN EXCESSIVE HEAT WARNING:

- Find air conditioning
- Drink plenty of water
- Avoid strenuous activities
- Wear light clothing
- Check on family members, pets and neighbors
- Never leave children or pets in an unattended vehicle
- Watch for heat cramps, heat exhaustion, and heat stroke

REPORT A POTHOLE

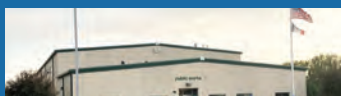


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SENIOR LIVING

By Shawn Kinnison

SENIORS and the heat: safety tips



Summertime is a time for most individuals to spend outside enjoying the nice, hot weather, whether it is relaxing by the pool, gardening, going for a walk or enjoying a nice lemonade on the porch. However, for seniors, summertime and the heat can be dangerous if the proper safety measures are not taken. Here are some helpful tips ranging from what to wear to what to drink for seniors and their caregivers, so they can make sure to have a fun, safe summer.

The first tip is to ensure your loved one's air conditioning is working properly and insulated. This should be done prior to the temperatures rising during your summer home maintenance check. To reduce the amount of heat entering your home, cover your windows by using drapes or shades. If, for whatever reason, your air is not working properly, use fans throughout the house and carry a spray bottle full of water to help cool you down.

The second tip is to stay hydrated. Since seniors are more susceptible to dehydration due to the loss of the ability to conserve water, they don't always sense their thirst. Ensure that your loved one always carries a water bottle, and start them on a drinking schedule to ensure they are drinking enough water to stay hydrated. We suggest having fruit-infused water available. There are many benefits to fruit-infused water for seniors.

The third tip is to consult with your doctor over your current medications. Some medications are less effective if stored in higher temperatures. You want to ensure your loved one's medications are working effectively even during the scorching temperatures.

The fourth tip is to wear appropriate clothing. Everyone, young to old, should wear sunscreen. Remind your loved one to wear sunscreen when leaving the house and to apply it frequently. Have your loved one's wardrobe stocked with light-colored and loose-fitting clothes to be more lightweight and cool. Also, make sure these clothes are made out of cotton instead of synthetic fibers, since they tend to be more lightweight and comfortable. It is a good idea for seniors to wear a hat to protect their scalp as well as the ears.

The last tip is to be aware of any warning signs of heat-related illnesses. Watch for signs of shallow and fast breathing, headaches, dry mouth, pale or clammy skin, muscle cramps, nausea, disorientation and excessive sweating. Seek immediate medical attention for any of these symptoms.

If you and your loved one follow these safety tips, you will have no issues enjoying this wonderful time of year. ■

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



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2022 Warren County Residents' Choice Poll.

This contest is being hosted by Iowa Living magazines, and the results will publish in our Indianola and Norwalk editions.

You can vote in one or every category, or anywhere in between.

Mail in this paper ballot or vote online by July 1, 2022.

One vote per resident, please.

See rules and vote online at

www.iowalivingmagazines.com/residentspoll.

SCAN HERE TO VOTE



OFFICIAL BALLOT - THE POLL IS NOW OPEN!

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1. Favorite Warren Co. Dad/Child Date Spot
2. Favorite Warren Co. Mom/Child Date Spot
3. Favorite Warren Co. Bank
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5. Favorite Warren Co. Hair Salon
6. Favorite Warren Co. Gymnastics Studio
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9. Favorite Warren Co. Chiropractor (person)
10. Favorite Warren Co. Eye Doctor (person)
11. Favorite Warren Co. Pastor (person)
12. Favorite Warren Co. Health Club or Gym
13. Favorite Warren Co. Boutique
14. Favorite Warren Co. School
15. Favorite Warren Co. Park
16. Favorite Warren Co. Place for a Field Trip
17. Favorite Warren Co. Community Festival or Event
18. Favorite Warren Co. Teacher

19. Favorite Warren Co. Church
20. Favorite Warren Co. Restaurant for Dessert
21. Favorite Warren Co. Restaurant for Breakfast
22. Favorite Warren Co. Restaurant for Lunch
23. Favorite Warren Co. Restaurant for Dinner
24. Favorite Warren Co. Car Dealership
25. Favorite Warren Co. Place for Ice Cream
26. Favorite Warren Co. Event
27. Favorite Warren Co. Daycare
28. Favorite Warren Co. Place for Children's Birthday Parties
29. Favorite Warren Co. Preschool
30. Favorite Warren Co. Library
31. Favorite Warren Co. Chamber of Commerce
32. Favorite Warren Co. Camping Spot
33. Favorite Warren Co. Photographer
34. Favorite Warren Co. Dance Studio
35. Favorite Warren Co. Place to Take Your Mom and Dad
36. Favorite Warren Co. Place to Take Your Kids or Grandkids
37. Favorite Warren Co. Place for Auto Service
38. Favorite Warren Co. Place to Purchase a Gift for a Woman
39. Favorite Warren Co. Place to Purchase a Gift for a Man
40. Favorite Warren Co. Realtor (person)
41. Favorite Warren Co. Bar
42. Favorite Warren Co. Place for Guests to Stay
43. Favorite Warren Co. Coffee Shop
44. Favorite Warren Co. Florist
45. Favorite Warren Co. Landscaping Company
46. Favorite Warren Co. CPA (person)
47. Favorite Warren Co. Insurance Agent (person)
48. Favorite Warren Co. Pharmacy
49. Favorite Warren Co. Grocery Store
50. Favorite Warren Co. Winery
51. Favorite Warren Co. Senior Living Facility
52. Favorite Warren Co. Home Builder
53. Favorite Warren Co. Home Improvement Retail Store
54. Favorite Warren Co. Home Improvement Contractor
55. Favorite Warren Co. Plumber
56. Favorite Warren Co. Electrician (business)
57. Favorite Warren Co. Heating and Cooling Business
58. Favorite Warren Co. Lawn Care Business
59. Favorite Warren Co. Tree Service
60. Favorite Warren Co. Event Venue
61. Favorite Warren Co. Dog Groomer
62. Favorite Warren Co. Veterinarian
63. Favorite Warren Co. Pizza Establishment
64. Favorite Warren Co. Law Firm
65. Favorite Warren Co. Physical Therapy
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67. Favorite Warren Co. Financial Planner
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CLIP AND MAIL

Mail to: Iowa Living magazines Warren Co. Poll, 8101 Birchwood Court, Suite D, Johnston, Iowa 50131

CAN COVID-19 worsen tinnitus?

Roughly one in five Americans experience tinnitus — the perception of noise in the ears frequently compared to a ringing or similar sound. Many factors contribute to tinnitus; now, we can add COVID-19, thanks to a study from Angela Ruskin University in Cambridge, England.



The study, which looked at 3,103 people with tinnitus from 48 countries, was conducted in cooperation with both the British Tinnitus Association and the American Tinnitus Association. The results, published in *Frontiers in Public Health*, found that 40% of COVID-19 patients experienced an increase in tinnitus symptoms.

While the majority studied in Cambridge had already been diagnosed with tinnitus, a small number appeared to have developed symptoms due to the coronavirus, leading

researchers to speculate that tinnitus may be an additional, though somewhat rare, symptom of COVID-19.

Social distancing was another contributing factor to increased symptoms, according to a significant number of tinnitus sufferers whose work and lifestyle routines were disrupted (46% of UK patients and 29% from North America). Stress, loneliness and difficulty sleeping made tinnitus more bothersome for 32% of respondents.

Other factors mentioned by participants that exacerbated tinnitus symptoms include increased video calls, noisier home environments, homeschooling and increased coffee and alcohol consumption. Along with the challenges in accessing health care during COVID-19 restrictions, it's clear the pandemic impacted those with tinnitus across the globe.

"Some of the changes brought about by COVID-19 appear to have had a negative impact on the lives of people with tinnitus, and participants in this study reported that

COVID-19 symptoms are worsening or, in some cases, even initiating tinnitus and hearing loss," explained Dr. Eldre Beukes, a research fellow at ARU and Lamar University in Texas and lead author of the study.

It is important to note that tinnitus isn't a disease itself but a symptom. As such, it can occur due to a number of conditions. These include hearing loss, noise exposure, head or neck trauma, high blood pressure, vascular disorders, heart conditions, ototoxic medications, benign tumors known as acoustic neuromas and impacted earwax. Sometimes the cause is never known.

With a long list of possible causes, it's best to schedule an appointment with an audiologist to get to the root cause of your tinnitus. ■

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.

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WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, MercyOne.org

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HEALTH

By Dr. Jesse Stumbaugh

DON'T take headaches lightly

As a profession, we have found the vast majority of headaches are signs of a vertebral subluxation — a distortion of some of the vertebrae of the neck area mostly affecting the function of the nervous system.

These subluxations affect the manner in which the nervous system transmits information and can be catastrophic. When this occurs, certain neck muscles are called into play to protect the nervous system from damage, and you experience a “tension” headache. Very often, pain is transmitted to the face, and people have been trained to think it is their sinuses at fault. They reach for sinus medication, and the profit cascade begins. And then there is the temple, pounding pain — a migraine. Again, different drugs. And the headaches which come in clusters — cluster headaches. More drugs.

I am describing most headaches. There are others, however, that are not caused by subluxations. These can be caused by diet and poor nutrition — hypoglycemia, for instance. I see many of these in my practice. Some are caused by an aneurysm, a disease process, toxicity, a tumor, etc. The point I am making is that no headaches should be taken lightly — it is always a sign that something is not OK.

If you or your child is experiencing headaches, a trip to the chiropractor should be a priority. ■

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.



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HEALTH

By Dr. Elizabeth Fleck

SELECTING a toothpaste

Have you ever found yourself in the personal care aisle staring at a wall of toothpastes trying to remember which one four out of five dentists recommend? The short answer is, there isn't one best toothpaste, but we will run you through some things to look for that may help narrow down your choices.

The most important thing is to make sure your toothpaste is ADA approved and contains fluoride. In a world of bottled and filtered water, you may not be getting as much fluoride as you think, and topically applying it to your teeth every day will lower your chances for cavities.

If your teeth are sensitive to cold, we recommend using a “sensitive” toothpaste and avoiding any toothpaste that claims to be a whitening toothpaste. Whitening toothpastes do not have any active ingredients that whiten your teeth. Instead, they have an abrasive quality that will increase tooth sensitivity. If you struggle with bleeding gums, ask your hygienist about recommendations on brands at your next cleaning.

If you do not struggle with sensitive teeth or bleeding gums, any ADA approved, fluoride-containing toothpaste is fine. Most major brand toothpastes contain fluoride. The bottom line is, pick the consistency/ flavor/price you like the best and use it a full two minutes morning and night. The duration and frequency you brush your teeth is much more important than what toothpaste you select. ■

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



HEALTH

Dr. Cord Linville

SUMMER, sunglasses and UV

Summer is fast approaching, and outside activities means increased exposure to ultraviolet (UV) rays. Everyone is excited about sunshine and a new pair of shades; however, UV protection is important year-round for the health of our eyes.

Research shows that, over time, exposure to UV can cause macular degeneration. The macula is responsible for our central vision, and degeneration of the macula can potentially cause significant vision loss. UV can also cause cataracts, skin cancer around the eyes, and pterygiums (surfer's eye).

Kids need sunglasses, too. Because UV exposure is cumulative in our lifetime, and around 80% of UV exposure occurs before the age of 18, it is critical to protect the health of your child's eyes. They can start wearing sunglasses as early as 6 months, but realistically need to wear them as soon as they will put them on.

How do we pick the best sunglasses? The most important thing is to make sure your new sunglasses have UV protection. Adequate protection should include 99-100% UV-A and UV-B filter. Most sunglasses will have a tag on the lens stating they have UV protection. Ask the optician if they do not.

Polarized lenses are best for reducing glare, making them great for driving and certain sporting events such as fishing. ■

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



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HEALTH

By Shelly Stewart-Sandusky

WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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VETERAN OWNED

FAITH By Rob Jones

THE ABCs of life

We usually associate the ABCs with our early years of education, and they are therefore left behind as we grow and mature. While that may be true, there's another set of ABCs that, no matter how old you may be, are never left behind. In fact, it seems the longer we remain on earth, they either grow in number and/or intensify. What are the ABCs I'm referring to? The **Anxieties, Burdens and Cares** of life. Like it or not, these ABCs are always going to be part of the experience in our lives here in this world. Jesus said in John 16:33, "In this world you will have trouble..." In other words, the ABCs of life are no respecter of persons — all of us are impacted by anxieties, burdens and cares on a daily basis and sometimes in unexpected and extreme ways, such as was the case with Jan Razga.



Just last year, Jan wrote a book entitled "Raw Survival: A Practical Guide to Living Through Loss." I recently picked it up in a café and read it with fascination. On a June day in 2010, Jan was on the phone with a friend. When she hung up, her life changed forever. Her 18-year-old son, who had just graduated from high school and was looking forward to going to college, smoked a synthetic drug called K-2.

Within minutes, he was having terrifying hallucinations which drove him to pick up a gun and end his life.

Since that day coming up on 12 years ago, Jan and her husband have been on a journey of survival — a journey that has only been survivable because of her faith in Jesus Christ. In her book, she shares the unfiltered raw emotions she had, especially in the days and early years after her son's death. She shows how she used God's Word to crush the lies that threatened to trap her in despair. And she illustrates how to use daily prayer as a tool for authentic healing. I met Jan just recently. She signed my book and agreed to come to Norwalk in June to personally share her story.

Whether you're knee-deep in the anxieties, burdens and cares of daily life, or if you're neck-deep in unexpected and extreme stresses, the answer is the same: The Lord Jesus is waiting to spend some time with you, and He wants you to give Him your anxieties, burdens and cares. 1 Peter 5:7 says, "Casting all your cares on him, because he cares for you." And Psalm 55:22 promises, "Cast your burden on the Lord, and he will sustain you; he will never allow the righteous to be shaken." Got some ABCs today? Try Jesus. What do you have to lose? ■

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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WHERE ARE THEY NOW?

By Lindsey Giardino

DORR reflects on Norwalk education

Norwalk graduate now keynote speaker

Alex Dorr can't say enough good things about the community in which he was raised, especially when it comes to his education.

The 2009 Norwalk High School graduate is now a keynote speaker for leadership development company Reality-Based Leadership and typically gives more than 100 speeches a year across the nation, helping leaders focus on how to evolve their mindset and be happier at work even under challenging circumstances.

Recently, Dorr, who now lives in a Dallas, Texas, suburb with his wife and two kids, was invited to return to Norwalk and give a speech to students. The experience had him reflecting on the different teachers he had and how his schooling wasn't just about the curriculum. His teachers made a point to pose interesting questions and go the extra mile to "work on your mind, not just your knowledge of facts," he reflects.

"I don't remember a ton of facts in the curriculum I learned, but I felt I walked out of there with a really good foundation on how to be open to ideas and be interested in leadership," Dorr says. "I love Norwalk for that reason. I thought it was a thoughtful, intentional way to be educated."

After graduating from college, Dorr, who played a lot of sports growing up, played professional basketball for a time in England. At the same time, he earned his master's degree while also coaching on the side. It was a great experience, he says, which exposed him to different cultures and kept him curious about the world.

He also had an internship at Reality-Based Leadership before living in England. He explains that he was asked to work for the company full-time when he returned to America. A year in, Dorr recalls, is when he was first asked to give a keynote presentation. He was so nervous he threw up beforehand.

Now, that's ancient history.

To this day, some of Dorr's most trusted mentors are folks from Norwalk, including Chris Larson, his high school basketball coach.

In the future, Dorr hopes to take all he's learned in his life and career and write a book.

Wherever his path takes him, Dorr will surely continue to look back on his experiences in Norwalk with gratitude.

"The older I get, the more I appreciate Norwalk," he says. "I thought it was an amazing foundation for what I've been able to do in my life." ■



Alex Dorr, a 2009 Norwalk High School graduate, is now a keynote speaker and lives in Dallas, Texas, with his family.

AVOIDING probate

Probate is the process followed by the courts of approving a last will and testament, if the deceased made one, and appointing a fiduciary (an executor or administrator) to control a deceased individual's property. The process includes locating and determining the value of the decedent's assets, determining and paying final bills and taxes, and distributing what's left to the rightful beneficiaries. Although there are exceptions, in most cases, it is in the family's best interest to avoid the probate process, as it can be time consuming, stressful and expensive for surviving family members.



The good news is, in most cases, with proper planning, probate can be avoided. The best solution for avoiding probate depends on what types of assets you own, whether you are married, whether you have children and whom you want to inherit your property after you die. Below is a list of ways to possibly avoid probate. This is not an exhaustive list and certainly does not take the place of sitting down with a professional and creating an individual plan of action, which should include a will.

- **Joint ownership of assets.** In most cases, married couples should own their assets jointly. They should own their real estate as joint tenants with rights of survivorship and jointly own bank accounts, investment accounts and other assets. Titled vehicles, boats, trailers, etc. should also be owned by both. By owning these types of assets jointly, a married couple is indicating they desire the survivor of them to own all of the property.

- **Beneficiary designations.** There are certain types of assets that cannot be owned jointly. These include life insurance or assets held in certain types of retirement accounts such as an IRA, 401k or annuity. With these types of assets, the owner designates, by way of a beneficiary designation, where the property should go upon the owner's death. Also, most financial institutions allow accounts such as checking and savings accounts to be payable on death.

- **Use a revocable living trust.** A revocable living trust is an agreement where ownership of assets is transferred to a trustee. The trust agreement involves three parties: the grantor, who creates and funds the trust; the trustee, who manages the assets according to instructions in the trust; and the beneficiaries who receive the benefits of the property. Most often, at least initially, these parties are all the same person. This way, the grantor retains full guaranteed control of the property while alive and competent. The terms of the trust, as determined by the grantor, will designate a successor trustee (usually a trusted family member or a corporate trustee) to manage the assets after the grantor becomes disabled or dies.

By placing ownership of the assets in the trust, the individual does not have the assets titled in their own name at the time of death and probate can be avoided.

As you can see, there are ways to avoid probate. However, everyone's circumstances are unique and require careful informed planning. ■

Information provided by James S. Dougherty, owner, Dougherty Law Firm, 801 North Ave., Norwalk, 515-981-5401.

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COMMUNITY, house hold fond memories

Hill raises family in his hometown.

When Joe Hill grew up in a house across the street from the nursing home in Norwalk, he was surrounded by family. His grandparents lived next door, and his uncle was just a few houses down the road.

He recalls being outside all day, riding bikes around the neighborhood and delivering the newspaper — both the morning and afternoon editions — around town with his siblings.

“It was a neat place to grow up,” Hill says.

He lived in his hometown until he married. After, Hill and his wife, Sharon, moved to Des Moines for awhile before they started having kids. That’s when they moved back to the community he loved — in 1990, to be exact.

Upon their return, the Hills built a home on E. 13th Street and lived there for nine years.

Then, one day, Sharon was on a walk and strolled by a house three doors down from the one Hill was raised in. The 1920 home was one she had admired, and Hill was convinced to purchase it.

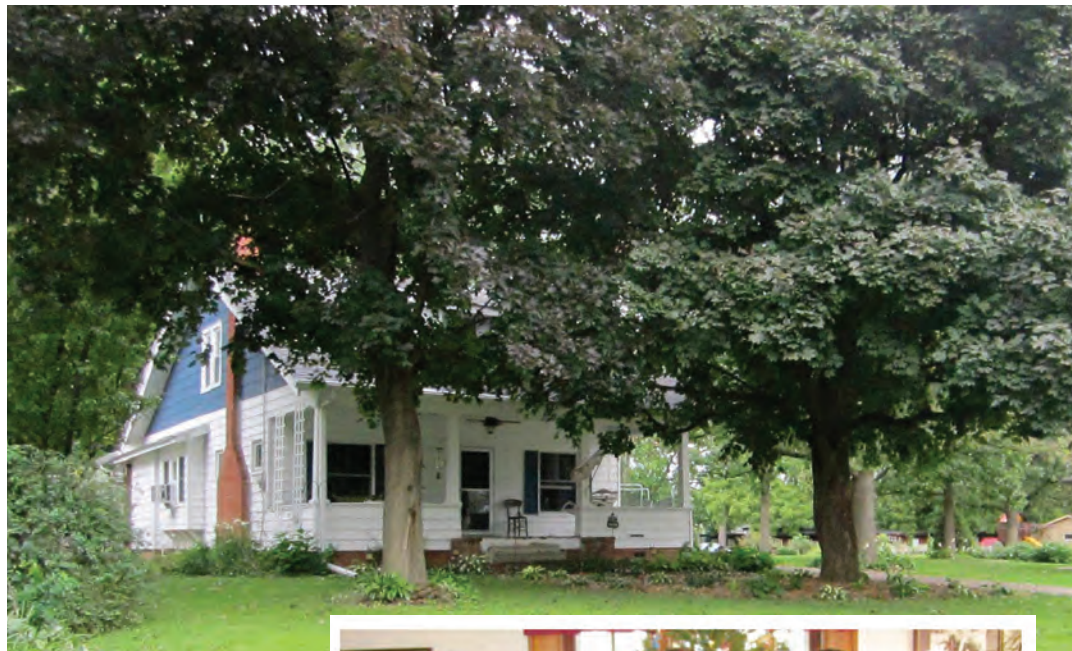
The family moved in 20-some years ago and has lived there ever since.

“The day we bought it,” Hill says, “it felt like home.”

They’ve made some repairs and updates along the way, including adding a four-season porch out back, but, for the most part, the house has held onto its character.

“Overall, the house is the same as it was 100 years ago,” Hill says.

Hill fondly shares one of his favorite memories of the house. A woman knocked on their door a few years ago and explained she used to live in the house as a child. She liked to stop by every year to look at the peonies outside, because she planted them decades ago with her aunt. After she



Joe and Sharon Hill decided to raise their children in Norwalk. When they bought a 1920s house, they felt it was home.



stopped by that day, she mailed the Hills an original photo of the house from 1920.

Many factors like this experience have made Hill, who owns Joe’s Junk Removal, and his family so fond of the Norwalk community.

“We’re family,” he says of the community, “We take care of each other. Even though our family is getting bigger, and we don’t know everybody, we’re still family.” ■

IT'S HEATING up

HVAC options to lower your utility bill this summer

The cost of keeping your home or business cool in the summer months is going to be the biggest driver in utility costs. There are some simple steps that will assist in managing those costs. Here are our top seven.



1. The best way to lower your HVAC electricity consumption is to replace an old AC unit. These modern devices actually end up saving homeowners in the long run; the monthly drain on electricity is that dramatic. New units are Energy Star certified for conservation, which means they will reduce your electricity usage considerably. If your current air conditioner is more than 15 years old, it's time to think about replacement.

2. Is your main living space and basement nice and cool while all your bedrooms feel like a sauna? A ductless heat pump is the perfect

solution. You will increase your comfort, reduce the workload on your existing system(s), and lower your utility bills all at the same time. Ductless mini split heat pumps can be added to an existing HVAC design very easily.

3. Replace your thermostat with a programmable unit. These are smart little tools that let you control the AC when you're not home. Setting a timer on the programmable thermostat will allow you to set the temperature to fit your habits, which means the AC won't have to work as hard or use as much energy.

4. Install ceiling and/or floor fans to circulate the air. Your home will feel cooler, along with helping your air conditioner work a little less hard. During the summer, use your ceiling fan in the counterclockwise direction. The airflow directly underneath the ceiling fan should push down, creating a wind-chill effect, which is going to make you feel cool.

5. Clean your air filters. It's such a simple chore, but the return is outstanding. A clean

filter improves the functioning of your HVAC unit, causing it to use less electricity. It's an easy, low-cost way to lessen your monthly electricity usage.

6. Keep your HVAC fan on "auto" rather than regulating the fan speed yourself can actually save you money on your AC bill. Why? When it's set to auto, your fan is programmed to run at the lowest speed and for the least amount of time possible.

7. An AC won't run as efficiently if it's being blocked in some way. Therefore, when you remove unwanted debris or tall grass that could be obstructing the flow of air surrounding your unit, you are ensuring that the performance of your AC isn't compromised and therefore costing you more. ■

Still have questions? Visit www.tripleahomeservices.com for additional information. Information provided by Dale Adams, Triple A Home Services, Dale@TripleAHomeServices.com, 4604 20th Ave., Norwalk. Give Dale a call at 515-868-2779 ext. 1.

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4 STUDENT scholarships awarded

One of our favorite initiatives at the chamber is the NACC Scholarship program. Each year our scholarship committee reviews around 30 applications from seniors at the Norwalk High School for the opportunity to receive a \$500 scholarship to pursue college. The rising cost of a college education and living expenses is challenging our students. Thankfully, our community businesses and organizations have stepped up to provide many scholarship opportunities to help students get a leg up on college tuition and books. I personally have had one senior graduate in the top 10 of her class, and even though her academics were on point and she completed many applications, the scholarship funds were a challenge to get. This challenge shows how these local scholarships are so important as every bit helps a student on their path to a higher education.

Last year, the Chamber decided to offer four scholarships instead of three. One scholarship always goes to the student of the year chosen by the Norwalk High School. This year's recipient was Grant Kimball, a very talented Norwalk High School graduate who has been accepted at West Point, the United States Naval Academy and US Air Force



Academy. We wish him all the best in his endeavors.

The remaining three NACC Scholarship recipients this year were announced at the Norwalk Honors Night on May 19. The honorees are Alexis Popken, Hannah Kehoe and Sydney Fisher. Alexis and Hannah plan on attending the University of Iowa in the fall and Sydney will attend Iowa State University. We are so proud of all our scholarship recipients and Norwalk High School graduates and look forward to seeing their next accomplishments as move forward in their college education.

The Chamber funds these scholarships through various events. The Celebrate Norwalk 4th of July Party in the Park and Norwalk Music Fest are two events where the Chamber hosts a beer tent with a special tip jar. All proceeds from the tip jars go to our scholarship fund. We also hold an Annual Golf Outing which will be held at Legacy Golf this year on June 16th. Mulligan sales from the event also help fund our scholarships. "It's for the kids," as we say.

We are grateful to have such a giving community that cares for its citizens at every level. I like to think it is our true superpower. ■

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

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OUT & ABOUT

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RUNorwalk Race against Hunger was held May 7.



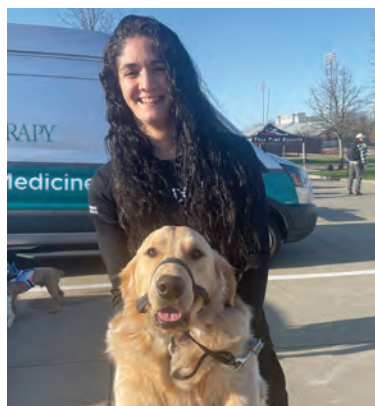
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OUT & ABOUT

GROUND Breaking

A groundbreaking ceremony was held for Norwalk Central on May 12.



A groundbreaking ceremony was held for Norwalk Central on May 12.



Craig Choate and Todd Hanson



Kate Baldwin and Jake Loll



Amanda Reid-Raper and Lorie Williamson



Lilly Arnold and Edona Kraja



Beth Balzer, Abby Forst and Robin Leaper



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