

NORWALK

MARCH 2022

Living

COLD turkey

Residents share
their experiences of
quitting smoking.

Meet Jason Tapps

EDUCATION

Girls on the Run builds confidence

COMMUNITY

Prune, mozzarella and basil skewers

RECIPE

PRSR STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

THE NAME ABOVE ALL

EASTER

AT FELLOWSHIP

Friday, April 15 | 7:00 pm

Sunday, April 17 | 8:30 & 10:30 am

You are invited to Easter at Fellowship as we celebrate the resurrection of Jesus Christ, whom God has highly exalted and given the name that is above all names!



- Free Continental Breakfast Before Sunday Services
- Special Easter Activities For K-5th Grade
- Quality Childcare PreK & Under
- 3 Identical Services



225 North Avenue, Norwalk | (515) 981-0699
fellowshipnorwalk.org/easter

WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.

I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

"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 activities offered stand out to Jan as some of the best parts of our welcoming community.

"It's wonderful to know that your parent is being taken care of. My mom is doing so well."

Discover senior living for every stage of life and expert memory care in Norwalk.

Schedule a tour of Holland Farms!



Carefree Living | Assisted Living | Memory Care

2800 Sunset Drive Norwalk, Iowa | 515-981-1888

A woman with dark hair, wearing a red t-shirt and a blue surgical mask, is smiling and holding a young girl with blonde hair. They are standing outdoors near a body of water with mountains in the background. The woman has a backpack on. The girl is wearing a dark blue t-shirt with pink text that says "EMERGENCY".

FEATURE

COLD *turkey*

Residents share
their experiences of
quitting smoking.

By Lindsey Giardino

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Ann Willett's cancer diagnosis made her determined to give up smoking.

Lung cancer and radon awareness

Emily McCauley's decision to quit smoking was prompted by unfortunate circumstances.

She was inspired by her mother-in-law, who quit after her husband was diagnosed with lung cancer.

"It was very tough watching him go through chemo and ultimately passing away within a year," McCauley says. "I felt ashamed of myself to be with him while he was dying from cancer caused by smoking and then later taking a smoke break for myself. It didn't feel right and started to not make any sense why I smoked. I realized I was doing the same thing that caused him to get cancer and that I could get cancer."

McCauley quit a month after his passing.

"One of the tips I read to quit smoking is to pick a day to quit," she says. "I chose the day after my 25th birthday. One last hurrah and then a rebirth sort of mindset."

Seven months after her father-in-law's passing, McCauley's mother and husband, Jack, quit smoking together after learning her mom had emphysema.

A month later, her mom was diagnosed with lung cancer and, soon after, died on the operating table while they were trying to remove the cancer.

"As you'd expect, it is heartbreaking to lose your mother," McCauley says. "So the passing of our parents from lung cancer have kept us smoke-free for about 17 years now. Something about seeing your loved ones die from something that is preventable and the want to live a long, healthy life really homes in the message that smoking doesn't really relieve any stress and only causes stress and hardship in the long run."



Emily McCauley says her father-in-law's death from cancer made her realize she needed to quit smoking.

"I no longer focus on if I have enough smokes, when I can smoke or if I smell like smoke. And the money — I couldn't imagine paying 8 bucks a day now."

— Emily McCauley

McCauley explains the odd thing about her mother's lung cancer, adenocarcinoma, is that it's most commonly found in non-smokers. Shortly after she passed, McCauley and her husband were watching the news when a story about radon came on.

"Jack remembered, when mom was still alive and a radon story came on the news, my mom said, out loud to the TV, 'That is what caused my cancer!'" McCauley recalls. "I know this sounds like she was deflecting, and maybe she was, but since we lived in the same house in Norwalk since 1982, we tested our

house for radon to be sure we were in a safe environment."

The results came back: The radon levels in their home were high.

"We were not living in a safe environment," McCauley says. "I retested because I couldn't believe we had four times the amount that was safe. Our second results were even higher."

She adds, "People who smoke and live with high amounts of radon are 16 times more likely to get lung cancer. I believe the combo of mom smoking and high levels of radon in our home is what caused her cancer. I share my family's

story in hopes of helping people live longer so they can enjoy their families longer.”

McCauley smoked for nearly 10 years, and it took her three tries to quit cold turkey. She remembers sunflower seeds being helpful to keep her hands busy. Both her mother and husband tried patches and nicotine gum, but what proved most helpful to Jack were suckers, specifically the apple caramel ones and Blow Pops.

Since quitting, McCauley has noticed that her sense of taste and smell are better, and she doesn't get as many colds.

In addition, “I no longer focus on if I have enough smokes, when I can smoke or if I smell like smoke,” she says. “And the money — I couldn't imagine paying \$8 bucks a day now.”

And while McCauley says it's probably not associated, “Three months after I quit, I landed my dream job. It was like the universe was approving of my positive health changes.”

Cancer causes life change

Right before New Years, Ann Willett was diagnosed with stage three epithelial ovarian cancer. Doctors first thought she had a prolapsed uterus as she'd just given birth to her son in November, but they found a tumor instead.

As a nine-year smoker, Willett's diagnosis gave her a wake-up call.

“It all came to me,” she says. “I'm still young — I'll be 24 this month — and I can fight this. But, with all the bad habits, it was harder being sick, which has changed my thought process. I pray a lot more lately since finding out, and I told God if he sees me through this that I would quit smoking and change my habits completely.”

This February, Willett quit by tapering herself off the cigarettes. She started using an electronic cigarette and lowered the dosage each week until she didn't smoke anymore.

Now that she's quit, Willett is focused on her health and future.

“I have one cancer already; it seems redundant to give myself another cancer,” she says. “I have two kids who I want to be around for.”

Couple quits together

Bob and Denise Boucher started smoking in high school in the early 1970s because most of their friends did. Both of their parents were smokers as well. Denise's mother smoked until she was diagnosed with cancer, which she eventually died from. Her father quit smoking when he turned 60, and he recently turned 94.

Bob and Denise smoked for about 47 years before making the decision to quit.

“We had been talking about quitting for quite some time because of the coughing and the cost — and most of our friends didn't smoke anymore,” Denise says. “As it turned



**Suggest
a teacher**
for an *Iowa Living*
education column!

Send an email to
tammy@iowalivingmagazines.com



The best way to build a healthy community...



**Put your money
where your
mouth lives!**

FOR AN INTERACTIVE EXPERIENCE...



**GET ZAPPAR
ZAP THE CODE**

Download on the
App Store

GET IT ON
Google play




**LOCAL
ACCESSIBLE
HONEST
HOME LOANS**



CARRIE HANSEN NMLS#403055
carrie.hansen@clearmortgage.com
712-249-4311 | **LOANSFORACURE.COM**



out, Bob had some health issues that required surgery, and the surgeon told him he wouldn't do the surgery unless he quit smoking. Bob said, 'I don't think I can quit unless you do, too.' I said, 'Let's do it.'

It took the couple a month to cut down on cigarettes and pick a date to quit. Bob used gum for a short time to help, while Denise used patches during moments that were especially hard to get through. She found what worked best, though, was keeping her hands busy.

"The thing I noticed, especially at first, was how good I felt, and Bob agrees," Denise says. "We had both been suffering from bronchitis every winter, and neither of us have had it in the last two years. We also spent the next couple of years painting and replacing furniture in our house, as it all smelled like smoke.

"Looking back, quitting seemed pretty easy," she adds. "I know it wasn't, and I know it

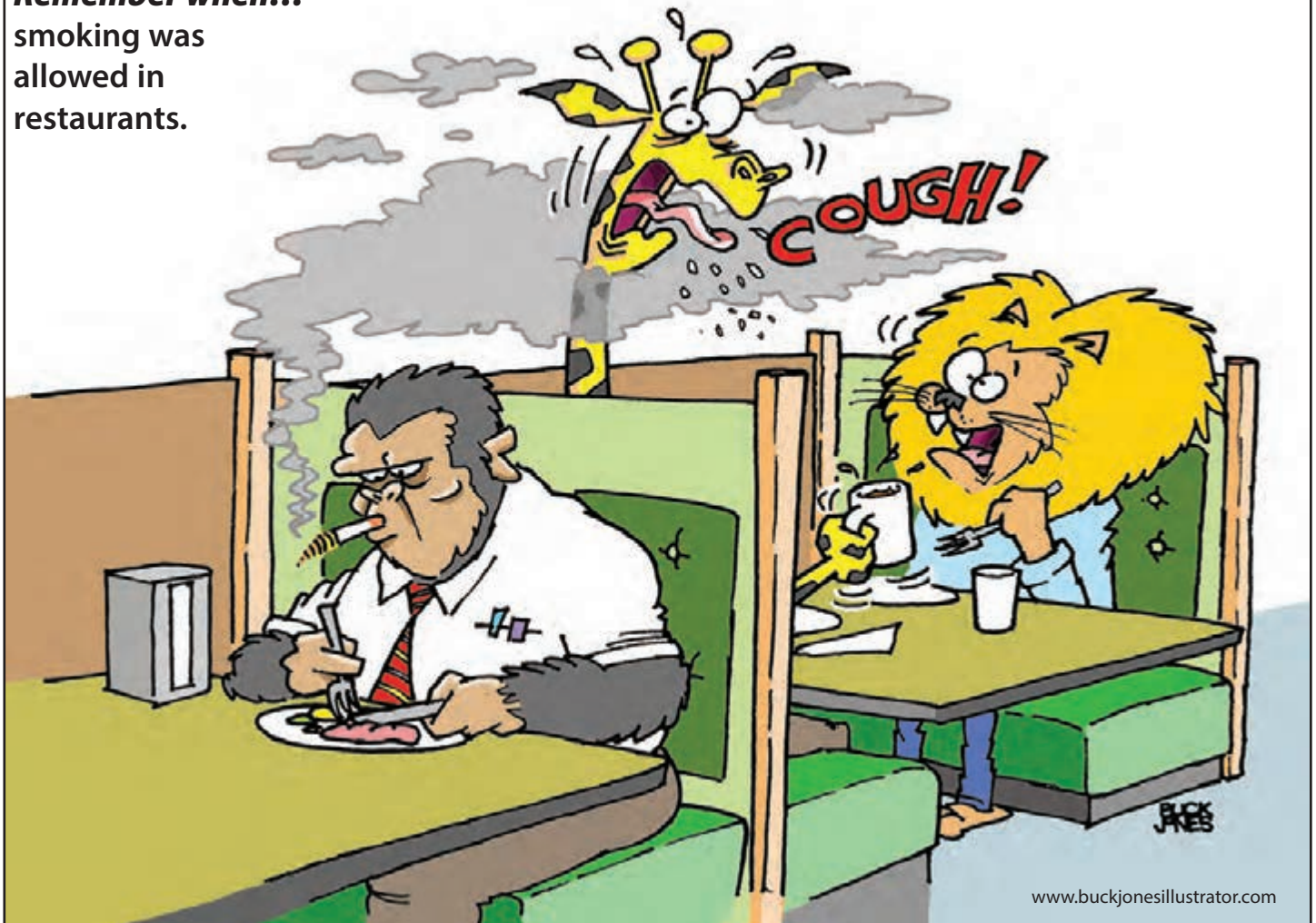


Bob and Denise Boucher quit smoking together after Bob found out he needed surgery.

isn't for anyone, but I feel the reward of better health has been worth it. Both of us had tried other times in our lives to quit, but I think you

just have to be ready. Bob says it takes a while for the desire to fade, but it passes. If you can just get by that, you can do it." ■

Remember when... smoking was allowed in restaurants.



www.buckjonesillustrator.com

MEET Jason Tapps

Rewarded by seeing the progress students make

After growing up in Van Meter, Jason Tapps received a degree in psychology and criminal justice from Iowa State University. However, after many years, he decided he needed a change and returned to school at the University of Northern Iowa, where he received his degree in elementary education. Tapps has since joined the Norwalk Community School District as a second- and third-grade special education teacher. He says one of the things he likes best about teaching with the district is his coworkers.



Jason Tapps decided on a career change and is now in his first year of teaching.

“They have absolutely made me feel very welcomed and that I got hired at the right school for my first teaching job. It has been an extremely welcoming environment here, and I couldn’t be happier about it,” he says.

Tapps enjoys working in the field of education because the students make every day interesting. However, he says one of his biggest challenges as a new educator has been the constant wondering about whether or not he is doing the job right.

“That worry about a student’s growth and being able to retain and learn the materials that I am working to build up. It’s that internal struggle of my first year teaching and having to find my own way and teaching style that works well for me and allows my students to grow both academically and personally,” he says.

His students are currently participating in the Coins for Kids Program. This program allows students to work on their counting skills and money awareness while raising money for kids suffering from life-altering illnesses. Tapps says his kids are having a great time bringing in the change they can gather in support of children at the Stead Family Children’s Hospital. In addition, he says it has been rewarding seeing the growth of his students with their reading abilities.

“Seeing a student go from reading nine words a minute to reading over 50 words a minute within a few months’ time is extremely rewarding for me, but seeing the look on their faces and the pride and excitement that they display is the most rewarding thing I have had within this job,” Tapps says.

When not teaching, he enjoys spending time with his kids and spending time outdoors. He enjoys all types of sports, including coaching his son’s and daughter’s respective baseball and softball teams. He also likes to go on trips with family and friends. Traveling to the mountains is one of his favorites. ■

Spring can be a LUCKY time to Buy or Sell your Home.



Let me help you with the process and answer your questions today.



Taylor Voitel
Realtor®
(515) 729-1322

Instagram @VoitelRealEstate

@TaylorVoitel

Facebook Taylor Voitel, Realtor



RE/MAX
PRECISION



WHEN BUYING is easy, paying later can be a problem

If you shop online, you might have noticed a growing number of buy now, pay later (BNPL) services that offer the option to spread out the payments on your purchases. Buyers who make one partial payment upfront and agree to several additional interest-free installments can receive their orders right away. This is a key difference from the layaway plans of the past: Shoppers had to wait until the balance was paid to take their goods home. Many stores discontinued layaway plans in the 1980s when the use of credit cards became widespread.

BNPL plans are more popular with younger consumers trying to stretch their paychecks, partly because they are more comfortable shopping online (and particularly on smartphones). At first glance, it may seem like a worthwhile convenience, but there are good reasons to think twice before committing to installment purchases.



Credit is credit

BNPL plans are essentially point-of-sale loans. Applying for the financing is quick and easy, which seems like a plus when time is tight.

However, speedy access to credit also provides instant gratification and allows for more impulse buying. It might tempt you to overspend on things you don't really need and probably wouldn't buy if you had to save up and/or pay 100% of the cost upfront. And if you make a lot of smaller purchases across multiple services, it may be harder to keep track of how much you are actually spending.

In fact, one criticism of BNPL services is that they make it easier for consumers to fall into debt. As with credit cards, you would face financial consequences such as late fees and/or high interest rates if you encounter a financial setback and can't pay the installments on schedule.

Another point to consider is that credit card companies report on-time payments to the credit bureaus, so using credit cards responsibly can help you build a positive credit history. In contrast, some BNPL lenders may not bother to report on-time payments — though they will surely report missed payments and collections. Before you use any BNPL service, read the fine print carefully to make sure you understand the terms and conditions and the company's credit reporting policies. ■

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.

Looking to build the home of your dreams?

LOT FINANCING • CONSTRUCTION FINANCING • END FINANCING
all available from City State Bank



The ease and convenience of having
everything in one place...
Smooth, simple process from start to finish.

Contact City State Bank today!



Jan Sparks
515-981-1378
NMLS #478069



Nicol Hoover
515-981-1382
NMLS #478070



Amanda Reid-Raper
515-981-1416
NMLS #478066



801 Main St • 1225 Colonial Pkwy
Norwalk, IA

515.981.4234

www.citystatebank.com



FDIC

EVENTS IN THE AREA

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

Check for cancellations

Community lecture: How to be a health coach

Saturday, April 2

Luana Savings Bank conference room, 9321 Market Place Drive, Norwalk

Kim Robinson-Gilchrist, M.S. will offer a free community lecture, "How to be a Health Coach: Alternative Options in Health Care for Nonprofessionals and Professionals." Wellness foods will be served. Registration is required, and seating is limited. Register by contacting Robinson-Gilchrist, 515-410-4959, or gilchristinstitute@aol.com.

OPALS Senior Luncheon

April 1, 11:30 a.m. to 1 p.m.

Luana Savings Bank, 9321 Market Place Drive, Norwalk

Everyone age 55 and older is welcome to this monthly lunch (held through April). Come and socialize with the Parks and Recreation staff and enjoy a potluck style lunch. Water is provided. Bring a side dish or dessert to share. Each event will have a different speaker. Speakers will be announced prior to the event. Pre-registration is required. Call 515-981-9206.



Mandalas & Henna art class

Sunday, March 13, 12:30-3:30 p.m.

Principal Studio 5, Des Moines Art Center, 5700 Grand Ave.

Explore traditional mandala and henna patterns while learning about the history of art in India. From medieval times to the present day, students will be exposed to examples of traditional mandala and henna patterns, rangoli, lettering and paintings. Tuition is \$30 (\$24 for members), and the material fee is \$25. To register, visit <https://my.desmoinesartcenter.org/12466/12468>.

Community Chat

March 12, 9-10:30 a.m.

Norwalk City Hall

The monthly Community Chat is held the second Saturday of the month for Norwalk residents to visit informally with city representatives.



'Amongst the Stars'

April 2, 5-7 p.m.

Metro Ice Sport Facility, 5100 N.W. 72nd St., Urbandale

The Iowa Figure Skating Academy presents its spring show, "Amongst the Stars." Enjoy the talents of local ice skaters.



St. Patrick's Day parade

Thursday, March 17, noon

Downtown Des Moines

The Friendly Sons of St. Patrick are staging their annual parade in downtown Des Moines, beginning at noon, starting at 15th Street and Grand Avenue, heading east to Eighth Street. New this year is a Block Party at 13th and Grand, from 8 a.m. to 1 p.m. Your \$5 admission gets you access to watch the parade, food trucks, live music, a beer tent and more. More information is available at www.friendlysonsiowa.com.

Coffee & Chat

Fridays, 10-11 a.m.

Norwalk Easter Public Library Meeting Room

This free, drop-in event is geared for adults, but all library visitors are welcome to attend. Coffee & Chat is a safe, welcome space for members of the community to connect with others while enjoying a hot beverage. This program was designed with these visitors in mind: new Norwalk residents, a seniors social hour, new/growing Norwalk businesses, parents and caregivers, English language learners, and any individual of any age seeking connection.

A variety of beverages will be served, including coffee, hot tea, and seasonal options of hot cocoa or cider, purchased locally. Stay for a few minutes, the whole hour, or until the coffee gets cold — while supplies last. The library will also have on hand adult coloring, brain games, cards and board games, and brochures/handouts of local businesses and organizations.



Register for Des Moines Art Center camps

Camps run June 6-Aug. 12

Des Moines Art Center, 5700 Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit <https://desmoinesartcenter.org/classes/find/?class-category=summer-camps&age-group=&class-type=#class-list>

An Evening of Celtic Music

March 12, 7 p.m.

Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents "ClearJoy Music: An Evening of Celtic Music." Admission is free. A freewill offering will be accepted to support Crossroads of Iowa programs. ClearJoy is a musical collaboration of two sisters specializing in Celtic and Scottish music. Crossroads is a not-for-profit organization offering programs for women, including those in jail or prison, with a focus on mental wellness using a holistic approach.

STOCK market volatility

Choose opportunity over fear

We've already experienced some big stock market swings this year. In early January, the S&P hit a record high. By the end of the month, there was a 10% drop from recent highs and then a sharp turn back up again.

The same month, the Dow Jones was down more than 1,000 points in one day. CNN's "Fear and Greed Index" fell solidly into "fear mode." Many predict the volatility will remain, pointing to inflation, the pandemic, interest rates, and geopolitical concerns as part of the cause.

If retirement is 20 or 30 years away, this volatility is just a blip in your retirement savings journey. It can be a good thing if you regularly contribute to your retirement accounts



and enjoy buying in at the low points of those market swings. For those of you who are 5 to 10 years away from retirement, this could make you sweat if you don't have market volatility built into your retirement plan.

Since the fourth quarter of 2021, we've been talking with the individuals and families that we work with about the possibility of market volatility. I view stock market volatility as an opportunity more than anything. A customized retirement plan should have some special "plays" (to steal a sports reference) that you can run when market volatility hits. One example is dollar-cost averaging. This is taking money from safer investments in your portfolio and buying into the market at a lower rate. Another "play" could be the Roth conversion. This involves transferring funds from a traditional IRA or 401(k) into a Roth account. You will pay income tax on the amount rolled over in the year you make the conversion, but you

never pay taxes on the money again, allowing you to ride the market volatility back up and do so in a tax-free account.

You want a retirement plan constructed in a way that you don't have to worry about the market or the headlines. A customized retirement plan will help you avoid making emotional decisions with your retirement savings. The plan will help you understand how much risk you are taking with your money and how your portfolio will be impacted when the market swings. Then you can stay out of "fear mode" and focus more on getting to retirement or enjoying retirement. That's a lot more fun than staying glued to the TV or news websites when market volatility hits. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

Retiring in today's world can be complex and complicated. Each week, CERTIFIED FINANCIAL PLANNER™ Loren Merkle and co-host Molly Nelson will tackle trending financial topics and apply them to your retirement.

SCAN HERE
TO LISTEN



Available wherever you get your podcasts.

RETIRING TODAY

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

Thank You
for your votes

*for Heartland
Plastic Surgery and
Dr. Cherny*



**BEST LOCAL DOCTOR
DR. EUGENE
CHERNY**

Runner-up in

Best Local Place for Cosmetic Surgery
Best Local Permanent Makeup Salon
Best Local Place for Non-Surgical Cosmetic Treatment
Best Place for Laser Hair Removal

*Did you know
that Dr. Cherny
is the leader in
Regenerative
Medicine?*

**Consult us if you have
interest in Cutting
Edge technologies like:**

- Platelet Rich Protein
Nano Fat
- And the most up to date
Face Contouring and
Body Contouring
technologies!



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM

HOME HEALTH

By Ward Phillips

ADULT day services: caring for the caregiver

Serving those who care for their loved ones is every bit as important as serving the loved ones themselves. After all, studies show that individuals who devote most of their time to caring for a family member who needs round-the-clock support can experience detrimental, even debilitating, effects to their physical, emotional and mental health.



Higher levels of stress, anxiety, depression and other mental-health effects are common among family members who care for an older relative or friend. That's why programs like adult day centers are doubly beneficial, in that they offer respite to the caregiver while also providing an enriching and safe experience for the loved one.

Many participants in adult day centers have been diagnosed with Alzheimer's disease or other dementias, making at-home caregiving doubly challenging for their loved ones. When you have a dementia diagnosis, you have all the challenges of a life-altering physical illness combined with worry over someone who might become disoriented, wander, or pose a safety risk to themselves; plus, you may be having to adjust to a partner or parent who behaves dramatically differently toward you because of their disease.

That kind of unrelenting stress can take a tremendous toll. Mental-health professionals compare it to when someone experiences a major life event like a death, a job loss, or bankruptcy. That's why care for the caregiver is so critical.

It's also not uncommon for caregivers to feel they can "do it all" and be reluctant to ask for help. I was talking with a woman whose husband has dementia to the point that he's disoriented much of the time, and yet she felt as though she should be able to handle the situation and care for him at home. I let her know that I truly understood what she was going through, and she was so surprised to know anyone would relate to her situation that she started to sob, and she kept telling me that, for the first time, she felt validated for the way that she was feeling. She — and all caregivers — absolutely need to be validated. What they do is incredibly challenging.

In an effort to ease some of the strain and assist caregivers with coping strategies, adult day centers also offer services such as support groups and other programming for caregivers and families. It can bring caregivers so much comfort to sit and talk with others who know how hopeless they can feel, as simply knowing you are not alone can be very powerful.

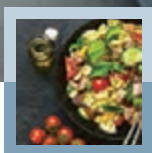
If you're a caregiver who could use some assistance — or know someone in need of help — an adult day center in your area could bring you and your family tremendous relief. Please don't be afraid to ask for help — you need and deserve it. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services for older adults. Celebrating its 75th anniversary this year, WesleyLife offers award-winning adult day services in Des Moines and Newton. Call 515-271-6701 to learn more.



It's time to make life about you.

Embrace the lifestyle that meets *your* needs at The Village!



At The Village, we're all about options.

- Our levels of living meet a variety of needs on one campus. Live entirely independently, or choose assisted living for a little extra support in a vibrant, active environment.
- Our well-being-focused programming is designed to enhance physical, emotional, and spiritual health, paving the way for you to make the second half of the best half.
- Our close-knit community is filled with old and new friends and welcoming, caring team members. It won't take you long to feel as though you've come home!



The Village

A WESLEYLIFE COMMUNITY

Learn more about all the ways The Village can make life even better.

Call Julia today at (515) 961-0878 to arrange your private tour!

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

Independent Living | Assisted Living | Memory Support | Short-Term Rehabilitation | Long-Term Care
1203 North E Street | Indianola, Iowa 50125 | wesleylife.org/village

This institution is an equal
opportunity provider and employer.



021522

GET the most out of your auto service

Many people dread visits to the mechanic. Auto shops consistently rank among the top in complaints filed with the Better Business Bureau (BBB). But putting it off could risk your safety and cost more in the long run.



Schedule your service today, and use this advice to help avoid dishonest mechanics, excessive repair bills and common scams.

Find a reliable mechanic: Ask friends and family for recommendations and check that your options are certified by an automotive repair organization such as the National Institute for Automotive Service Excellence (ASE).

Seek out a reputable shop: Look for one that specializes in your make of vehicle. It does not need to be a respective dealership. Federal law protects your warranty should you choose an independent business for routine

maintenance work. Read online reviews and complaints filed with the local BBB or consumer protection agency.

Prepare for your visit: Clean out your car and be ready to provide a detailed explanation of the issue. Also, bring a copy of your warranty, if applicable, and your vehicle's service history. A maintenance record can give the service technician a better picture of the car's health.

Reduce risks: Unscrupulous shops may trick you into higher payments or unnecessary repairs. Tactics include ignoring maintenance schedules, completing repairs without your permission and insisting your car needs more work than you came in for. Protect yourself:

- **Know your service schedule.** Have a basic understanding of the manufacturer's suggested timeline. Read your owner's manual and reference general recommended service schedules.

- **Ask questions.** See if your shop offers a warranty on parts and labor and talk to the

mechanic if you're confused about a repair.

- **Get a written estimate.** This should detail the repairs and parts needed, as well as the expected charges. You should have to sign this before work begins on your vehicle, and the shop should need approval to complete repairs not on the estimate. Be sure to get a signed copy.

- **Double-check that estimate.** Before you commit, get a second, or even third, opinion on major repairs. For a quick reference, use a website such as Repair Pal to find expected service costs for your vehicle and location.

- **Never leave without a repair order.** This should list the work done, the parts used, the cost of the services involved and the odometer reading before and after service. Keep this for your service record. ■

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

CHANGING TIMES



As things change so can your insurance,

CALL MIKE TODAY!

GET A FREE QUOTE AT:

981-4614

OR VISIT US ONLINE

WWW.LANEINSURANCE.COM

FAMILY OWNED & OPERATED

LANE

INSURANCE

AGENCY INC.

1225 SUNSET DRIVE, NORWALK

MIKE LANE



Living
RESIDENTS' CHOICE
AWARD
WINNER!

HOME • AUTO • LIFE • BUSINESS

COMMUNITY

HIRTA launches Norwalk service



HIRTA now operates a vehicle exclusively in Norwalk. Initially, HIRTA will provide transportation on Tuesdays and Thursdays from 7 a.m. to 4 p.m. A one-way trip in town is \$2.50.

To guarantee a ride, schedule at least 24 hours in advance. Rides can be scheduled by calling 1 (877) 686-0029 or by emailing erides@ridehirta.com. Riders can also contact HIRTA to set up the Amble App to schedule, pay or cancel their trips on their smartphone.

Riding HIRTA is simple, and anyone can do it. Start by scheduling a trip, then, be ready to go 10 minutes prior to your pickup time. Finally, board the vehicle, pay the fare, buckle up, and enjoy the ride.

For those needing more instruction, a travel training program is offered. Participants are taught how to safely and independently use HIRTA. Travel training may be done in person or virtually and in a group or one-on-one. Regardless of which training path is chosen, each training will specifically be tailored to the individual. For more information, visit www.RideHIRTA.com/TravelTraining.

The Transportation Security Administration federal mask mandate for public transit requires riders and drivers to wear a mask through March 18. Failure to comply will result in denial of boarding or removal, and may result in penalties.

"We look forward to bringing service to Norwalk, and we encourage people to try us out and see how easy it is to ride," says HIRTA Executive Director Julia Castillo. "Transportation is a lifeline in our communities, providing easy and affordable access to services, groceries, employment, healthcare and social opportunities. HIRTA is open to everyone. Anyone can ride. We can get you there." ■

PLAT 3 NOW AVAILABLE!

located in Norwalk

BLOOMING HEIGHTS

CLOSE PROXIMITY TO HWY 5

LOTS STARTING AT \$89,900

RANGING FROM 0.30 TO 1 ACRE

DILIGENT DEVELOPMENT

KALEN LUDWIG Kalen@PeoplesCompany.com
KEATON DREHER Keaton@PeoplesCompany.com

Spring has Sprung at

Auburn Moon Boutique

Days in Season

Stop in today for our Fresh Spring Arrivals!

Sip & Shop
Host a party & receive **10% OFF**
& we will provide the vino!

24/7 Online Shopping

AN IN-HOME/ONLINE BOUTIQUE

Hours vary. Please visit our website

8019 Echo Drive, Norwalk • 515-669-9868

WHAT IS your reason?

I believe it would be difficult to find anyone in America today who doesn't know there is a health risk from smoking cigarettes, yet, according to the CDC, the last time they checked in 2019, there were still more than 34 million adults in the United States who smoke cigarettes. So, apparently, health isn't a good enough reason for those of us currently smoking to stop.



Smoking cigarettes is also an expensive habit. The National Cancer Institute says the average pack of cigarettes is nearly \$6.30. For someone smoking 15 cigarettes per day, they would be spending more than \$1,700 per year on cigarettes. There are a lot of other things to spend \$1,700 on every year that would be more fun than cigarettes. So, I guess the cost of cigarettes isn't a good enough reason to quit either.

To be fair, tobacco is extremely addictive, and quitting can be difficult. I have heard recovering cocaine addicts say it was easier to quit that than smoking. I don't know about quitting cocaine, but I can tell you that quitting cigarettes was the hardest thing I have ever done. There was a time that I was chewing tobacco to overcome the addiction to cigarettes, but it wasn't enough, so I was also using patches that I had a prescription for. Even though I was using chewing tobacco and nicotine patches, I still couldn't stop smoking. That's a lot of nicotine.

But everyone has at least one reason that would be important enough to quit any habit. Thankfully, I found mine. One day a little more than 28 years ago, my wife, Kristy, came to my office and announced she was pregnant with our first child. When she left, I went out to the parking lot to celebrate by (what else?) smoking a cigarette. As I was enjoying the news and the cigarette, I suddenly came to the realization that I was going to be a dad and that I should not be smoking. I had only consumed half that cigarette, but I threw it on the ground and put it out with my boot. I took the cigarette pack out of my shirt pocket with about 10 cigarettes remaining and threw it in the dumpster. That was the reason I needed, and it was the last cigarette I ever smoked. I believe that message came from God and that He gave me the strength to quit, so I give Him all the Glory.

Besides the cost of cigarettes, there are other economic reasons that some people may not think about. One of them is how the value of their home is affected. There was a study of real estate agents in Ontario, Canada, about 10 years ago that found smoking can reduce a home's resale value by 20%, but I would say it is probably closer to 30% today. Smoking is not just hard on your health, but everything around it is negatively affected. Get help, find your reason, and just quit. ■

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

A real estate office here in Norwalk that's connected to real estate offices throughout North America!

EXIT REALTY NORTH STAR
Pointing People in Positive Directions

For access to all Des Moines Metro Listings, browse: EXITrealtynorthstar.com
For access to Listings across North America, text 'polaris' to 85377



*Honored to be favored.
Always working to live up to that favor.*



Jon Niemeyer, REALTOR | 490-4675

**BUYING AND SELLING
A HOME
CAN BE A ROUGH ROAD
BUT
WE GET YOU** ✨



Independent Member Broker

RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella – a good source of calcium – you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



WELCOME TO

JONES FAMILY

DENTAL

General Dentistry
Wisdom Teeth
Extractions
Pediatric Dentistry
Implant Surgery
Orthodontics

TMJ and Migraine
Botox
Dermal Fillers
Endodontic Treatment
Sleep Apnea
Sedation Dentistry



Dr. Aaron Jones, DDS

YO HABLO ESPAÑOL!

1315 Sunset Drive, Norwalk
515-850-2255

Call today to set up your appointment! 515-850-2255

Weekend
and evening
appointments
available!

**NOW
ACCEPTING
NEW
PATIENTS!**

**SCAN TO
LEARN MORE**



MAYORS MOMENT

Annual Budget

City Council, City staff and I have been working on the City's annual budget. I am pleased to say the City is still financially in great shape. We continue to look for ways to provide the services and amenities our residents want, while also looking at how we can lower property taxes. At the time of this writing article, City Council has plans to drop our property tax levy by 3 cents. I would encourage you to check out the City's budget online at norwalk.iowa.gov or stop by City Hall to get more information.

Norwalk Central

The Norwalk Central development continues to generate excitement. We finalized the Planned Unit Development (PUD) with the developer on February 17. Development agreements with both the land/infrastructure developer and the private sports campus/retail developer were discussed at the March 3 City Council meeting. This area will include a \$9.5 million public sports and recreation complex, as well as over 20 acres of private outdoor field space, fitness, recreation, and retail facilities. Several commercial developments as well as a public park, trails, and eateries will also be built within the Norwalk Central area. You can find more information on the Norwalk Central Project on the City's website, including links to the news stories the local TV stations aired. Our goal with this project is to provide a very walkable area with many things to see, do, and experience.

Comprehensive Plan

Over the past nine months, city staff and council have been working on updating our Comprehensive Plan (Comp Plan). We distributed an online survey and held several open meetings to gather input from our residents on how they would like to see our city continue to develop. One component of the Comp Plan is a map which shows how we would like the land to be used in the future. While the land use map isn't zoning, it will help guide zoning decisions in the future. The primary purpose of this year's update is to look outside of our borders to consider and plan out future decisions. Another reason for our Comp Plan update is to start to map out a future east-west transportation corridor, all the way to Interstate 35.

Please note: I want to be very clear. My update on our Comp Plan DOES NOT mean we're going to try to annex any land in the near future. We are simply showing/sharing where we'd ideally like to grow in the future and what that growth could look like.

Our Comp Plan can be found online at www.norwalk2040plan.com.



Tom Phillips, Mayor

We have a lot of really good information on this website. We have also posted the video from the joint City Council and Planning and Zoning Commission meeting on YouTube. This meeting is where the Comp Plan updates were discussed. You can search "Norwalk Iowa Comprehensive Plan" on YouTube to watch the video.

HIRTA

Have you heard the good news? HIRTA, a 100% ADA accessible public transportation provider, began offering Norwalk residents rides on March 1. To schedule a ride, you will need to call HIRTA 24 hours in advance, at (877) 686-0029. Rides are available every Tuesday and Thursday from 7 a.m. to 4 p.m. This is a great option for those who are not able to drive to get to a doctor's appointment or even to get groceries.

Coffee & Chat

Did you know the Norwalk Easter Public Library has started hosting a coffee and chat every Friday morning at 10 a.m.? They have brought in guest speakers and have had several presentations. If you are available, you should stop by the library, have a cup of coffee, hear about what's going on, and get to know some of your neighbors.

Community Chat

Another opportunity for coffee and conversation. Nearly every month, on the second Saturday, from 9-10:30 a.m. (I'll stay longer if needed), I host a community chat at City Hall. Chief Staples and I are always there, and State Representative Stan Gustafson has shown up to quite a few of our chats as well. This event is very informal and community members drive the discussion at our chats. We'd love to have you join us.



Employee spotlight

Seth Zrucky, Public Works

The City's Water Operator, Seth Zrucky, grew up in Stewartville, a small town in southern Minnesota. Upon graduating high school, Seth joined the Air Force where he served as a Survival, Evasion, Resistance, and Escape (SERE) instructor for 10 years. When he left the service in 2008, he worked at North Police Utilities in Alaska. Desiring to relocate closer to family, Seth joined the City of Norwalk Public Works Department in March 2014.

"I really enjoy the challenges and responsibilities that my job has to offer. I like being a part of all the new development in town and enjoy the diversity of the work that I am doing."

Seth loves spending time with his children, Eva (9) and Charlie (6) as well as their English Setters Ghost and Lady. The family lives in Norwalk and attends Norwalk Schools. Seth also coaches soccer for Norwalk Parks & Rec. They spend their time outdoors: hunting, fishing, and camping.



 City of Norwalk, Iowa - City Hall

 @NorwalkCH

 NorwalkIACityHall

www.norwalk.iowa.gov



CITY HALL

705 North Ave.
515-981-0228

Open Monday-Friday, 8 a.m.-4:30 p.m.



PUBLIC SAFETY

1100 Chatham Ave.
515-981-0666

Non-Emergency 515-222-3321

Check Your Smoke Alarms

What types of smoke alarms can I buy?

There are many brands of smoke alarms on the market, but they fall under two basic types: ionization and photoelectric.

Ionization and photoelectric smoke alarms detect different types of fires. Since no one can predict what type of fire might start in their home, the USFA recommends that every home and place where people sleep have:

- Both ionization AND photoelectric smoke alarms. OR
- Dual sensor smoke alarms, which contain both ionization and photoelectric smoke sensors.

Choose interconnected smoke alarms, so when one sounds, they all sound.

There are also alarms for people with hearing loss. These alarms may have strobe lights that flash and/or vibrate to alert those who are

unable to hear standard smoke alarms when they sound.

Where do I put smoke alarms in my home?

- A closed door may slow the spread of smoke, heat, and fire. Put smoke alarms inside and outside each bedroom and sleeping area. Put alarms on every level of the home. Smoke alarms should be interconnected. When one sounds, they all sound.
- Place smoke alarms on the ceiling or high on the wall. Check the manufacturer's instructions for the best place for your alarm.
- Only qualified electricians should install hardwired smoke alarms.

The Norwalk Fire Department will install battery-operated smoke alarms in your home at no cost. Contact us on our non-emergency phone number (515-981-4316) for more information.

2022 SPRING CLEAN UP

Curb Side Event - Monday May 16



WHO?

This service is for City of Norwalk residential garbage customers only.

WHEN?

All items must be placed at the curb no later than Monday, May 16 at 6:00 am.

WHAT?

Annual curbside pickup of extra items. This is your chance to spring clean, BUT make sure you follow the rules!

WHERE?

This is at your curbside, but there will also be a drop off at Public Works for items not accepted at curbside. Please see the backside of this flyer for Drop Off Event information

Items not accepted at curbside but can be brought to Drop Off Event: Appliances, TV's, electronics, tires, oil and car batteries

RULES:

Ask yourself these questions:

- Can two people lift this item?
- Is my pile smaller than the bed of a pickup truck?
- Does my garbage fit into bags or containers?

No concrete or construction materials will be accepted

No household hazardous waste will be collected at this event. Year round drop off locations are available in Bondurant and Grimes. www.mwatoday.com or contact City Hall at 515.981.0228 ext 2221 for local options.

Regular trash, recycling and compost it! will be picked up on your normal collection day, not as part of curbside event.

For other disposal options contact MWA at 515.244.0021 or visit their website at www.whereshouldgo.com.

DROP OFF EVENT

Saturday, May 21 - 7AM to Noon
Public Works Facility - 2626 North Ave



WHO?

This service is for City of Norwalk residential garbage customers only. Proof of residency required (Photo ID and City water/garbage bill).

TIRE DISPOSAL

- Residential customers are allowed up to 5 tires off rims per household. No rims accepted.
- Non accepted tire items - Tires from any business, farm or tractor tires, solid tires, such as lawnmower, forklift or golf cart tires, rims from tires and tires containing hazardous materials.

PAPER SHREDDING

- Each household can bring up to 5 bankers boxes of paper for shredding. Make sure all records are paper only.
- Wet or moldy papers will not be accepted.
- No electronic media or 3-ring binders.

OIL AND BATTERIES

- We will take used oil and anti-freeze in sealed containers only. Limit 5 gallons.
- Whole auto batteries are accepted, cannot be leaking.

APPLIANCE & E-WASTE DISPOSAL

This is the only time stickers are not required for appliances. Public Works will accept appliances and ewaste for this one day only.

Appliances must be empty and include: refrigerators, freezers, stoves, air conditioning units, dehumidifiers, water heaters, furnaces, thermostats, washers, dryers, dishwashers and microwaves.

E-waste items include: TV's, stereos, computers, monitors and related items.

APPLIANCES TAPED SHUT WILL NOT BE ACCEPTED.

WOODCHIPS & COMPOST

Free wood chips and compost will be available to residents. Limited quantities available while supplies last. Bring containers and load yourself. Limit 1 cubic yard each.

SCRAP METAL DISPOSAL

We take clean (without plastic or wood) metal to recycle. Please make sure it is easily handled and can be moved without equipment. We do reserve the right to refuse material if it does not comply.

North Avenue and Highway 28 Intersections Project to Happen this Year

Big changes are coming to the intersection of North Ave and Hwy 28! You have probably already seen a lot of utility work happening in preparation of the project, some still to come late winter/early spring. The major construction will likely begin in April/May, depending on what our spring weather is like.

What is taking place in this project?

- North Ave intersection approaches to Hwy 28 will be reconstructed
- Dedicated turn lanes will be added with protected turning movements
- New traffic signals installed
- Addition of center median on North Ave
- Improved pedestrian crossing

Will Hwy 28 also be reconstructed?

- Mainline Hwy 28 pavement will remain as is
- North/south highway traffic will be maintained, but there may be lane closures

Will there be closures and delays?

Vehicle traffic will be maintained as much as possible, but there will be some closures and delays. Patience will be key during this project.

How will the pedestrian traffic be affected?

Pedestrian traffic will not be accommodated during construction. If you walk using this crossing, make plans for an alternate route during construction. It is not safe to have pedestrians in the area during construction.

Norwalk Library Celebrates National Library Week, April 3-9

The theme for National Library Week 2022, "Connect with Your Library," promotes the idea that libraries are places to get connected to technology by using the internet, computers, and other resources, as well as other people. Libraries also offer opportunities to connect with media, programs, ideas, and classes—in addition to books. Most importantly libraries also connect communities to each other. Overall, the theme is an explicit call to action—an invitation for communities to join, visit, or advocate for their local libraries.

"Norwalk Easter Public Library offers so many surprising options to our users. We have lots of programs and events for all ages, as well as numerous learning and recreational opportunities such as movies, ebooks, sewing machines, online homework help, STEM kits, a seed library, board games, puzzles, and books, just to name a few great things," said Library Director Jean Strable.

The library will host Author and Children's Librarian Lydia M. Sigwarth for an author visit on Saturday, April 9 at 10:30 a.m. Sigwarth will read her picture book, "Dear Librarian" and provide a short presentation on the illustrations in the book and comparing them to real life pictures. There will also be a craft activity. This program is free and recommended for ages 4 and up with a parent or

caregiver. Adults interested in the processes of writing and publishing will also be interested in attending. Copies of "Dear Librarian" will be available for purchase and autographing following the event.

To further celebrate this special week, the Norwalk Fareway Store is offering "Round Up for Reading" where shoppers can add to their Fareway register receipt total at check out with funds raised to support library programs and activities through the Norwalk Easter Public Library Foundation. There is also a special proclamation from Norwalk Mayor Tom Phillips that will be issued at the April 7 City Council meeting.

National Library Week is an annual celebration sponsored by the American Library Association highlighting the valuable role libraries, librarians, and library workers play in transforming lives and strengthening our communities.

More information can be found browsing www.norwalklibrary.org, emailing library@norwalklibrary.iowa.gov, following the library on Facebook or Instagram, or by calling the staff at 515-981-0217.



NORWALK EASTER PUBLIC LIBRARY

1051 North Ave.
515-981-0217

MON-THU 10 a.m.-8 p.m. | FRI 11 a.m.-6 p.m.
SAT 10 a.m.-5 p.m. • SUN 1-4 p.m.



PUBLIC WORKS

2626 North Ave.
515-981-9527
After Hours: 515-222-3321



ECONOMIC DEVELOPMENT PARKS & RECREATION

1104 Sunset Dr.
Economic Development: 515-981-3606
Parks and Recreation: 515-981-9206

AURAL rehabilitation

A crucial component of successful treatment of hearing loss

Aural rehabilitation is a variety of practices that help individuals with hearing loss improve their ability to communicate. Aural rehabilitation includes understanding your hearing loss, maximizing your hearing devices and learning effective listening and communication strategies.



Understanding hearing loss

Understanding your hearing loss is an important element of an aural rehabilitation program. This aspect validates your hearing difficulties, such as understanding the television, speech in noisy environments and women's and children's voices. Oftentimes, these programs encourage family members to attend in order to better understand your experience and facilitate communication.

Maximizing hearing aids

Another component of aural rehabilitation is maximizing your hearing aids. Most of these aids do not replace your natural hearing ability. Instead, they help your residual hearing. Therefore, your perception of sound changes. Aural rehabilitation helps retrain your brain to recognize and understand sound with your hearing aids.

Occasionally, individuals with hearing aids require additional devices or accessories. These accessories enhance hearing aid performance, especially in difficult listening environments. These devices include remote controls, remote microphones, phone adapters and television streamers.

Learning effective strategies

Learning new listening and communication strategies is also an important element of aural rehabilitation. These strategies may include:

- Auditory training

- Use of visual cues
- Speech reading
- Directing conversations
- Managing background noise

Benefits of aural rehabilitation

Aural rehabilitation provides significant benefits to individuals with hearing loss. Aural rehabilitation can reduce an individual's perception of hearing difficulties, improve the perception of quality of life, increase the effective use of hearing technology and communication strategies and improve personal adjustment to living with hearing loss.

Aural rehabilitation begins with diagnosing hearing loss and identifying the specific listening needs of an individual. Schedule an appointment with an audiologist for a comprehensive hearing evaluation and needs assessment. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.IowaHearingCenter.com.

IMPROVE YOUR *Hearing* AND *Listening* SKILLS

Live Well with Hearing Loss

Call (515) 416-5990 to schedule an appointment today!



IOWA HEARING
CENTER

1228 Sunset Dr., Ste. B
Norwalk, IA 50211

www.IowaHearingCenter.com



Kelly Cook, Au.D., CCC-A
Doctor of Audiology

oticon
life-changing technology

WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

MERCYONE

A new way to treat cancer



MercyOne Richard Deming Cancer Center expands our circle of care to include additional programs for patients to live their best life, including those living with cancer, survivors and their families.

The center also features an expanded research office for increased number of clinical trials, to be on the cutting edge of lifesaving medical breakthroughs.

You'll find **compassionate, comprehensive, and personalized care**, where patients can meet with all the members of their care team under the same roof in one convenient location.

WONDERING IF CHIROPRACTIC CARE IS FOR YOU?

**WE'RE HERE TO HELP WITH
AWARD-WINNING CARE!**

- Neck pain
- Headaches
- Fibromyalgia
- Back pain
- Allergies
- and more!
- Insomnia



NORWALK CHIROPRACTIC

DR. JESSE STUMBAUGH

www.norwalk-chiropractic.com

OFFICIAL CHIROPRACTOR FOR THE IOWA BARNSTORMERS
1300 Sunset Drive, Norwalk • 515-981-9208

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. Doctor 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.

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. 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, 981-9208, www.norwalk-chiropractic.com. Norwalk Chiropractic is a provider with most major insurance companies.



**NORWALK FAMILY
DENTISTRY**

It takes more than
LUCK to have a
**HEALTHY &
BEAUTIFUL
SMILE.**



Family Dentistry • Implants
Cosmetic Dentistry Invisalign
TMJ, Botox, and Dermal Fillers

**Dr. Donna Grant, DDS • Dr. Maureen Winslow, DDS
Dr. Elizabeth Fleck, DDS**

1101 Chatham Avenue, Norwalk • 515-256-9000

WWW.NORWALKFAMILYDENTISTRY.COM



HEALTH By Dr. Elizabeth Fleck

FOCUSING on the kids

February was Children's Dental Health Month. To celebrate, we thought we would cover some basics of caring for your child's oral health. You should begin brushing your child's teeth with fluoridated toothpaste as soon as their first tooth erupts. For children younger than 3, you should only use a smear of fluoridated toothpaste (about the size of a grain of rice). Older children can use a pea-sized amount. Help your child brush their teeth until they are 7 or 8 years old and floss once per day.

It's important to expose your children to fluoridated water as well. Most bottled water or filtered water does not contain fluoride, whereas tap water does and can prevent 25% of tooth decay.

Fruits, vegetables, proteins, whole grains and dairy are all great for your children's overall and oral health. Avoid sticky snacks like fruit snacks and simple starches like cookies, crackers and chips. Sugary drinks can cause some of the biggest problems with oral health. It's best to keep milk at mealtimes and water the rest of the day. Most importantly, never put a baby to bed with a bottle.

Children should have their first dental visit around age 1. The dentist can evaluate for any oral issues, get them comfortable coming to the dentist, and apply a fluoride varnish to help fight decay. ■

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



SMALL changes make big difference

Creating small, sustainable changes within your diet by incorporating healthier recipe swaps can make the biggest difference in your overall health. Take the time to research healthier recipe alternatives that fit best into your diet that are macro friendly. Check out this high protein recipe, the perfect twist on a favorite family dish.



Strawberry Pretzel Salad

All you need:

- 1 cup Two Good Strawberry (or vanilla) yogurt
- 2 oz low fat cottage cheese
- 1 cup SF Strawberry Jello
- 1 ounce diced strawberries
- 10 pretzel twists

Macro breakdown: 24P, 3F, 21C

Mix together for the perfect

snack. ■



Information provided by Morgan Piper, Health Coach, and Taylor Grgurich, RDN, LD, Mac Out Nutrition, www.macoutnutrition.com.

NO RESTRICTIONS

Get Lasting Results

Through personalized nutrition coaching, you can make sustainable changes that align with your current lifestyle through a flexible, macronutrient-based approach to nutrition.

NUTRITION COACHING

MEAL PLANNING

FITNESS COACHING

Are you ready?

GET STARTED AND SEE RESULTS!

MACOUTNUTRITION.COM

THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness, and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

SS Therapy and Consulting

Taking on life's challenges one step at a time.

www.sstherapyandconsulting.com

STEPPS Parenting Group
Th 4-6

Therapy for All Ages
Most insurances accepted.

STEPPS Group
Th 4-6/6-8
Neurofeedback

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

YOU CAN BE DEBT FREE FAST!



GET OUT OF DEBT FASTER WITHOUT BANKRUPTCY OR SETTLEMENT

- ✓ Credit Card Debt
- ✓ Medical Debt
- ✓ Collections
- ✓ Unsecured Loans

WE OFFER
CONSOLIDATION
PLANS TO HELP
YOU SAVE
ON INTEREST
CHARGES



Let us help you get on the road to freedom from debt problems!

CALL TODAY!
515-287-6428

www.consumercredit-dm.com

CREDIT COUNSELING

By Tom Coates

BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company that we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers that may not be as Internet savvy, or that are lonely, can be easy prey for fraudsters. ■



Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.

No one else
has your back,
shoulders, and
legs like us.



Join & Pay

\$0

Joining Fee!
TODAY ONLY!

Terms, conditions, and restrictions apply.
See <https://www.anytimefitness.com/offer-terms/>
for details.



1101 CHATHAM AVENUE, NORWALK
norwalk@anytimefitness.com • 515-953-0004

STAFFED HOURS: MON-THU: 11AM-7PM • FRI: 9AM-5PM

FITNESS

By Dani McManus

Q: What is stopping you?

A: Think about it right now. Is there a fitness goal you have been wanting to achieve? Is there extra weight you have been wanting to get off? We all know life gets in the way. We all know it is so easy to come up with an excuse and put it off for another day. In doing so, it gets easier and easier to wait, and the goal gets farther and farther away. Why do we wait though? Why not just start now?

You hear it all the time: "If it is truly a priority, you will make time for it," and, honestly it is not wrong. Life is full of obstacles or random things popping up, but it is how we deal with them that proves to ourselves that we can handle it. Why not make your health a priority? Think about your day. We all have the same 24 hours to use up. Try to find 45 minutes right now that you can prioritize to your health. Whether it is getting into the gym or doing a workout at home, I bet you can find that 45 minutes somewhere.

I want you to do two things right now. First, imagine if you were to start today (eating healthier or simply going on a walk), where would you be one month from now? Second, if you didn't start today, where would you be one month from now? Be honest with yourself. What is truly stopping you? ■



Information provided by Dani McManus, Certified Personal Trainer/Head Coach at Anytime Fitness in Norwalk. To submit a question for future articles, contact her at Norwalk@anytimefitness.com.

WILL the real Patrick please stand up?

Many of us probably give little thought to what people might think or say of us long after we're dead and gone. Does it really matter how I'm remembered 100 years, 500 years, 1,000-plus years from now? But what if what people knew about you and did in your honor all those years later was completely opposite the person you really are. Would it matter then? Consider St. Patrick. When it comes to his life and legacy, that is exactly what has happened. And, to top it off, his real-life story is even more exciting than the legend and how he's remembered today.



It all started in about 385 when Patrick was born in Scotland — yes, in Scotland, not Ireland. He was born to a Romanized family of Christians, but, in spite of his spiritual heritage, like many young people today, Patrick's heart wasn't impacted by that heritage until later. When he was 16, he was kidnapped by pirates from Ireland and forced to live as a slave watching over sheep. (If you're thinking this would make a great movie, this is just the beginning.) During those years of loneliness and isolation, he had no one to turn to except God. (Ever been there?) God opened Patrick's eyes to the gospel of his childhood, and he jumped in without reservation, praying for hours on end and devoting his life to Jesus Christ. Six years later, he escaped and returned home to Britain where he studied for the ministry and became a local church pastor. But that wasn't the end. At the age of 48, he felt called of God to return to his captors in Ireland as a missionary where he served for the next 28 years of his life. During this time, history estimates that he founded 300 churches and baptized more than 100,000 people across Ireland. He died on — you guessed it — March 17, 461. Patrick's life wasn't about four-leaf clovers, kegs of beer, luck or wearing green (in fact, they say his favorite color was blue).

If you want to truly commemorate St. Patrick's Day, remember that, like Patrick, you can trust God with your life. Psalm 31:15 says, "My times are in your hands." Also, believe that you can trust God to bring about His purposes even in the darkest of times. Romans 8:28 says, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." And, finally, be assured that God's presence is always with us if we've committed our heart and life to Him. Psalm 84:11 says, "For the Lord God is a sun and shield; the Lord gives favor and honor; no good thing does he withhold from those who walk uprightly."

Happy St. Patrick's Day. ■

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



SUNSET MEMORIAL CHAPEL

Celebration of Life | Reception/Luncheon | Final Resting Place



A brand new facility to serve families affordably and comfortably.

**Affordable & convenient
All in one location**



Locally owned with 5 generations of service to Iowa Families.

Blair Overton
Owner

Tel: 515-285-4600
7601 Fleur Drive, Des Moines
SunsetMemorialChapel.com

Got Your Green?

Happy St. Patrick's Day!



Scan for easy ordering

DELIVERY AVAILABLE

Holidays, Prom, Weddings, Birthdays,
Anniversaries, Get Well, Just Because,
Fresh Flowers, Silk Arrangements,
Gift Items, Potted Plants

Bellflower
FLORIST & GIFTS

515-410-2397

2251 Sunset Drive Suite C, Norwalk



PROUDLY SERVING NORWALK FOR OVER 25 YEARS



Real Estate Transactions
(For Sale By Owner)
Wills and Trusts
Probate
Personal Injury
Business Formations
Family Law

**DOUGHERTY
LAW FIRM**

James S. Dougherty

515.981.5401

801 North Avenue

PO Box 278, Norwalk 50211

jdougherty@doughertylawfirm.com

DOUGHERTYLAWFIRM.COM

LEGAL

By James S. Dougherty

YOU NEED a testamentary trust for your children

Trusts are often part of everyday estate planning because of their many benefits. In this article, I am going to discuss the absolute need to create a testamentary trust, through the provisions of your will, for the benefit of your minor children or for other beneficiaries who may not be up to the responsibility of handling their own finances. A trust is a relationship whereby property is managed by one person (or persons or organizations) for the benefit of another.



A testamentary trust is funded after your death, with assets that you've specified in your will and through beneficiary designations of your life insurance, investment accounts and other assets. Such trusts generally receive most of the estate assets. In the case of a testamentary trust for your children, you would designate an individual or corporate trustee to manage and care for the property for the benefit of your children.

Without a trust, your children are still eligible to inherit property, and, the courts, through setting up a conservatorship, will ensure for the management of the property while your children are minors. However, as soon as they turn the age of 18, your children become adults and will control, and spend, their inheritance as they decide.

An example I use with my clients is, suppose that you leave your estate to your only son, but you're concerned that before you can say, "brand new boat and trip to Hawaii," he will have spent his entire inheritance. You can use a trust and direct your trustee to manage the money for your son as you see fit. The trust can give him a little bit each year for some duration and then a final lump sum at some age when you think he'll be mature enough to protect the money as if he had actually earned it himself.

When setting up your trust, one thing you will need to determine is what the trust assets should be used for. You can specify that the trust pay for education, health care, food, rent and other basic support. Given life's unpredictability, however, it's often better to write a vague standard (e.g., "for the support of my children") into the document and allow the trustee the discretion to decide if an expenditure is legitimate. Such a provision also gives the trustee flexibility. For example, if one of your children has an unanticipated expenditure, like a serious illness, the trustee could give him more money that year than other years.

Another thing you will have to determine is when the trust assets will be distributed. Some parents pick a specific age, such as 25 or 30, or a specific event, such as when a child will be out of college. If all the assets are in one trust that serves several children, you would usually have the assets distributed when the youngest child reaches a target age. You could also have the trustee distribute the assets at different times (say, half when the first child turns 25 and the rest at age 35).

There is no such thing as a standard trust, just as there's no standard will. You can include any provision you want, as long as it doesn't conflict with state law. The provisions of a written trust instrument govern how the trustee holds and manages the property and can vary greatly depending on the unique circumstances of each family. ■

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

NORWALK UNITED METHODIST CHURCH



*Connecting Norwalk
With God's Purpose
and Christ's Love*

Easter Services

GOOD FRIDAY SERVICE

April 15 • 7:00 p.m.

EASTER SUNDAY SERVICE

April 17 • 9:00 a.m.

EASTER SCAVENGER HUNT

APRIL 9
9am - 12pm

FREE TO JOIN!

Registration not
required, but
appreciated.
Scan QR to register!



Please Join Us for Worship

SUNDAY SERVICES:

9:00 am Church & Youth Faith Classes

10:15 am Adult Faith Classes

WEDNESDAY YOUTH GROUPS

6:00 pm Grades 6-8 • 7:15 pm Grades 9-12

1100 Gordon Avenue, Norwalk • 515-981-4251

SCAN NOW!



GIRLS ON THE RUN benefits local youth

Organization boosts girls' confidence.

According to Christa VanderLeest, director of Girls on the Run of Central Iowa, the program “envision[s] a world where all girls can know and activate their limitless potential and be free to boldly pursue their dreams.”

The eight-week program runs from March 28 to May 21 and inspires girls to be joyful, healthy and confident, using a fun, experience-based curriculum that creatively integrates movement. The program culminates in a celebratory 5K run at the Des Moines Capitol Complex that's also open to the public.

Each team of Girls on the Run consists of eight to 20 girls and is led by volunteer coaches.

Norwalk resident Sarah DeKock, who is a board member for the Girls on the Run of Central Iowa Advisory Board and mother of a participant, got involved with the organization because its values — inspiring girls to be healthy, confident, kind and encouraging — align with hers.

“As a mom of three girls, I know that these life skills will have significant impact on their future and help them realize the beauty of their potential,” she says.

DeKock points out that studies have shown third to eighth grade to be a critical time period for girls. Their self-confidence begins to drop by age 9, and 50 percent of girls ages 10 to 13 experience bullying.

A recent independent study found that Girls on the Run positively impacted girls' lives by helping increase their self-confidence and encouraging them to develop healthy relationships and feel good about themselves.

“This ultimately promotes healthier relationships and communication skills and plays out within the walls of the Norwalk schools and the community,” DeKock says.

Girls on the Run is open to third through eighth graders and has two seasons, one in the spring and one in the fall. For the Norwalk group, practices are held twice a week and begin immediately after school at both Orchard Hills Elementary and Lakewood Elementary.

At the celebratory 5K, participants are paired with a buddy over the age of 16 who they get to run with.

Since the 5K is also open to the public, last year, DeKock got to run the race with both her daughter and her own mother — a memory she says she'll cherish forever.

Ultimately, VanderLeest says Girls on the Run is for so much more than running.

“Participants are encouraged to always move forward and do their best, whether that is by running, jogging, walking, skipping, rolling or dancing,” she explains. “We want them to enjoy movement.”

VanderLeest adds, “The curriculum of Girls on the Run is the heart of the program. Lessons that are covered embrace each girl's unique self and share how to build healthy relationships and how to give back to the community. Girls on the Run would not be possible without the



Sarah DeKock, a board member for the Girls on the Run of Central Iowa Advisory Board, was able to run the celebratory 5K race with both her daughter and her mother.



The Girls on the Run program concludes with a celebratory 5K run at the Capitol and is open to the public.

hundreds of volunteer coaches who dedicate their time and energy to building girls up in their communities.”

Registration for Girls on the Run is based on a first-come, first-served basis and can be done online at gotrcentraliowa.org/register-now. ■

NORWALK

SOCCKER: BOYS VARSITY

Date	Time	Opponent	Location
Mar 24, 2022	7:30PM	Southeast Polk	Norwalk High School
Mar 29, 2022	7:30PM	Dowling Catholic	Dowling Catholic High School
Mar 31, 2022	7:30PM	Des Moines East	DSM East HS Williams Stadium
Apr 5, 2022	7:30PM	Ames	Norwalk High School
Apr 8, 2022	7:30PM	Ankeny Centennial	Ankeny Centennial High School
Apr 12, 2022	7:30PM	Pella	Pella High School
Apr 14, 2022	7:30PM	Pella Christian	Norwalk High School
Apr 15, 2022	5:30PM	Multiple Schools	Valley Stadium
Apr 16, 2022	8:30AM	Multiple Schools	Valley Stadium
Apr 19, 2022	7:30PM	Oskaloosa	Norwalk High School
Apr 21, 2022	7:30PM	Johnston	Johnston High School
Apr 25, 2022	7:30PM	Valley	Valley Stadium
Apr 26, 2022	7:30PM	Newton	Norwalk High School
Apr 28, 2022	7:30PM	Des Moines Lincoln	Norwalk High School
May 3, 2022	7:00PM	Grinnell	Grinnell - Ahrens Park
May 10, 2022	7:30PM	Dallas Center-Grimes HS	Norwalk High School
May 16, 2022	7:00PM	Indianola	Indianola Stadium

SOCCKER: GIRLS VARSITY

Date	Time	Opponent	Location
Mar 25, 2022	6:30PM	Johnston	Norwalk High School
Mar 29, 2022	7:00PM	Adel DeSoto Minburn	ADM High School
Mar 31, 2022	7:00PM	Pella Christian	Pella Soccer Complex
Apr 1, 2022	7:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Apr 5, 2022	5:30PM	Ames	Norwalk High School
Apr 8, 2022	7:00PM	Des Moines Lincoln	Norwalk High School
Apr 12, 2022	7:00PM	Pella	Norwalk High School
Apr 14, 2022	7:00PM	Southeast Polk	Southeast Polk High School
Apr 19, 2022	7:00PM	Oskaloosa	Lacey Sports Complex
Apr 21, 2022	7:00PM	Urbandale	Norwalk High School
Apr 26, 2022	7:00PM	Newton	Newton HA Lynn Stadium
May 2, 2022	7:00PM	Winterset	Norwalk High School
May 3, 2022	7:00PM	Grinnell	Norwalk High School
May 6, 2022	7:00PM	WDM Valley	Valley Stadium
May 10, 2022	7:00PM	Dallas Center-Grimes HS	DCG Stadium
May 13, 2022	4:00PM	Lewis Central	Norwalk High School
May 13, 2022	7:00PM	Waverly-Shell Rock	Norwalk High School
May 17, 2022	7:00PM	Indianola	Norwalk High School

LANE INSURANCE
AGENCY INC.

GO WARRIORS!

For your Home,
Family and Business
CALL TODAY!



Mike Lane
515-981-4614
www.laneinsurance.com
1225 Sunset Drive
Norwalk

YOUR LOCAL TAX EXPERT

ACCOUNTING & TAX SOLUTIONS

Ricardo J. Alverio, CPA

1017 Main Street, #2, Norwalk
515-981-5222
Se Habla Español

Improving Norwalk's Health
One Patient at a Time!

- Physical Therapy
- Occupational Health
- Sports Performance Programs
- Athletic Training



< SCAN FOR INFORMATION

Sports Medicine provider for the Des Moines Buccaneers

Select PHYSICAL THERAPY

1327 Sunset Drive #400, Norwalk
(515) 985-5577

THE NORWALK SHOP

YOUR HOMETOWN CUSTOM APPAREL SHOP

HIGH SCHOOL SPIRIT WEAR
SMALL BUSINESS APPAREL
TEAM APPAREL
UNIFORMS AND HATS

CHECK OUT OUR NEW LOCATION!
810 MAIN STREET
515-981-0262
WWW.THENORWALKSHOP.COM
THENORWALKSHOP@GMAIL.COM

THE WRIGHT STORAGE

"Store it the WRIGHT way"

515-981-0044

150 W. Wright Road
Norwalk

Next to the McAninch Sports Complex



Email us for more information today!

www.Wright-Storage.com


The Wright Place for all your Special Occasions.

THE Wright PLACE

SPECIAL OCCASIONS & EVENT CENTER

Schedule your event today!

515-333-6303
scan. click. book.



Footing Excavation • Trucking
Backhoe • Grading • Site Utilities

KELLY GORTUM INC.




340 Wright Road, Ste. E 515-981-5491

WE SUPPORT OUR TEAM!

GO WARRIORS!

OFFICIAL CHIROPRACTOR FOR THE IOWA BARNSTORMERS



DR. JESSE STUMBAUGH

NORWALK CHIROPRACTIC
1300 SUNSET DRIVE, NORWALK
www.norwalk-chiropractic.com 515-981-9208

WARRIORS

SPRING
2022

TENNIS: BOYS

Date	Time	Opponent	Location
Mar 29, 2022	4:15PM	Ankeny Centennial	Norwalk High School
Apr 1, 2022	4:15PM	Indianola	Indianola Middle School
Apr 5, 2022	4:15PM	Oskaloosa	Norwalk High School
Apr 7, 2022	4:15PM	Indianola	Indianola Middle School
Apr 8, 2022	4:15PM	Urbandale	Norwalk High School
Apr 9, 2022	9:00AM	Multiple Schools	Johnston High School
Apr 12, 2022	4:15PM	Grinnell	Grinnell High School
Apr 14, 2022	4:15PM	Ballard	Ballard High School
Apr 21, 2022	4:15PM	Newton	Norwalk High School
Apr 22, 2022	10:00AM	Multiple Schools	Ankeny Tennis Center
Apr 23, 2022	9:00AM	Multiple Schools	Johnston High School
Apr 26, 2022	4:15PM	Pella	Pella High School
May 2, 2022	4:15PM	Multiple Schools	Indianola Middle School

TENNIS: GIRLS

Date	Time	Opponent	Location
Mar 29, 2022	4:15PM	Knoxville	Knoxville
Apr 1, 2022	4:15PM	Indianola	Norwalk High School
Apr 5, 2022	4:15PM	Oskaloosa	Oskaloosa High School
Apr 7, 2022	4:15PM	Indianola	Norwalk High School
Apr 11, 2022	4:15PM	Ankeny	Norwalk High School
Apr 12, 2022	4:15PM	Grinnell	Norwalk High School
Apr 14, 2022	4:15PM	Ballard	Norwalk High School
Apr 18, 2022	4:15PM	Waukee Northwest	Norwalk High School
Apr 21, 2022	4:15PM	Newton	Newton
Apr 26, 2022	4:15PM	Pella	Norwalk High School
Apr 28, 2022	4:15PM	Pella Christian	Pella Christian High School
May 2, 2022	10:00AM	Multiple Schools	Oskaloosa High School
May 6, 2022	9:00AM	Multiple Schools	Ankeny Tennis Center

TRACK & FIELD: GIRLS

Date	Time	Opponent	Location
Mar 10, 2022	3:00PM	Ames	Iowa State
Mar 18, 2022	12:00PM	Oskaloosa	Norwalk High School
Mar 22, 2022	4:00PM	Simpson College	Simpson College
Mar 24, 2022	4:00PM	Multiple Schools	Bear Athletic Center - Fitness Center
Mar 29, 2022	4:30PM	Multiple Schools	Iowa City West High School
Mar 31, 2022	4:30PM	Multiple Schools	Ballard High School
Apr 4, 2022	4:15PM	Multiple Schools	Ames High School
Apr 5, 2022	4:00PM	Multiple Schools	Waukee Stadium
Apr 9, 2022	11:00AM	Multiple Schools	Valley High School
Apr 11, 2022	4:30PM	Multiple Schools	Norwalk High School
Apr 14, 2022	4:00PM	Waukee Northwest	Waukee Northwest High School
Apr 19, 2022	4:15PM	Multiple Schools	DSM East HS Williams Stadium
Apr 21, 2022	4:30PM	Multiple Schools	Roland-Story High School
Apr 25, 2022	4:30PM	Multiple Schools	Winterset High School
Apr 28, 2022	4:15PM	Multiple Schools	Carlisle High School
May 3, 2022	4:30PM	Multiple Schools	Lacey Sports Complex
May 5, 2022	4:30PM	Multiple Schools	Norwalk High School

TRACK & FIELD: BOYS

Date	Time	Opponent	Location
Mar 11, 2022	3:30PM	Ames	Iowa State
Mar 18, 2022	12:00PM	Oskaloosa	Norwalk High School
Mar 22, 2022	4:00PM	Simpson College	Simpson College
Mar 24, 2022	4:00PM	Multiple Schools	Bear Athletic Center - Fitness Center
Mar 28, 2022	4:30PM	Multiple Schools	Urbandale High School
Mar 29, 2022	4:00PM	Multiple Schools	Waukee Northwest High School
Apr 1, 2022	4:30PM	Multiple Schools	Winterset High School
Apr 4, 2022JV	4:30PM	Multiple Schools	DCG Stadium
Apr 5, 2022	4:30PM	Multiple Schools	A-D-M, Adel
Apr 7, 2022	4:30PM	Multiple Schools	Indianola Stadium
Apr 11, 2022	4:30PM	Multiple Schools	Norwalk High School
Apr 14, 2022	4:30PM	Multiple Schools	Perry High School
Apr 18, 2022	4:30PM	Multiple Schools	Norwalk High School
Apr 19, 2022JV	4:30PM	Multiple Schools	Johnston High School
Apr 21, 2022	4:00PM	Multiple Schools	Waukee High School
Apr 25, 2022JV	4:30PM	Multiple Schools	Valley High School
Apr 26, 2022	4:15PM	Multiple Schools	Carlisle High School
Apr 28, 2022	4:45PM	Multiple Schools	Bondurant-Farrar High School
May 3, 2022	4:30PM	Multiple Schools	Lacey Sports Complex
May 9, 2022	4:45PM	Multiple Schools	Pella High School

Schedules subject to change.

Visit www.littlehawkeyeconference.com for updates.

GO WARRIORS!



You'll find everything you need at

FAREWAY
MEAT & GROCERY

1711 SUNSET DRIVE, NORWALK
STORE 515-981-4420 • MEAT: 515-981-4435

edwardjones.com
Member SIPC

Go Norwalk!
We're with you all the way.

Edward Jones

Jason Siemens | Financial Advisor
1327 Sunset Dr Suite 500 | Norwalk, IA 50211-1343
515-981-1117

State Farm

Insurance is a lot easier with an agent that gets you. I'm here to understand your needs and help life go right. **LET'S TALK TODAY.**



Sam Sorenson
AGENT
501 North Ave Lower
Norwalk, IA 50211
Bus: 515-981-5432

sam.sorenson.vaakbe@statefarm.com

Go Warriors!

CARQUEST
AUTO PARTS

HARVEY'S
AUTOMOTIVE AND MACHINE

Our business is built on the positive reputation we have with our customers.

CALL US TODAY!

Established in 1989, Family Owned & Operated.

702 North Ave, Norwalk
515-981-4209

harveysmachine@hotmail.com



PROVIDENCE CHRISTIAN SCHOOL

- Small class sizes
- Degreed & certified teachers
- Personalized education plans
- Bible-based curriculum
- All students testing at or above grade level

**ENROLLING
NOW!**
K-7TH GRADE



SCAN HERE
for more
information



(515) 316-3500
NORWALK, IOWA

CONTACT @ PROVIDENCEIA.ORG

SENIOR LIVING

By Shannon Giles

TRAVEL for caregivers and seniors

March is upon us, and spring is coming. During the month of March, many individuals travel for spring break. There are some who can take their elderly loved ones with them; however, there are some who are unable to travel with them possibly due to health reasons. In this article, it will be explained the benefits of traveling for seniors and the alternatives for your loved ones if they cannot come along.



Here are the benefits of traveling for caregivers and seniors:

1. Traveling can prolong one's life. Exploring new environments and meeting new people can help individuals stay both physically active and socially engaged, which has been proven to prolong one's life.

2. Ensures peace of mind. Everyone has or will experience stress in their lives; traveling forces us to disconnect from the normal routine, helping us appreciate the people we have around us. Traveling can offer individuals a time to relax and reset their minds.

3. Creates memories with family for a lifetime. When you travel with your family members, you build stronger bonds with each other while making memories. While traveling, you can save these memories by taking photos, videos or writing in journals.

4. Boosts happiness and satisfaction. No matter one's age, traveling is an opportunity to step away from your usual daily tasks and enjoy the time with your loved ones. Seeing new places and meeting new people can help rewire one's brain, while boosting your mood and self-confidence.

Taking care of an elderly loved one can be draining, so going away can seem impossible. There are so many details and worries to think about while planning a trip. So, here are some ideas to consider when you are making your travel plans:

1. Respite care. Respite care is a program that offers short-term relief for primary caregivers. Depending on the location, it can be arranged for an afternoon or several days or even weeks. This type of care can be provided at one's home, in an assisted living community or at an adult day center.

2. In-home care options. You could ask a relative or sibling to stay with your loved one. This option is very popular because the individual can stay at home in familiar surroundings with someone they know and trust. You could hire a licensed home care aide to come in. Home care options can vary depending on the company, time spent in the home, and the care needed.

Traveling is good for your health, not only for the caregiver, but the elderly loved one, too. So, plan a trip and pack your bags. ■

Information provided by Shannon Giles, manager, Edencrest at The Legacy, 2901 Cedar St., Norwalk, 515-250-2806.



**BIG
TOURNAMENT
FAVORITES**
HERE AT FAREWAY

FAREWAY®
MEAT & GROCERY

1711 Sunset Drive, Norwalk
STORE 515-981-4420 • MEAT 515-981-4435
OPEN 7AM to 9PM MONDAY — SATURDAY • CLOSED SUNDAYS

Find our weekly ad, promotions, recipes and more at www.Fareway.com
Online Ordering and Curbside Pick Up Available.

ib f ig
p tw YouTube

WORKING from home now? Make it safe and comfortable

According to Global Workplace Analytics, it's estimated that 1 in 4 U.S. citizens work from home due to the pandemic and that 22% of the population will permanently work from home. Additional stats showing higher productivity numbers for those working from home also suggest that the home office is here to stay.



So, how comfortable is your office space at home? We have been receiving a lot of calls in recent months from individuals concerned about temperature variations between their main living spaces and their office or work area. This is a common design issue, unfortunately, particularly if you have a standard ducted heating and cooling system.

So, what can be done? If you've already inspected/adjusted the obvious such as air leaks, thermostat adjustments, and air supply ducts, it's likely that you're currently experiencing

the best results without additional change to your system's airflow. Using space heaters and/or fans can be noisy, inefficient and costly. Of course, there is always the option to reevaluate your home's duct and system design, but that comes at an extremely prohibitive cost — not to mention the inconvenience of home construction.

The best solution economically, efficiently, and technologically is the addition of a Ductless Heat Pump. This technology has been around for years, but the absolute best on the market in 2022 provide some of the most efficient heating and cooling comfort in the world.

Ductless heat pump facts

- Can provide continuous heating and cooling in the most extreme temperature conditions.
- Have a SEER rating (efficiency rating) as high as 42. The highest SEER rating on the most efficient ducted HVAC system is 26.
- Can be utilized in a whole home design or as individual zones.
- Can be added to any current home's

heating and cooling design and system(s) without any construction or design changes.

- Will supplement a home's current HVAC operations, often providing a more comfortable and consistent level of comfort and providing lower utility costs at the same time.

- Are very affordable and rebates are available as well.

- Maintenance requirements are minimal with a permanent filter in place that can be washed and returned easily.

Understanding the technology, design and installation of a Ductless Heat Pump is certainly complex. If you research the technology, you will see that the number one issue is improper installation. So, moral of the story, make sure that you use an HVAC contractor with the best training, experience, ratings and reviews in ductless technology. ■

Information provided by Dale Adams, Triple A Home Services, natasha@tripleahomeservices.com, 515-868-2779, Triple A Home Services, 4604 20th Ave., Norwalk.

Complimentary

DUCTLESS CONSULTATION

& \$250 OFF any

DUCTLESS HEAT PUMP INSTALLATION

0% Financing Available

PROUDLY SERVING WARREN COUNTY RESIDENT'S HEATING AND COOLING NEEDS FOR THE LAST 11 YEARS.



Triple A
Home Services LLC

Sales • Service • Maintenance **515-868-2779**





Visit Us Online!





★ 4604 20th Avenue in Norwalk ★ Natasha and Dale Adams, Owners

CHAMBER celebrates Wendell 'Wendy' Kaldenberg

The Norwalk Area Chamber held its 29th Annual Awards Soirée on Jan. 21 at The Wright Place Events Center. Each year, we honor a business, member, student, educator and citizen with a special award.



Back when the chamber was celebrating its 25th year, then-president Mark Miller asked for a new Community Footprint Award to be created. The Community Footprint Award honors the lifetime legacy left behind by the actions of dedicated individual(s) or organizations. The footprints created by this person(s)/organization have left a lasting impression on the Norwalk community and will continue to inspire its success.

This year, the chamber presented two Community Footprint Awards to two very deserving people. Wendy Kaldenberg was one of our two recipients for 2021.

As a long-standing Norwalk citizen and

business owner, Wendell "Wendy" Kaldenberg has managed to leave an admirable and truly positive community footprint, and he's not done yet!

Arriving in town as a teen and graduating with the class of 1959, Wendy Kaldenberg decided to make Norwalk his home and has been in his current residence for 57 years.

As a young man, he joined the Norwalk Volunteer Fire Department and was committed to our community's public safety for 43 years. When the new fire station opened in 2007, Kaldenberg was awarded Firefighter of the Year. And, even though he officially retired in 2018, he continues to volunteer in a supportive role for Norwalk Fire and Rescue.

The mid-1980s saw the purchase of Jimmy's Restaurant on Main Street. And, in 1994, Wendy's Ice Cream was added. Selling ice cream must have captured Wendy's heart, and, in 1997, he sold Jimmy's (twice) and in 2000 moved Wendy's Ice Cream to its current location on Sunset Drive.

Wendell Kaldenberg has always been one to step up. He's been a Norwalk Mason, Shriner for 20 years and is a founding member of the Norwalk Area Chamber, started in 1992. His commitment to the Norwalk community through his decades of public service and as an employer doesn't end there. His business continues to make donations to local charities including the Norwalk Easter Public Library, Knights of Columbus, Lions Club, American Legion, various school activities as well as local events.



It is with complete pride, admiration and appreciation that the Norwalk Area Chamber of Commerce honors Wendell "Wendy" Kaldenberg with the Community Footprint Award. ■

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



norwalk
Area Chamber of Commerce

promote
connect
grow

Connect to a vibrant business community






- Monthly Networking
- Community Events
- Member Education
- Student Scholarships

- Ribbon Cuttings
- SEO Online Directory
- Legislative Voice
- Job Listings

www.norwalkchamber.org
515-981-0619
Text "Norwalk" to 72727 for app

OUT & ABOUT



Julie Van Brocklin at Auburn Moon Boutique wishes everyone a Happy St. Patrick's Day.



Judy Evans at Gregg Young Chevrolet wishes everyone a Happy St. Patrick's Day.



Mary Romanelli, Nikki Huetter and Steph Bintner at Bellflower wish everyone a Happy St. Patrick's Day.



Dr. Brandon Miller at True Roots Chiropractic wishes everyone a Happy St. Patrick's Day.



Carol Sisney at Norwalk United Methodist Church wishes everyone a Happy St. Patrick's Day.



Aidan Harder at the Norwalk vs Adel basketball game on Feb. 15.



Jayden Kennedy at the Norwalk vs Adel basketball game on Feb. 15.



Redek Born at the Norwalk vs Adel basketball game on Feb. 15.



Will Patterson at the Norwalk vs Adel basketball game on Feb. 15.



Grady Sigrist at the Norwalk vs Adel basketball game on Feb. 15.



Austin Mills at the Norwalk vs Adel basketball game on Feb. 15.



Alex Soyer at the Norwalk vs Adel basketball game on Feb. 15.

OUT & ABOUT

HAPPY St. Patrick's

Norwalk businesses wish everyone a Happy St. Patrick's Day.



Heylee Eighmy and Kelley Davis at Fareway



Hayley Sells and Matt Schuchard at Fareway



Liz Wiltse and Jesse Huffman at Fareway



Dawn Kernan and Jason Siemens at Edward Jones



Bethany Cecot at Select Physical Therapy



Jan Reece and Deana Brumm at Wendy's Ice Cream Shop



Catherine Shook and Lisa Connor at Norwalk Easter Public Library



Anne-Michelle Pedersen at Iowa Hearing Center



Tammara O'Tool at Fareway



Jon Niemeyer at Exit Realty



Mary Kennedy at The Wright Storage

Our success at
Michaels Foods has
always been attributed
to **one thing**:



Great People
MAKE
Great Food.

MICHAEL FOODS^{INC.}

*Whether you're looking to enhance your career, sharpen your talents,
we want to see what you bring to the table.*

NOW HIRING
MAINTENANCE MECHANICS

\$2000 to \$4000 BONUS *(depending on level of electronic technology)*

APPLY ONLINE TODAY
AT MICHAEL FOODS

(515) 695-4000 • 101 Delaware St., Norwalk





***“My favorite part of living here at the Legacy
are the girls, they always take good care of me.”***

Contact Shannon Giles today at 515-238-4310 to schedule your personal tour!



Edencrest™
AT THE LEGACY

INDEPENDENT, ASSISTED LIVING, CLOSER CARE & MEMORY CARE



2901 Cedar Street, Norwalk | 515-238-4310 | www.edencrestliving.com

For more information, please contact us at welcomelg@edencrestliving.com