

NORWALK

MAY 2022

*Living*

# Dealing with **ALLERGIES**

Residents share their  
coping strategies

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## WELCOME

# HOW DO you carry the load?

Nasal congestion. Runny nose. Sneezing. Drowsiness. Itchy eyes.

If you suffer with these symptoms, or if you have seen any of the seemingly thousands of TV commercials for products that claim to lessen them, you know by now that I am referring to allergies.

I realize some of you who are reading this have dealt with allergies all your lives. I also realize some of you only began to be faced with these in your adult years. Either way, most of us recognize allergies are more common today than in generations past. But why?

Is it something in the air we breathe? The soil our foods come from? The water we consume?

Or do we just whine about these things more than our grandparents did?

Or maybe, just maybe, all that advertising really works in convincing us that we need to do something about allergies. Americans have spent more than \$8 billion per year to deal with how our bodies respond to foreign substances. Yes, \$8 billion.

If you can relate, you are not alone. According to the Allergy & Asthma Network, one in five Americans have been officially diagnosed with allergies, about 4 million work days are missed per year because of them, and more than 50% of allergy sufferers say this impacts their daily quality of life.

More than likely, I am preaching to the choir. But what do we do about it?

Football player, coach and analyst Lou Holtz said, "It's not the load that breaks you; it's how you carry it." With that in mind, we dedicate this month's cover to the stories of local residents and what they are doing to lessen the impact of allergies on their daily lives.

Thanks for reading. ■

### SHANE GOODMAN

Publisher

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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# Dealing with **ALLERGIES**

**Residents share their  
coping strategies**

**By Lindsey Giardino**

While many of us are enjoying warmer temperatures, refreshing breezes and spring outdoor activities, others are suffering. Coughing, sneezing, itchy eyes, runny nose, scratchy throat. Yep, it is allergy season, and the one in five of us allergic to pollen is battling the annual onslaught. Others must take care not to eat certain foods for fear of getting hives or rashes — or worse. While allergies are an inconvenience to many, they are life-threatening to others. More serious symptoms can include low blood pressure, problems breathing, and anaphylactic shock. For those suffering from allergies, the world is a bit more daunting, and they have to keep their eyes open for potential triggers.

Everyone in the Tuggle family has some sort of allergy — including the dog.



## FEATURE

### Enlisting a variety of tactics

The Lister family knows a thing or two about allergies.

Brandi deals with lactose intolerance, while her spouse, Sarah, is starting to develop an intolerance to dairy and gluten. Sarah has had to cut out all dairy while breastfeeding the couple's 6-month-old, Tommi, who's not tolerating dairy well either. The Listers' 4-year-old, Emma, is intolerant to lactose, too.

In addition, the whole family suffers from seasonal allergies. This time of year is especially tough because they live by the ballfields, and construction is happening behind their house.

To remedy all the allergies, the Lister family has come up with a variety of tactics.

"As a family, we try not to eat dairy and try not to keep true dairy in the house we live in," Sarah says. "For seasonal allergies, we have a whole home purification system and home humidity to help when it's dry. We also take allergy medications to help. We keep the house clean, but that's not always enough. We're doing holistic approaches as well. Brandi is going to an ENT (ears, nose throat specialist) to



Brandi Lister is lactose intolerant and suffers from seasonal allergies — as does everyone in her family of four.

figure out her chronic sinus and allergy issues."

Sarah adds, if people are mowing in the area, she tends to have more issues with her seasonal allergies. She wears a mask when she is mowing to help subside the sneezing.

For the Listers, dietary changes have been necessary but challenging.

"Our 4-year-old loves cheese, so that is hard



Sarah Lister cut all dairy products out of her diet while breastfeeding due to the baby's lactose intolerance.

for her," Sarah says.

Ultimately, the Listers' best advice to others dealing with allergies is to take it day by day.

"There are always changes in your life," Sarah says. "It's learning to mold and adapt to your new way of living. We did that during COVID, and we can continue to do that through allergy times."

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## FEATURE

### Allergies abound

Like the Listers, Calli Tuggle and her family of six deal with a number of allergies. Her husband, Nathan, has environmental allergies, specifically to animals like cats and dogs.

Their 10-year-old, Lucas, has both food and environmental allergies, including to most trees, grasses and cats.

They discovered his food allergies when he was 11 months old and ate pudding, resulting in a breakout of hives.

"Further allergy testing identified 23 initial allergies," Tuggle says. "That number has changed as he's outgrown dairy, eggs and almonds. He's still significantly allergic to peanuts, although he is not anaphylactic."

Lucas is also asthmatic and reacts to environmental triggers like cigarette smoke and artificial fragrances in perfumes and lotions.

The Tuggles' 8-year-old, Simon, was allergic to eggs and sunflowers. Four-year-old Casey has no known allergies, but they suspect an egg allergy.

And Royce, the youngest of the family, has significant food allergies to dairy, peanuts,



The Tuggle family of six deals with a variety of allergies among its members.

tomatoes and sunflowers.

"I suspected a dairy allergy when he was an exclusive breastfeeding infant," Tuggle says. "Allergy testing at 1-year-old confirmed. Royce is also a super climber and has figured out how to climb onto the cabinets, pantry and refrigerator. He routinely finds and consumes food that he is allergic to."

Luckily, Tuggle says, he is not anaphylactic. He does have severe eczema, though, and consuming dairy makes eczema flares more

extreme.

"Keeping Royce away from unsafe food is a full-time job," she adds.

For Tuggle, allergies include extreme reactions to poison ivy and all its cousin plants, including black-eyed Susans.

Each year, the Tuggle boys see an allergist for a check-up. The family also keeps EpiPens at home and in their vehicle. Tuggle says they're extra cautious about reading food labels as well.

"It's hard," Tuggle says of dealing with all

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## FEATURE

the allergies. "It will make you go crazy some days. You might make two or three different suppers some nights. I started keeping safe meal options in the freezer for busy nights — frozen meatballs or breakfast sausage that can be microwaved quickly. We always have fresh fruit and veggies on hand because it's a safe option for everyone."

And, while Nathan is allergic to cats and dogs, Tuggle has wanted a dog for as long as she can remember. Last year, her dream came true.

"We pet sit for a family member's Portuguese Water Dog last summer and did a trial run of dog ownership," she says. "We brought a puppy home at the end of August. And, of course, the dog has allergies also."

### Cleaning causes allergy flare-ups

Lizzy Velez had an allergy-free childhood. In her 20s, she developed what she thought were seasonal allergies due to her constant sniffles, coughing, sneezing, watery eyes and itchy ears.

"It wasn't until about four years ago, at 33, that I saw an allergist, and it was discovered



The Velez family has two cats they are attached to, which means Lizzy must keep her distance from them due to allergies.

I am allergic to dust mites and cats, but not anything outdoors," she says. "The doctor told me that I was allergic to my house — and especially to cleaning."

For Velez, evenings and mornings are times when her allergies flare up the most. She's a rare

allergy sufferer in that she can breathe better outside than inside.

"Winter is the worst because I spend more time indoors," she says. "If I'm going to be cleaning my kids' rooms, which have carpet and are where the cats usually hang out, I have

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to stuff tissues up my nose or wear a mask and take several breaks due to the sneezing, watery eyes and sniffles that happen almost immediately upon picking up clothing and blankets to toss in the wash.”

Velez adds, while it might seem like an easy solution to get rid of the family’s cats, her husband bought their first cat, Max, for her birthday the first year they were together — 11 years ago. The family’s four kids are very attached to Max, as well as Ruby, the cat they acquired seven years ago.

So, instead, Velez keeps all her clothes in drawers away from where cat hair and dander can land. She’s also invested in dust mite covers for her mattress and a special dust mite pillowcase. In addition, she takes a daily antihistamine and nasal spray when things get bad, usually when she’s cleaning or vacuuming.

“My laundry has to be folded and put away immediately after taking it out of the dryer,” Velez explains. “If I let it sit in the basket for a day or so, I have to re-wash everything or suffer the watery eyes, sniffing and sneezing, which drives anyone around me crazy.”

Sadly, she also can’t pet or touch her beloved cats.

“I have to keep them out of my bedroom as much as possible,” she says. “One bonus is that I have a really good excuse to have my kids sweep, vacuum and do laundry: Mom’s allergic to it. Doctor said so.” ■

## 5 most common allergies

From Northeast Allergy, [neaai.com/5-most-common-allergies](http://neaai.com/5-most-common-allergies)

**1. Pollen:** Tens of millions of Americans suffer from pollen allergies. Every spring and summer, thousands of tiny pollen grains are dispersed in the air and can end up in your nose and throat, resulting in an allergic reaction.

**2. Peanuts:** A peanut allergy is the most common food allergy in children and the second-most common food allergy in adults. Differing from tree nuts in that they grow underground and are a kind of legume, peanuts can cause severe reactions in affected individuals.

**3. Tree nuts:** Tree nut allergies are another common food allergy in both children and adults, and fewer than 10% will outgrow it. Some types of tree nuts include walnuts, almonds, hazelnuts, pecans, cashews and pistachio.

**4. Shellfish:** Another common lifelong food allergy is a shellfish allergy. This allergic reaction is prompted by certain proteins in marine animals, including crustaceans (shrimp, prawns, crab, lobster) and mollusks/bivalves (clams, mussels, oysters, scallops, octopus, squid, snail).

**5. Animal dander:** Animal dander is composed of microscopic flecks of skin shed by cats, dogs, rodents, birds and other animals with fur or feathers. Though animal dander is the prominent cause of pet allergies, proteins found in the saliva, urine and feces of certain pets can also cause allergic reactions. Since animal dander easily sticks to belongings, pet allergies can be triggered even when animals are not present. ■



## UNCERTAIN how to deal with recent market uncertainty?

### Diversification and a plan.

When it comes to your investments, “go with your gut” might not be the wisest adage to follow. In fact, it may work against you, particularly in periods of market, economic and geo-political turbulence like we’ve experienced so far this year. As the markets go up and down, it’s easy to become too focused on day-to-day returns. Selling during times of uncertainty provides temporary relief; it makes us feel better on the way down.



The emotional response that investors have when the market is going down is natural, and the stress and anxiety often lead to an irrational decision-making process. So, before you leap into a de-risking investment strategy and potentially lock in losses, make sure you’re doing it for the right reasons. How you choose to invest your money should be consistent with your goals and time horizon.

**Diversification** — Spreading investments across different asset classes can help smooth sharp drawdowns in the market. The trade-off is you will never be exclusively in the best performing assets either. Even with a well-diversified portfolio, you can’t protect your portfolio from every risk. Investing involves uncertainty; you can’t predict how investments are going to react to every situation, but you can avoid having a single point of failure.

**Have a plan** — Many investors tend to let recent events have a stronger influence on decisions than more distant events. For example, when the market was amid a decade-plus bull run, many of us may have increased our investments in equities, hoping to take advantage of any further gains. By contrast, if you were severely burned by market performance during the financial crisis, COVID, or even over the past couple of months, you may be hesitant about continuing or increasing your investments once the market settles.

Consider that neither of these perspectives may be entirely rational given that investment decisions should be based on your individual goals, time horizon and risk tolerance. These are all variables that are part of a comprehensive financial plan.

It’s only natural to be concerned when the market drops, but expecting uncertainty and having a sound financial plan in place may be the best defense when events roil the markets. This will help you focus on your goals, timeframe and income needs, as opposed to focusing on day-to-day market swings and short-term volatility. ■

For more information, please contact Charlie Ochanpau 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.

## Q: Does self-talk make a difference?

**A:** Positive self-talk is huge in a workout setting. It starts far before you even set foot in the gym. How many people have actually talked themselves out of working out before? It happens to the best of us, but let’s be honest, if it happens too many times, we start feeling bad about ourselves because we are not making any progress. The second you tell yourself you cannot do something, you have already convinced yourself that you can’t. Why do we do that to ourselves though? If you would not say it to your friends, why do you think it is OK to say it to yourself? If you are constantly being critical of yourself, your stress will increase and your motivation will decrease. Telling yourself that you can do that exercise or you can make it through that workout changes your mentality big time. You start making it through that exercise or workout, and it slowly starts getting easier. Allow yourself to have a positive mindset; allow yourself to think that you are worth achieving that goal or you are good enough to accomplish it. Change your mentality; think positively. You never know who is watching. Even on your worst workout day, you could still be someone’s motivation. Stop being so hard on yourself and start looking at those small steps you have already accomplished. ■



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](mailto:norwalk@anytimefitness.com).

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# EVENTS IN THE AREA

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Check for cancellations

## Money Smart: When Money is Short

Wednesday, May 18, 6-9 p.m.

Iowa State University Extension and Outreach will host "Money Smart When Money is Short: Prioritizing Bills, Protecting Credit, and Managing Debt." Participation is free and open to the public. Ryan Stuart, human sciences specialist in Family Well-being, will lead the program. Participants will improve their financial well-being by developing an emergency spending plan, creating a prioritized bill paying strategy based on future consequences, developing skills to improve their own credit, and learning strategies to manage debt. Sessions are free to participate in, but pre-registration is required online at [go.iastate.edu/12DRCS](http://go.iastate.edu/12DRCS). Once an individual has registered, they will receive an email confirmation with the class information. Questions can be directed to Bethany Cecot at [bcecot@iastate.edu](mailto:bcecot@iastate.edu), 515-961-6237, or Ryan Stuart at [rastuart@iastate.edu](mailto:rastuart@iastate.edu), 515-491-2375.



## Spring Drop Off Event

Saturday, May 21, 7 a.m. to noon  
Public Works Facility, 2626 North Ave.

This event is for City of Norwalk residential garbage costumers only. Proof of residency is required (photo ID and water/garbage bill). Included are tire disposal, paper shredding, oil and batteries, appliance and e-waste, wood chips and compost, and scrap metal.

## CelebrAsian

May 27-28, 11 a.m. to 10 p.m.  
Western Gateway Park, 1000 Grand Ave., Des Moines

The largest Asian-American event in Iowa promises to be a delight to the senses. Enjoy more than a dozen Asian Villages of authentic food, drink, music, dance, activities, cultural demonstrations and entertainment for the entire family. More information is available at [www.iowaasianalliance.com/celebrasian](http://www.iowaasianalliance.com/celebrasian).



## For The Love Of Norwalk 5K Walk & Run

Saturday, June 25  
Fellowship Community Church,  
225 North Ave., Norwalk

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



## Concrete Cruizers Charity Car Show

Saturday, May 21, registration 9 a.m. to noon; awards at 3 p.m.  
Deery Chevrolet, 6000 University Ave., Pleasant Hill

The entry fee is \$25. Proceeds go to Youth Emergency Services & Shelter (YESS). The event will include an auction, door prizes and top 25 awards. See more at [www.concretecruizers.com](http://www.concretecruizers.com).



## Spring Curbside Event

Monday, May 16, 6 a.m.  
Throughout Norwalk

All items must be placed at the curb no later than 6 a.m. on May 16. No concrete or construction materials. No household hazardous waste. Visit [www.mwatoday.com](http://www.mwatoday.com) or contact City Hall at 515-981-0228 ext 2221 for local options. For other disposal options, contact MWA at 515-244-0021 or visit [www.whereshouldgo.com](http://www.whereshouldgo.com).

## Seniors and Caregivers: Protect Your Financial Futures

Thursday, May 26, 1-2:30 p.m.  
Holland Farms Senior Living,  
2800 Sunset Drive, Norwalk

The public is invited to this presentation from Fraud Fighters about how older adults and their caregivers can protect themselves from common scams. Snacks will be served from 1-1:30 with the presentation beginning at 1:30. Space is limited. RSVP to Jaime, 515-608-0364 or [jpaca@hollandfarmsliving.com](mailto:jpaca@hollandfarmsliving.com). Masks are required.

## John Wayne Birthday Celebration

May 28-29  
John Wayne Birthplace  
Museum, Winterset

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. For a full schedule, or to purchase tickets, visit the John Wayne Birthplace Museum website, [www.johnwaynebirthplace.museum](http://www.johnwaynebirthplace.museum).



## EVENTS IN THE AREA



### Airing of the Quilts

June 1-4  
Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit [www.iowaquiltmuseum.org](http://www.iowaquiltmuseum.org)



### Family Tees Golf Tournament

Wednesday, June 8  
Toad Valley Golf Course, 237  
N.E. 80th St., Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at [cfiowa.org/events](http://cfiowa.org/events).



### Farmers Market/Music in the Junction

Thursdays, through September, 4-8:30 p.m.  
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. The May 12 Music in the Junction features Rescue Dogs. May 19 is the Dick Danger Band, and May 26 is Blacktop. See the full schedule at [www.valleyjunction.com](http://www.valleyjunction.com).

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### Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon  
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Des Moines Historic Court District

The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.

### Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.

Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome.

- May 24, Brother Trucker (Roots/Americana/Alternative Country)
- May 31, The Sons of Gladys Kravitz (Classic Rock). Collegiate Team Colors Night.
- June 7, Red Dirt Renegades (Outlaw Country/Southern Rock/Roots Rock)
- June 14, No concert. Enjoy Johnston Green Days.
- June 21, Danika Portz (Original and Radio Pop Hits)
- June 28, Sidewinders, IANG's 34th Army Band (Pop and Classic Rock). Wear flag colors for Military Heritage Night.
- July 5, Richard Arndt and The Brew (Rock/Blues/Bottle Tonk). Army Warrant Officer Corps' 100th birthday.
- July 12, Abby Normal (Classic 1980s Rock)
- July 19, Tony Valdez (Latin/Rock/Funk and more)



### Leprechaun Open

Saturday, June 11,  
shotgun start at 8 a.m.  
Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Kreps at 515-669-2531 to register. Entry fee is \$75 at registration and \$85 late registration.

### Garden Art Show

Sunday, June 5, noon to 5 p.m.  
4320 Franklin Ave, Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beaverdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Find more information at [www.whirlythings.com](http://www.whirlythings.com).



### Cajun Fest Boil & Brew

June 4

Jr's Southport Ranch, Iowa State Fairgrounds

A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." They unite people to share good food, good music, and create good times for a good cause. Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Drinks include Hurricanes, Slushies and, of course, beer. Live music and kids' activities are included. General admission is \$40 per person, \$140 for group of four, and \$100 for VIP tickets with private accommodations and concierge service. For more information and tickets, visit [www.cajunfestiowa.com](http://www.cajunfestiowa.com).



## RECIPE

# A DELIGHTFUL picnic starts with a stellar sandwich

*(Family Features)* Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit [readsalads.com](http://readsalads.com) and [auntnellies.com](http://auntnellies.com). ■

## Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

### DIRECTIONS

- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



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## HOME HEALTH

By Ward Phillips

# HOSPICE CARE: a lot of living at any stage of life

As individuals and organizations, we spend a lot of time talking about the importance of living well. When it comes to conversations about end-of-life care, though, the conversation tends to take a turn. It may seem counterintuitive to think about “living” in conjunction with services offered at the end of a person’s life — but the keyword there is “life.”

Even during hospice care, a person is living. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models. The type of care you and your loved one select is truly an individual choice.

But no matter the type of services you’re considering, you should always ask any provider on your list: “How can you help me or my loved one continue to live through this stage of life?”

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a patient to live life in comfort for the days, weeks, months or longer that remain in his or her life. If a person chooses home hospice services, the frequency of visits is determined by the individual and their care team and can change according to the person’s condition.

Overall, hospice services should be about options to help a person live their best life as long as they’re able, and that’s how Susan Y. of Des Moines describes her mother’s experience.

“When my mom’s doctor first suggested that we look into hospice, we were upset and offended and didn’t want to talk about it,” she recalls. “To us, admitting that Mom was ready for hospice meant she was going to die tomorrow. We didn’t have any idea what it really meant and how it could actually improve her life.”

A nurse on Susan’s mother’s care team talked the family into at least considering the idea, and the family talked through a number of options. They ended up choosing a home hospice service, and, to their surprise, Susan and her siblings — and especially their mom — grew to love the hospice team. In fact, Susan credits them with keeping her mother alive for a longer period of time than she likely would have lived without them.

“Mom lived six months to the day after they first came to the house, which is about four months longer than the doctor predicted she had left,” Susan says. “They helped manage her pain so that, on good days, she could go out into her vegetable garden and talk to the neighbors and even go to the store. They provided a nice break for us, and she felt very comfortable with them.”

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

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

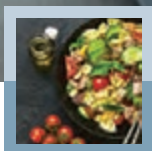






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# GETTING homeowners insurance with a mortgage

When you finance your home, you will have to repay the loan to the bank over a period of years. During this time, the bank has an investment in the property. So, if something happens to your home, you are not the only party that might lose out financially. Your lender will also still expect to be repaid their mortgage, even if a tornado were to destroy your home. Your need for homeowner's insurance is critical.

Most mortgage lenders require property owners to purchase homeowner's insurance. At this time, you must carry coverage that meets the lender's expectations. Usually, they will institute a replacement cost value (RCV) dwelling coverage requirement on the property.

## Replacement Cost Value coverage

An RCV homeowners insurance policy insures your dwelling based on the price it will cost to rebuild, at today's rates. Replacement cost value is not the sticker price that you paid for the dwelling and the rest of the property. Instead, it is the value of the house itself, which is different from the price of the property, even though it is the most substantial part of your property value in most cases.



The benefit of RC coverage is you will be able to repair or rebuild a damaged home to exactly the way it was before the loss occurred. However, the drawback is that you will need to periodically clarify with your agent that your coverage is still adequate, given that construction and replacement costs often change.

## Actual Cash Value coverage

An alternative to RCV coverage is actual cash value (ACV) insurance, which is both exceedingly rare and inadequate for use in dwelling insurance. If the value of your dwelling decreases over time, such as due to age, then an ACV policy will only pay based on the value of the house at the time of the loss. This is far from adequate when it comes to building an entirely new home or to making extensive repairs. These policies are seldom offered to consumers today.

Once your lender tells you what type of coverage they require, your insurance agent will be able to help you design the right benefits. RCV policies are by far the best coverage to carry, and your agent can ensure that you receive the right balance of benefits for your needs. ■

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

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-Terry Freeman

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# DON'T DRIVE investments till the wheels fall off

The first car I bought was a Chevy Cavalier to get to my first real job after college as a financial advisor. After putting 200,000 miles on it in just nine years, I had to decide if I wanted to invest more money into this car or update my vehicle. Whether it's your car, clothes or kitchen, we all have to update things when they no longer get the job done. The concept is the same with retirement.



Your retirement investments will become your retirement income, which may require an investment update. Don't wait until you need a new transmission. I recommend making an investment update five to 10 years before retirement so you can implement investment and tax-saving strategies.

I think of this update in three steps: organize, assess and align. People often talk about their "junk drawer" of investments. It's all the things you've accumulated over the last 30 or 40 years: 401(k)s, IRAs, life insurance, brokerage accounts and more. We can help people track down, organize and consolidate these accounts.

Next, we help you take an assessment of your investments. This

includes looking at how much you are paying in fees and understanding how much risk you are taking. In your 20s, 30s and 40s, you have time to recover from a market swing. If you are getting ready to retire, and the stock market goes down 30%, you probably don't want your portfolio to do the same thing. We can show you, in numbers, how a downturn in the market will impact your portfolio.

Aligning your investments with your retirement goals is the third step. If you aren't comfortable with the risk you are taking, we talk about what changes you can make to your portfolio. Then we show you how these investments will become your retirement income. Your written retirement plan includes where you will draw the money from and in what order. These decisions are connected with other factors like your tax plan, inflation, your Social Security benefit and Medicare.

You should feel good about an investment update, just like when I ditched the Cavalier and started making the 60-mile drive to work in a better vehicle. Updating your investments will give you confidence so you can cruise into retirement. ■

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

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# ARE YOU sharing your home with allergens?

Allergies are a big deal. According to the CDC, allergies are the sixth leading cause of chronic illness, and more than 50 million Americans suffer from allergies each year. Causes of allergies are everywhere, but inside your home is where many of them live, especially dust mites, animal dander and mold spores. If you can control these things in your home, it will be a healthier and more pleasant place to live.

Dust mites thrive in dust; eliminate as much dust as possible, and you can prevent dust mites from over populating your home. Regular dusting using a damp rag or treated cloth that grabs dust and prevents it from flying up in the air is a good start. Add to that regular vacuuming using a vacuum with a HEPA filter which helps prevent dust from being blown into the air. Replace old carpet; consider replacing with wood, vinyl or tile. Curtains are often overlooked, but dust likes to hang out on them until they are opened or closed, at which point the dust is spewed into the air.

Pets produce animal dander, which is a common source of allergic reactions. Consider keeping your pets clean and off your bed to reduce pet dander.



Your forced air heating and cooling system is important to controlling these allergens. Use a quality air filter, replacing it regularly. Have your air ducts professionally cleaned. Keep the temperature in your home between 68 and 72 degrees and the humidity less than 50%, because insects and mold will be less likely to breed. Using a dehumidifier in the summer will help with humidity levels. A good air-purifying system with a HEPA filter will also help reduce allergens.

High humidity will enhance the growth of mold spores in your home. Showers create a lot of humidity in bathrooms, which are usually a small space, so using an exhaust fan vented outside during and at least 30 minutes after a shower will help reduce the spread of mold spores. You can also reduce the chance of mold by using a squeegee to dry the shower walls and door after a shower.

The cabin fever of closed-in winter months has historically been alleviated by rigorous spring cleaning, throwing open the windows and shaking the rugs and linens outside. Good housekeeping makes your home an environment to be enjoyed. Of course, homeownership aids in this pride of residence. We tend to take better care of things in which we have an investment. ■

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

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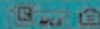


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## BEEKEEPERS help in 'swarm season'

Did a colony of honey bees move in when you weren't looking? May is "swarm season" for beekeepers. Ben Hokschi, who manages swarm calls for the Des Moines Backyard Beekeepers club, captured swarms almost every other day in the area during May 2021.

When a colony of honey bees outgrows its space, the bees prepare for a new queen to stay at their current space while the old queen takes off with half of the colony to find a new home. Before the bees find their spacious new home, they may rest in a tree, on a lamp post, or something similar. This resting group of bees is called a swarm.

Anyone spotting a swarm of honey bees is encouraged to call a beekeeper to collect and relocate them to an appropriate place. Sending images is especially helpful. Hokschi investigates many swarm calls, and when he can't get to the site, he turns to a list of beekeepers who can.

"May is our busy season," Hokschi says, adding that swarms must be captured as soon as possible for best results. "The bees will leave after they've had some time to rest, sometimes as short as an hour, so getting a call as soon as the swarm is discovered helps us a lot."

To report a swarm of honey bees, call and send a text to Ben at 319-830-8632.

Non-beekeepers can assist honey bees by calling beekeepers when they see swarms, and they can also support a diverse bee population through habitat. Julia McGuire, founder of the Des Moines Backyard Beekeepers club, encourages land owners to grow more native pollinator plants as well as leaving some bare ground. Native and honey bees will use bare ground, hollow stems, and native flowers when available. A small segment of the bee club recently received a ChangeX Pollinator Habitat grant, which enabled beekeepers to purchase and soon install more than 400 such plants. "While we're just now benefiting from that tree we planted



"Anyone can help bees without becoming a beekeeper," says Julia McGuire, founder of the Des Moines Backyard Beekeepers club, shown removing a bee colony. Photo by Ella McGuire

10 years ago, establishing beds of native habitat show an almost immediate benefit," McGuire states.

The Des Moines Backyard Beekeepers Club was established in 2010 to support education activities for hobby beekeepers. For more information about beekeeping and the Des Moines Backyard Beekeepers club, contact Julia McGuire at [julia@juliecache.com](mailto:julia@juliecache.com) or visit [www.desmoinesbackyardbeekeepers.org](http://www.desmoinesbackyardbeekeepers.org). ■



## NORWALK High honored for voter registrations



Iowa Secretary of State Paul Pate with Norwalk High School Student Council members and Auditor Traci VanderLinden.

Iowa Secretary of State Paul Pate presented the 2022 Carrie Chapman Catt Award to the Norwalk High School on Thursday, April 14. The statewide voter registration initiative kicked off in September of 2019. Participating schools that register at least 90% of students eligible to vote are honored. Those schools that register 50% to 70% of eligible students also receive statewide recognition.

"Norwalk Student Council felt it important to participate in the Carrie Chapman Catt Award because of the importance of student voice representation in government. By registering to vote, students are able to vote for their needs and have their voices represented at local, state and federal levels," Norwalk High School student Brynn Davis says.

In order to encourage students to register to vote, members of the Norwalk High School Student Council held presentations during senior social studies classes. Seniors were asked to fill out a voter registration form, with presenters answering any questions regarding the process. The forms were then collected and sent to the Warren County Auditor.

According to a press release issued by the Iowa Secretary of State, more than 3,500 17-year-olds are registered to vote in Iowa. The 2022 Award marks the third year in a row the Norwalk High School has received the Carrie Chapman Catt Award. The ceremony took place at the Norwalk High School with Warren County Auditor Traci VanderLinden also in attendance.

"The best part of helping student council with the voter registration project is witnessing young people lead the effort to encourage and assist their peers through the voter registration process. I know that Norwalk High School Student Council's voter registration project will result in more young people participating in future elections," Norwalk High School social studies teacher and Student Council advisor Ryan Alfred says.

In addition to motivating students to organize and participate in a voter registration drive, the Carrie Chapman Catt Award also shows newly registered voters how they can participate in future elections and helps them understand the steps required to register again if they relocate to a new address.

As someone who has been a part of the Norwalk High School voter registration drive since 2019, Davis says his favorite part of the registration process is helping educate peers on the importance of voting. He also says that motivating students to advocate for change by using their civic responsibilities is a passion of Norwalk's Student Council.

"Students should be key stakeholders in their education, and that begins with the power to advocate for oneself. In registering 90% of the graduating class, our Registration Committee successfully equips our student body with the resources needed to be responsible and involved citizens well past their high school career," Davis says. ■

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## FROM STREAMING services to theaters

Well, the 2021 movie season ended with a bang, or maybe more of a slap from Will Smith to a completely stunned Chris Rock. This was the craziest Oscar event in a long time, and I need to let you know that, in our annual family Oscar-picking contest, Sue took the crown this year. It hurt.

This is the time of year when movie fans go from feast to famine. The deluge of holiday and Oscar-worthy movie releases seems to be replaced with end-of-the-year leftovers and horror films. So, we turn to the streaming services.

### “The Adam Project”

Netflix may not give us the best of this bunch but, by far, the most fun. Ryan Reynolds stars as a man who needs to travel to the past to talk to his younger self to stop something cataclysmic from happening. Along the way, he meets his early mom and dad, who both are involved with this event. The movie is great fun for the whole family and gives some talented actors (Mark Ruffalo, Catherine Keener, Jennifer Garner and Zoe Saldana) an opportunity to have fun with these parts. By far the most amazing thing, though, is that I spelled cataclysmic correctly without having to look.

**Grade: B**



### “The Last Days of Ptolemy Grey”

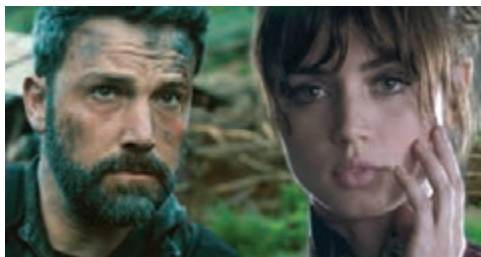
On the other end of the fun scale, Samuel Jackson reminds us that he is a very talented actor in this story based on a Walter Mosley book about a man suffering with dementia. I haven't seen all 11 episodes yet, but what I've seen is impressive.

Available on Apple TV+. Early **Grade: A-**



### “Deep Water”

Ben Affleck was so good recently in the George Clooney-directed “The Tender Bar.” That makes this effort a real head-shaker. A tawdry movie about a super-rich guy who watches



as his wife goes from lover to lover right in front of his eyes. Directed by Adrian Lyne, who has given us a few tawdry movies (“Unfaithful,” “Fatal Attraction,” “9 1/2 Weeks” and “Indecent Proposal”), this movie is dead in the water from almost the opening scenes. The story is horrible,

the acting is mediocre, and Sue and I sat there wondering why they even made this. Not that it should matter, it is on Hulu. **Grade: D (for dumb)**

### Now in theaters...

#### “The Lost City”

It's tough to argue with a cast that includes Sandra Bullock, Channing Tatum and, wait for it, Brad Pitt. This is a really stupid movie that, at times, is hilarious. It's maybe

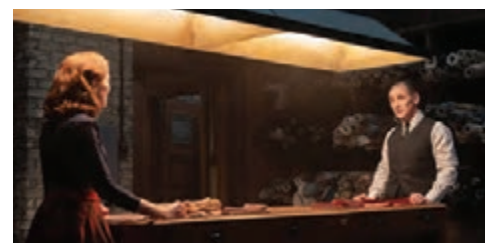
not as hilarious as my wife found it to be, but it is very well done, and the three stars were all perfect. **Grade: B+**



#### “The Outfit”

Mark Rylance is a recognizable actor whom few can name. He even has an Oscar to his name for the Spielberg movie, “Bridge of Spies.”

Here, he plays a man who owns a tailor shop in the mid-1950s in Chicago. The mob are not only good customers, but they seem to be making “drops” at his shop every day. When one of them shows up shot, the movie gets interesting. While not a great movie, it was so well-made and well-acted that I found myself enthralled and entertained. **Grade: B+**



#### “Morbius”

Yet another Marvel character hits the big screen with some serious talent behind it. Jared Leto plays the title character, a brilliant scientist who accidentally becomes a vampire-like creature. Leto carries

the film, and the special effects are also impressive. We also get to see Michael Keaton return to the Marvel films as Adrian Toomes — better known as The Vulture. There is more than a little foreshadowing coming there. **Grade: B ■**



*Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.*



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### Library Closures – Monday, May 16 & Monday, May 30

The library will be closed for annual collection inventory on Monday, May 16, and for Memorial Day on Monday, May 30. The virtual library is available 24/7 at [www.norwalklibrary.org](http://www.norwalklibrary.org) to download materials, use databases, or place holds.

### Sensory Access Hour - Saturday, May 21, 9-10 a.m.

The library will open an hour early to provide quiet browsing and inclusive programming for individuals of all ages with special

sensory needs and their families or caregivers. In addition to computer availability and access to library materials, this event will feature dimmed lights, a quiet room, sensory play stations, earbuds and/or noise-canceling headphones.

### Summer Reading Program – Coming Soon!

Adventure and fun await those who journey to the library and participate in the "Read Beyond the Beaten Path" Summer Reading Program. Library staff has been planning many exciting programs to celebrate and explore the great outdoors for all ages including stargazing, storm chasing, insects, bubbles, magic, music, woodworking, art, crafting, camping, flower pressing, and so much more. The fun begins on May 31, so stop by the library or visit [www.norwalklibrary.org](http://www.norwalklibrary.org) or follow us on Facebook for full info.

## Severe Weather Tips

Norwalk is on the western fringe of tornado alley, which means severe weather preparedness is critical. The key to tornado survival is a safety plan. Your plan should be known by everyone in the home and practiced at least twice each year. This would ensure that children who may be home alone know where to go and what to do.

By following some simple guidelines, you can protect yourself and your family from nature's most violent storm.

Use these basic guidelines when encountering severe weather or tornado activity:

- **GET IN** – If you are outside, get inside. If you're already inside, get as far into the middle of the building as possible.
- **GET DOWN** – Get underground if possible. If you cannot, go to the lowest floor possible.
- **COVER UP** – Flying and falling debris is a storm's number one killer. Cover up and protect your head and body from injuries.

A basement is a good shelter in most cases. If your basement is not underground or has outside doors or windows, stay as far away from them as possible. Take shelter under a stairwell or a piece of sturdy furniture. Use coverings (pillows, blankets, sleeping bags, coats, etc.) and items such as bike helmets to shield your head and body from falling debris.

If you don't have an underground shelter available, get to the lowest point possible, as far inside the building as possible, away from doors, windows, and outside walls, and in as small a room as possible. These tips are essential to staying safe in extreme weather conditions and could potentially save your life.

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## Keep the Storm Drains Clean

Leaves, grass, or other yard debris should never be blown or placed in the street, or near storm drains, ditches, or waterways. This could clog storm sewers or culverts and cause flooding!

Did you know decaying yard waste uses the oxygen in the water harming aquatic plants and wildlife? It can also cause foul odors and unsightly waterways. Not to mention it is against City Code to place yard waste of any kind in the street.

### Please help by doing the following:

Bag or mulch your yard waste to keep our storm sewer clean and unobstructed

- Learn more about yard waste disposal by visiting [WhereItShouldGo.com](http://WhereItShouldGo.com) and searching for Yard Waste
- Don't blow grass or leaves into the street; if it happens clean up when finished
- Limit lawn chemicals
- Pick up pet waste
- Help clean storm drain in your neighborhood to reduce the chances of flooding

If you have a storm drain in your neighborhood that ever looks like this, take the initiative, and clean it off. You will help yourself and all your neighbors!



## Fire Department Hires Fire Inspector

City Council recently approved the hiring of a newly created position within the Fire Department. In April, Jeremy Cross began as the City's first Fire Inspector.

The primary function of this position will include plan review, enforcement of fire safety regulations, and inspecting new and existing buildings for fire code compliance in accordance with City ordinances and the International Fire Code.

With the City's continued growth, we are very excited about this much-needed position. We know that Jeremy is going to make a great addition to the Norwalk Fire Department!



## Employee spotlight Shelby Hisel, Economic Development Department

Shelby grew up in Waukon, Iowa, and moved to the Des Moines area to attend Drake University. After graduating, Shelby worked for KCCI as a newscast producer, writing for both the morning and evening shows. Shelby joined the City of Norwalk in November 2019 as the City's first Communication Coordinator. She has a passion for writing and enjoys web design.

Shelby has a beautiful family; husband of five years, Jesse, and a one-and-a-half-year-old daughter Eleanor. The family stays active enjoying the outdoors, bike rides, rollerblading, rock climbing, and road trips. They are very excited to begin traveling again to share all their favorite places with Eleanor. Interesting Fact: When she was 14-years-old, Shelby raced stock cars!



## National Public Works Week

Public Works employees are working hard every day to keep our communities functioning, with various responsibilities. They are ready at any given time to respond to natural disasters and other emergencies. They're all first responders. Take the opportunity during National Public Works Week to let them know how much you appreciate them!



## Commercial Improvement Grant

Earlier this year, the City of Norwalk presented checks to RE/MAX Precision and Bellflower Florist & Gifts, LLC for the Commercial Improvement Grant.

The program was designed to provide opportunities to small business owners that need to make physical improvements to older commercial facilities. It also includes funds for veterans or a veteran spouse opening or physically expanding a business in Norwalk.

To date, the program has assisted 16 businesses with their building improvements and invested more than \$350,000 into the small business community. For more information, please contact the Economic Development Department or scan to visit our website for program details and application.



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## FROM coast to coast

Norwalk native leads a life of adventure.

Jorden Goodrich's life so far has been a wild ride — and he wouldn't have it any other way.

The Norwalk native grew up in the Lakewood neighborhood and graduated from Norwalk High School in 2009. He then attended Des Moines Area Community College for his associate's degree before transferring to Iowa State University, where he studied landscape architecture. While Goodrich didn't finish the degree program, his experience there did foster his love of adventure.

Since moving away from Iowa in 2014, Goodrich has worked and lived in 13 different states. He's backpacked the Grand Canyon, built hiking trails in Maine, helped improve the Appalachian Trail, driven coast-to-coast five different times, and worked with at-risk youth in California. He also lived in Alaska for a stint, where he worked in the fishing industry — something that's "not for the faint of heart."

Today, Goodrich resides in Seattle and works for the environmental branch of AECOM, an engineering firm that consults for such companies as the BNSF Railway.

He also currently lives in a Dodge ProMaster — a goal of his since he started living in his 2004 Chevy Impala in 2017.

"I lived in that car in New Hampshire, Las Vegas and California," Goodrich says. "Most of my jobs didn't pay enough to afford a van, but it was always a dream. Then Alaska happened, and I managed to save up enough money to fly to Pennsylvania and buy the van."

The company Goodrich works for has a place where he can park his van for the



Today, Jorden Goodrich resides in Seattle and works for the environmental branch of AECOM, an engineering firm.

night, which is a huge benefit as Seattle is an expensive city to live in.

"I have the ability to spend the weekend in Ocean Shores and park right on the sand or be removed from cell service and escape to the Hoh Rain Forest on the Washington Peninsula," he says. "The best part is the ability to cook or watch TV during all the rainstorms that happen here, and my job makes me travel all across the state, so it's nice to have my home

wherever work needs me."

Goodrich can also drive the van to his hometown of Norwalk whenever he wants to visit his parents, who still live in town, or other friends who have stayed in the community.

"I always feel a sense of relief and excitement coming into Norwalk," he says. "A lot has changed in the 13 years since I graduated. Every time I come home, which is about once a year or less, there's always something new being built or planned. It amazes me how much the surrounding area has developed."

Goodrich holds onto some fond memories of growing up in Norwalk, including his mom being in charge of the "infamous Lakewood Days," cheering on his classmates at Friday night sporting events and attending Doc Ron's annual horse show.

"Norwalk had a real sense of community," Goodrich says.

In the future, Goodrich hopes to provide that same sense of community elsewhere by purchasing land in the Upper Peninsula of Michigan, where he'd like to drop and convert storage containers to rent out to visitors. ■



Jorden Goodrich has upgraded from living in a Chevy Impala to living in a modified Dodge ProMaster as he travels around the country.





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

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

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

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

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

One vote per resident, please.

**See rules and vote online at**

**[www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll).**

SCAN HERE TO VOTE



## OFFICIAL BALLOT - THE POLL IS NOW OPEN!

[WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL](http://WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL)

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

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

By Shannon Giles

# CELEBRATE spring with senior-friendly activities

After a long winter, sunshine and warming weather are a welcome change.

To help you enjoy the season, we rounded up a few of our favorite ways to celebrate spring with your older family members.

These senior-friendly activities are sure to brighten their day and help you create special memories together.



Here are five festive spring activities for seniors:

### 1. Go to your local farmers market.

After being cooped up indoors all winter, it will feel great to get some fresh air and sunshine. Many seniors love to visit farmers markets. Take a walk, go bird watching, take a scenic drive or a simple picnic at the park.

### 2. Celebrate spring with a family gathering.

What many seniors enjoy most is spending time with their loved ones. Have a spring potluck that will bring everybody together. You can help make it a little more fun by including your senior loved ones in the planning.

### 3. Create an indoor garden.

Having plants around the house brings a little piece of nature indoors on those rainy days when you cannot go out. Spring is a perfect time to start an indoor herb garden, grow a trio of flowers with a simple kit, or get a miniature bonsai tree.

### 4. Decorate the yard or house for spring.

It's fun to mark the season with festive decorations. There are so many simple projects and lovely décor you and your loved ones will enjoy. This is something you can continue to do throughout the year to help you create some beautiful memories with your loved ones.

### 5. Visit a botanical center or nursery.

There is so much fun to be had at a local botanical center or nursery. You can see the different plants while getting ideas from their different displays on how you might set them up on a front porch or patio at your own home. ■

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



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## WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.



### Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should be

below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
  - Sleep apnea can be linked to AFib and is associated with increased stroke risks.
  - Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
  - Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
  - Alcohol: Drink no more than one glass of wine or beer per day.
  - Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.
- There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

### BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, [MercyOne.org/desmoinesneuro](http://MercyOne.org/desmoinesneuro)

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Know the signs of a stroke.





# MEDICARE and hearing health care

## Coverage of services and devices

Approximately one in three individuals between the ages of 65 and 74 experience hearing loss, and nearly half of individuals older than 75 experience difficulty hearing. Currently, Medicare does not cover most hearing care services and devices.



**What is Medicare?** Medicare is a federal health insurance program for individuals 65 and older and certain younger individuals with disabilities. Original Medicare includes Part A and Part B.

**What is Part B of Medicare?** Medicare Part B is medical insurance that helps pay for medically necessary and preventative services. To be considered medically necessary by Medicare, these services must be required to diagnose or treat a medical condition.

**Does Original Medicare, Part A and**

**Part B, cover hearing evaluations?** Medicare Part A (Hospital Insurance) does not cover hearing evaluations. Medicare Part B does not cover routine, or annual, hearing evaluations or evaluations for fitting hearing aids. However, if a physician orders a diagnostic hearing or balance evaluation and considers these services medically necessary, Medicare Part B may help pay. The deductible and co-insurance apply.

**Does Original Medicare cover hearing aids?** No, Original Medicare does not cover hearing aids or related services.

**What is Part C of Medicare?** Medicare Part C, or Medicare Advantage, is an alternative to Original Medicare. Private insurance companies offer plans for Part C that cover both Part A and Part B. These insurance plans may include additional coverage for routine health care.

**Does Medicare Part C cover hearing evaluations and hearing aids?** Most Medicare Advantage plans offer access to hearing

evaluations and hearing aids. However, most of these plans require providers to contract with their networks. This requirement limits an individual's selection of providers. Some plans also require a referral from a physician or prior authorization to see an audiologist.

**Does my health insurance plan cover hearing evaluations and hearing aids?**

Review the Evidence of Coverage or Summary of Benefits document of your plan. These documents are readily available via your insurer's website. Contact your plan to discuss details. Call the phone number for customer service on the back of your insurance card. For further questions, contact your local audiologist. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, [www.IowaHearingCenter.com](http://www.IowaHearingCenter.com). Dr. Cook is a Medicare participating provider.

## UNDERSTANDING *Medicare*

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## HEALTH

By Dr. Maureen Winslow

### NATIONAL Dental Care Month

Dental care has evolved over the years, and, today, every child is taught at home or at school to brush and floss their teeth, avoid sugary snacks, and go visit the dentist. As adults, some people find it harder to practice what we preach.

It's important to brush and floss and get regular dental cleanings in order to maintain healthy teeth that look and feel great. However, what is less commonly understood is that the mouth is a window to your overall health. Many underlying diseases are reflected in the gums and bones around your teeth. Additionally, poor oral hygiene and periodontal disease are linked with many systemic diseases such as diabetes and heart disease. Periodontal disease in pregnant women has even been a contributing factor to premature birth and low birth weight. So while we value caring for your teeth, it's important to understand that you can't have a healthy body without a healthy mouth.

So, in honor of May, National Dental Care Month, take some time to review your dental habits (we could all spend some more time with the floss, amiright?). And if it has been awhile since your last dental visit, make the call to get an appointment. May even concludes with National Smile Day on May 31. Show off your pearly whites on #NationalSmileDay and don't forget — dental care isn't expensive, but dental neglect is. ■



Information provided by Dr. Maureen Winslow, Norwalk Family Dentistry, 1101 Chatham Ave., Suite A, Norwalk, 515-256-9000, [www.norwalkfamilydentistry.com](http://www.norwalkfamilydentistry.com).

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## HEALTH

By Dr. Jesse Stumbaugh

### Q: How can I get maximum results from my care?

**A:** There are normally three stages of care that you will go through during your course of treatment. They are relief care, corrective care and supportive care.

Relief care provides temporary relief from your symptoms or pain but does not correct the cause.

Corrective care, on the other hand, takes longer because you are trying to correct the source of the problem. Some considerations in the length of this treatment are the condition and integrity of the patient's spinal column, the age and physical condition of the person and the age and severity of the problem. A complete correction is not always possible for everyone.

Stabilization care ensures that the integrity of the spine is being maintained. It involves a periodic checkup and adjustments as needed only.

Some people are just concerned about relieving the symptoms, while others know that a complete correction is best for their overall health. The choice is up to you, but you should discuss this with your chiropractor. ■



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



## THE DINER Cafe

This is one of those “remember when” stories. I moved to Indianola in 1969 to teach school, but I had lived here previously at the age of 3 and 4 when the GI Bill made it possible for my dad, a farmer, to attend Simpson College. The first Indianola home for my two younger brothers and me was a trailer park on North Jefferson, which happened to be behind a railroad car that had been turned into a diner. Later we moved to married student housing which is now the Simpson football field. The diner and trailer park were still here in 1969 when I moved back to Indianola and frequently triggered memories and stories from my parents when they came to visit. I remember very little of those early years except these stories. Mom always talked about how much my brother was fascinated with the trains, which thundered by very close to our trailer. Every time she heard the train, she had to check on my brother’s location.

Dad had a part-time job at the diner. I thought it would be fun to find more information about that diner. I had always thought it was called “Vanderpool’s Diner,” but when I started searching newspapers for information, the first article I found referred to it as the “The Diner Café.”

I couldn’t find an opening date for the diner but I did notice an article from November 1945. The owners were fined \$25 for raising prices on some of the menu items during WWII. In 1946, Betty and Jack Vanderpool announced they had leased the diner to Mr. and Mrs. C.O. Bradley, formerly of Hyde’s Service Store. (Hyde’s Service Store later became Hy-Vee Supermarket). Mr. and Mrs. William Bradley took over the lease from William’s parents in 1954. By 1958, The Diner Café was under the management of Cecil and Dorothea White. They frequently advertised “A special Mother’s Day/Easter/Christmas Dinner in delightful surroundings.” In 1967, “New Diner” was under new management and serving delicious food.

The restaurant evidently was vacant for a few years. In 1974, Lynn and “Blake” Blakesly managed the diner for three short months, and it became a spot popular for its good, inexpensive food and friendliness. Lynn and Blake were a young married couple with a new baby, Joshua. They had been told the vacant diner would be a good place to start a business, as it used to be a very popular spot for Simpson students. However, the state-required bathrooms that needed to be installed proved to be more than they could afford, and the business became so popular they were forced to consider other options. They left the diner and became managers of The Grill at the Brenton Student Center at Simpson College.

I’m sure many of you have memories of feasting in The Diner Café. Whenever I drive by its former location, I can’t help but think what a meaningful place it was for my parents in the early years of their journey together. ■

*The Warren County Historical Society Museum and Research Library is located at 1300 W. Second Ave., Indianola, on the east side of the Warren County Fairgrounds, next to the camping ground. For more information, visit [www.warrencountyhistory.org](http://www.warrencountyhistory.org).*



## THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations.” At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.



I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read “Full Catastrophe Living,” by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

Information provided by Lance Andersen, Intern, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [andersen@sstherapyandconsulting.com](mailto:andersen@sstherapyandconsulting.com).

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## FAITH

By Rob Jones

# WHEN LIFE takes you down



We all know the feeling of being beaten up just because it's part of life — all of us. However, some people experience a beating that is worse than most of us have endured. One such person is Joni Erickson Tada. If there's anyone who has the experience to provide time-tested and trusted answers, she does. Joni shares, "When I was injured in a diving accident many years ago, I spent a lot of time talking to counselors and therapists. I had just been paralyzed from the neck down, and I was asked a variety of basic questions about my psyche and self-esteem. But I had some big-issue questions I wanted to ask them: 'How am I going to manage through life like this?' 'Will I ever not be depressed?' How or why God created suffering is not the question. The point is, He's the answer and we need Him. God is good. He is supremely good in the midst of suffering, yes, because He gives us answers, but more so because He is the answer. He doesn't offer us lots of words; He is the Word. I learned early on in this wheelchair that God owed me no explanations. He did enough explaining on the cross. He didn't provide me with the words I was looking for at the beginning of my paralysis. Instead, He is the Word. The Word made flesh, hands nearly ripped off, nailed to a cross. These aren't merely facts about the love of the Lord Jesus. And for the one who suffers, I'm so glad Jesus endured a messy death on the cross. I'm so grateful that our God isn't a medicating mystic of a guru who sits on some mountaintop, twiddling his thumbs, but is our Savior who suffered a messy, bloody death that was excruciatingly painful at the hands of vindictive and mean-spirited men. God allows suffering so that nothing stands between Him and me. You see, when we suffer, we're much more apt to fall to our knees, and when we do, our hearts are open to the Lord. And then nothing will separate us from the love of Christ as Romans 8:38-39 reminds us, 'For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.'" Do you feel like life is taking you down right now? Do what Joni did. Turn to Jesus Christ. He's the answer. He is good, and His love for you will never fail. ■

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

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## A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – [www.frankenforiowa.com](http://www.frankenforiowa.com) – and join the campaign that brings people together to solve problems.



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## LEGAL

By James S. Dougherty

# THE ROLE of a power of attorney



A critical part of lifetime planning is the power of attorney. A power of attorney is a legal document you execute to appoint a person, called your agent, to manage legal, tax and other financial matters on your behalf if you cannot do so. A power of attorney is legal in all states, but the rules and requirements may differ from state to state. The power may be limited to a single activity, such as executing documents for the purchase or sale of your home, or may be general in its authority. It may be effective for a limited amount of time or may be permanent. The document will also indicate whether it takes effect immediately or only upon the occurrence of a future event, usually a determination that you are unable to act for yourself due to mental or physical disability. A power of attorney may also be revoked or amended.

The person named in a power of attorney to act on your behalf is commonly referred to as your "agent" or "attorney-in-fact." Your agent can take any action permitted in the document. Your agent will have to present the actual document to invoke the power. For example, if your agent is selling your vehicle, the purchaser and the Department of Motor Vehicles will require that the power of attorney document be presented before your agent's authority to sign the certificate of title will be honored. Similarly, an agent who signs documents to buy or sell real property on your behalf must present the power of attorney to the attorneys closing the transaction.

Why would you give such authority to another person? One reason is convenience. If you are involved in a transaction or activity and do not wish to appear in person, you may use a power of attorney. Another important reason to have a power of attorney is to prepare for situations when you may not be able to act on your own behalf due to absence or incapacity. Such a disability may be temporary, for example, due to travel, accident or illness, or it may be permanent.

If you become unable to manage your personal or business affairs and do not have a power of attorney, it may become necessary for a court to appoint one or more people to act for you. People appointed in this manner are referred to as guardians and/or conservators. If this occurs, you may not have the ability to choose the person who will act for you. A power of attorney allows you to choose who will act for you and defines his or her authority and its limits, if any. In some instances, greater security against having a guardianship imposed on you may be achieved by you also creating a revocable living trust.

One of the most important decisions you will make in this process is who you name for your agent. You want to name someone you can trust and who won't take advantage of the position. Though it may be helpful, you do not need someone who is a financial or legal expert; they can hire experts. Your agent just needs to be smart enough to seek help when they need it. Many people name their spouses or one or more children. You should also name one or more successor agents to address the possibility that the person you name as agent may be unavailable or unable to act when the time comes. Do not name someone out of a sense of obligation (naming your eldest child over your most trusted simply because she/he is the oldest).

A power of attorney, along with a will, trust, medical power of attorney and living will are all lifetime and estate planning documents everyone should consider having. ■

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



# COMMUNITY comes together for trees

Grow Norwalk envisions future of town's trees.



Members of Grow Norwalk include, from left: Aaron DeKock, Ryan Bates, Jordyn Hill, Ky Hill, Jeff Caldwell and Jessa Sparks.

When a group of residents chatted about damage left by the tornado that hit Norwalk in early March, a seed was planted. That seed led to a movement — Grow Norwalk.

“It seemed like a convergence of circumstances,” group member Jeff Caldwell explains. “On one side, we saw part of town had incurred damage — including to trees in addition to houses and other structures — and, with the damage to Bedwell’s, we saw that a local provider of trees and other plants would likely be challenged in providing its products and services while they recovered from the storm.”

As a result, Caldwell and other community members saw the opportunity to do something positive for Norwalk and get other residents involved.

“As we talked more about it, we discovered this could become something greater beyond just storm recovery,” Caldwell says. “We saw it as something to help create some long-term benefit for the community. And we’ve been really pleased with the number of people who expressed immediate interest in helping make it happen.”

The group held its first meeting in late March. Fifteen local folks, including master gardeners and professionals in the tree business, joined.

“We quickly saw this as an effort that draws upon a diversity of interests that are all grounded in serving our community,” Caldwell says.

Since that initial meeting, the group has continued planning its next steps and created a Facebook group for communication purposes.

Group member Aaron DeKock adds that an application for initial funding was submitted to the American Rescue Plan Act — a successful effort that secured \$7,000.

Grow Norwalk plans to use the funds to purchase 25 trees for storm-damaged residences in and around Norwalk. The remaining funds and additional raised funds will be used to purchase State Forest Nursery trees.

“Once we have helped with the tornado-damaged parts of town, we’d like to turn our attention to planting more trees in areas where they’re needed, working with more members of the community,” Caldwell says. “Especially in parts of town where there are mature trees

that have been removed because of damage and just general age, we’d like to plant new trees, including on residential, commercial and city property.”

The group’s initial goal is to plant 1,000 trees total around the area.

“It is our hope that the group is able to partner with the City of Norwalk and the Norwalk School District before the next Earth Day to see how many saplings can be distributed on a regular, perhaps annual, basis, as an example,” DeKock adds.

Grow Norwalk is actively seeking more members who might be eager to help determine where there’s need, contribute to purchasing more trees or get their hands dirty planting them.

“We’ve got some work to do to make this a truly self-sustaining effort, but we’ve been really encouraged by the early participation,” he says. “Anyone who’s interested can contact us and get involved. Together, we can do something that can positively influence Norwalk for years to come.”

More information can be found on Grow Norwalk’s Facebook page or [grownorwalk.com](http://grownorwalk.com). ■





# NORWALK WARRIORS

## BASEBALL: VARSITY

Date	Time	Opponent	Location
05-16-22	7:30PM	Urbandale	Norwalk HS
05-17-22	7:00PM	Waukee	Waukee HS
05-18-22	7:30PM	Boone	Boone Memorial Park
05-19-22	7:30PM	Bondurant-Farrar	Bondurant-Farrar HS
05-23-22	7:30PM	Pella Christian	Norwalk HS
05-24-22	3:30PM	DM Roosevelt	DM Roosevelt HS
05-25-22	7:30PM	Waukee Northwest	Norwalk HS
05-27-22	7:30PM	Gilbert	Gilbert HS
05-31-22	5:30PM	Ballard	Norwalk HS
06-01-22	5:30PM	Pella	Pella HS
06-02-22	7:30PM	Winterset	Norwalk HS
06-03-22	7:30PM	Oskaloosa	Norwalk HS
06-06-22	5:30PM	Newton	Newton - Woodland Park
06-07-22	7:30PM	North Polk	Norwalk HS
06-08-22	7:30PM	Grinnell	Grinnell HS
06-09-22	5:30PM	DM East	DM East HS
06-10-22	5:30PM	DCG HS	Norwalk HS
06-13-22	7:30PM	Indianola	Indianola HS
06-15-22	5:30PM	Pella Christian	Pella Christian HS
06-17-22	7:30PM	Pella	Norwalk HS
06-20-22	5:30PM	Oskaloosa	Oskaloosa HS
06-22-22	7:30PM	Newton	Norwalk HS
06-24-22	5:30PM	Grinnell	Norwalk HS
06-27-22	7:30PM	DCG HS	Dallas Center Grimes
06-28-22	7:00PM	Southeast Polk	Southeast Polk HS
06-29-22	5:30PM	Indianola	Norwalk HS
07-01-22	7:30PM	Carlisle	Norwalk HS
07-05-22	7:30PM	ADM	Norwalk HS

## BASEBALL: JV

Date	Time	Opponent	Location
05-16-22	5:30PM	Urbandale	Norwalk HS
05-17-22	5:00PM	Waukee	Waukee HS
05-18-22	5:30PM	Boone	Boone Memorial Park
05-19-22	5:30PM	Bondurant-Farrar	Bondurant-Farrar HS
05-23-22	5:30PM	Pella Christian	Norwalk HS
05-25-22	5:30PM	Waukee Northwest	Norwalk HS
05-27-22	5:30PM	Gilbert	Gilbert HS
06-02-22	5:30PM	Winterset	Norwalk HS
06-03-22	5:30PM	Oskaloosa	Norwalk HS
06-07-22	5:30PM	North Polk	Norwalk HS
06-08-22	5:30PM	Grinnell	Grinnell HS
06-09-22	3:30PM	DM East	DM East HS
06-10-22	5:00PM	Ottumwa	Legion Field & Staggs Court
06-13-22	5:30PM	Indianola	Indianola HS
06-16-22	10:00AM	Bondurant-Farrar	Bondurant-Farrar HS
06-17-22	5:30PM	Pella	Norwalk HS
06-21-22	11:00AM	Ottumwa	Norwalk HS
06-22-22	5:30PM	Newton	Norwalk HS
06-23-22	10:00AM	Indianola	Norwalk HS
06-27-22	5:30PM	DCG HS	Dallas Center Grimes
06-28-22	5:00PM	Southeast Polk	Southeast Polk HS
06-30-22	10:00AM	Indianola	Indianola HS
07-01-22	5:30PM	Carlisle	Norwalk HS
07-05-22	5:30PM	ADM	Norwalk HS

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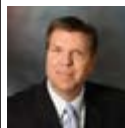
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# SUMMER 2022

## SOFTBALL: JV 1

Date	Time	Opponent	Location
05-23-22	5:30PM	Pella Christian	Norwalk HS
05-24-22	5:30PM	Southeast Warren	Norwalk HS
05-25-22	5:30PM	Southeast Polk	Southeast Polk HS
05-31-22	5:45PM	ADM	ADM HS
06-01-22	4:00PM	Pella	Pella Middle School
06-03-22	5:30PM	Oskaloosa	Norwalk HS
06-06-22	4:00PM	Newton	Agnes Patterson
06-07-22	5:30PM	Boone	Norwalk HS
06-08-22	5:30PM	Grinnell	Grinnell HS
06-10-22	4:00PM	DCG HS	Norwalk HS
06-13-22	5:30PM	Indianola	Indianola HS
06-14-22	4:00PM	Dowling Catholic	Norwalk HS
06-15-22	4:00PM	Pella Christian	Pella Christian HS
06-17-22	5:30PM	Pella	Norwalk HS
06-20-22	4:00PM	Oskaloosa	Oskaloosa HS
06-21-22	4:00PM	DM Roosevelt	Norwalk HS
06-22-22	5:30PM	Newton	Norwalk HS
06-24-22	4:00PM	Grinnell	Norwalk HS
06-27-22	5:30PM	DCG HS	DCG
06-28-22	5:30PM	Winterset	Norwalk HS
06-29-22	4:00PM	Indianola	Norwalk HS
07-05-22	5:45PM	Carlisle	Carlisle HS

## SOFTBALL: JV 2

Date	Time	Opponent	Location
05-24-22	5:00PM	Ottumwa	Huston Field
05-25-22	4:00PM	Southeast Polk	Southeast Polk HS
05-26-22	5:30PM	Urbandale	Norwalk HS
05-31-22	4:30PM	ADM	ADM HS
06-01-22	10:00AM	Ottumwa	Norwalk HS
06-02-22	5:00PM	Valley	Valley HS
06-03-22	4:00PM	Oskaloosa	Norwalk HS
06-07-22	10:00AM	Ankeny Centennial	Norwalk HS
06-08-22	4:00PM	Grinnell	Grinnell HS
06-09-22	10:00AM	Valley	Norwalk HS
06-10-22	1:00PM	DCG HS	Norwalk HS
06-13-22	4:00PM	Indianola	Indianola HS
06-15-22	10:00AM	Carlisle	Carlisle HS
06-16-22	10:00AM	Boone	Creasman Field
06-17-22	4:00PM	Pella	Norwalk HS
06-20-22	9:00AM	Waukee	Waukee HS
06-22-22	4:00PM	Newton	Norwalk HS
06-23-22	10:00AM	Winterset	Winterset HS
06-27-22	4:00PM	DCG HS	DCG-Dallas Center
06-28-22	4:00PM	Winterset	Norwalk HS
06-29-22	1:00PM	Indianola	Norwalk HS
07-01-22	9:00AM	Urbandale	Urbandale HS
07-05-22	4:30PM	Carlisle	Carlisle HS

## SOFTBALL: VARSITY

Date	Time	Opponent	Location
05-23-22	7:00PM	Pella Christian	Norwalk HS
05-24-22	7:00PM	Southeast Warren	Norwalk HS
05-25-22	7:00PM	Southeast Polk	Southeast Polk HS
05-31-22	7:30PM	ADM	ADM HS
06-01-22	5:30PM	Pella	Pella Middle School
06-03-22	7:00PM	Oskaloosa	Norwalk HS
06-04-22	9:15AM	Multiple Schools	Lacey Sports
06-06-22	5:30PM	Newton	Agnes Patterson
06-07-22	7:00PM	Boone	Norwalk HS
06-08-22	7:00PM	Grinnell	Grinnell HS
06-10-22	5:30PM	DCG HS	Norwalk HS
06-13-22	7:00PM	Indianola	Indianola HS
06-14-22	5:30PM	Dowling Catholic	Norwalk HS
06-15-22	5:30PM	Pella Christian	Pella Christian HS
06-17-22	7:00PM	Pella	Norwalk HS
06-18-22	9:15AM	Multiple Schools	Lacey Sports
06-20-22	5:30PM	Oskaloosa	Oskaloosa HS
06-21-22	5:30PM	DM Roosevelt	Norwalk HS
06-22-22	7:00PM	Newton	Norwalk HS
06-24-22	5:30PM	Grinnell	Norwalk HS
06-27-22	7:00PM	DCG HS	DCG-Dallas Center
06-28-22	7:00PM	Winterset	Norwalk HS
06-29-22	5:30PM	Indianola	Norwalk HS
07-01-22	11:00AM	Multiple Schools	DCG -Dallas Center
07-05-22	7:30PM	Carlisle	Carlisle HS

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# TOP 5 reasons why heating and cooling preventative maintenance is essential

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That's just a quick overview of the benefits of getting regular HVAC maintenance. Now let's take a closer look at why HVAC preventive maintenance is such a wise and worthwhile investment.

**1. Save money.** Here are ways preventive maintenance benefits your bottom line: prevent costly breakdowns; reduce energy bills, extend the life of your system, and stay protected under warranty.

Regular HVAC maintenance is said to reduce the risk of costly breakdowns by as much as 95%, and it can mean savings of up to



30% on your energy bill, according to the U.S. Department of Energy. It's also important to be aware that most HVAC manufacturers require proof of annual maintenance when a repair claim is submitted under warranty.

**2. Improve your air quality.** The EPA reports indoor levels of airborne pollutants may be two to five times higher (in extreme cases more than 100 times higher) than outdoor levels. This is particularly significant if you or any family members suffer from respiratory issues such as asthma. There has been a lot of hype around duct cleaning in recent months. It's important to remember that it's your system that cleans, filters and redistributes the air. Preventive maintenance helps ensure that the warm or cold air pumping through your vents is as clean and well-filtered as possible.

**3. Improve your comfort.** You depend on your HVAC system to keep you comfortable year-round. Regular maintenance helps your

system produce and distribute the warm or cool air more evenly and steadily. It also reduces the odds that you'll come home one steamy sweltering summer day to find that your system is blowing warm air — or worse yet, not blowing at all.

**4. Keep your home safer.** The most common cause of carbon monoxide leaks is a cracked or failed heat exchanger. An HVAC maintenance checkup typically includes a carbon monoxide test that would detect any potential hazard.

**5. Help the environment.** For those concerned about their green footprint, keep in mind that a well-maintained HVAC system consumes considerably less fuel — and that's good for the planet. ■

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

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## EVENT season is here

We are gearing up for event season at the Chamber office. If you ever wondered who organizes the main events for Norwalk, we are that organization. Organizing events fits with our mission to promote our businesses and improve the quality of life in our community. Part of making a successful event is the involvement of volunteers. People like you help set up games, sling a beer or answer attendee questions so these events run smoothly.

Plus, volunteering is a great way to meet people and get involved in your community. If you are looking for volunteer opportunities, check out our event pages on our website. We have easy online sign ups or you can call our office to get involved. Currently, the Celebrate Norwalk 4th of July event is needing volunteers. Sign up at [www.celebratenorwalk.com](http://www.celebratenorwalk.com). Giving back to your community even in small ways keeps our community thriving. Volunteer today.

We want to draw attention to a special and unique community volunteer: Matthew Morgan. He was recently awarded the Citizen of the Year honor at our annual banquet in January. Matthew is founder of the Iowa League of Heroes, which is recognized by multiple law enforcement agencies throughout Iowa as well as the Iowa Secretary of State. In 2018,



the League received a Proclamation Certificate from the Governor of Iowa, claiming March 21st as Iowa League of Heroes Day.

Matthew knows a couple super heroes (aka: Batman, Wonder Woman, etc.) that show up to community events to help raise awareness of kids battling cancer. He also brings his super heroes to children's hospitals for special visits. Matthew has obtained multiple awards through the past 10 years from organizations such as the Urbandale Police Department, Best Buddies Program, American Foundation for Suicide Prevention and many others. Additionally, Matthew is the author of three children's books and the founder of One Life Books. His first children's book, "Stella From Pella and Her Magic Shoe" was ranked No. 1 on Amazon's New Releases in Children's Short Stories in 2018. His second book, "Dirty, Stupid Cancer" also received a No. 1 rating on Amazon's New Releases in Children's Illness in 2019.

The Norwalk Area Chamber of Commerce is thrilled to have presented Matt Morgan with the Citizen of the Year award for 2021.

We hope to see you all at one of the many community events happening soon. Check out our online calendar at [www.norwalkchamber.org](http://www.norwalkchamber.org) to get all the latest information. ■

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

# Celebrate

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## EVENT INFO AT [www.celebratenorwalk.com](http://www.celebratenorwalk.com)



## OUT & ABOUT

# CAREER Day

Norwalk High  
School Career Day  
was held April 20.



SFC Marc Brown and PFC Carter Bunch (Iowa National Guard)



Kelly Altres (IMEG)



TSgt. Gregory Dodds (Air Force)



Danna Herrick, DPT (Rock Valley)



Justin Fletcher (Clearwater Analytics)



Tim Klinkner (Tru Bank)



Helen Smith, RN (MercyOne)



Brent Hinders, Attorney (Hopkins & Huebner P.C.)



Executive Chef Dean Luttrell (DMACC)



Raymond Svoboda, Molly Becker, Matthew Yonker and Thomas Pike (Rasmussen Group)



# OUT & ABOUT CAREER Day

Norwalk High School Career Day was held April 20.



Dr. Scott Moline and Dr. Jayne Tabor-Moline (Kindness Pet Clinic)



Clayton Garrison and Allen Wilkins (Norwalk Seasonal)



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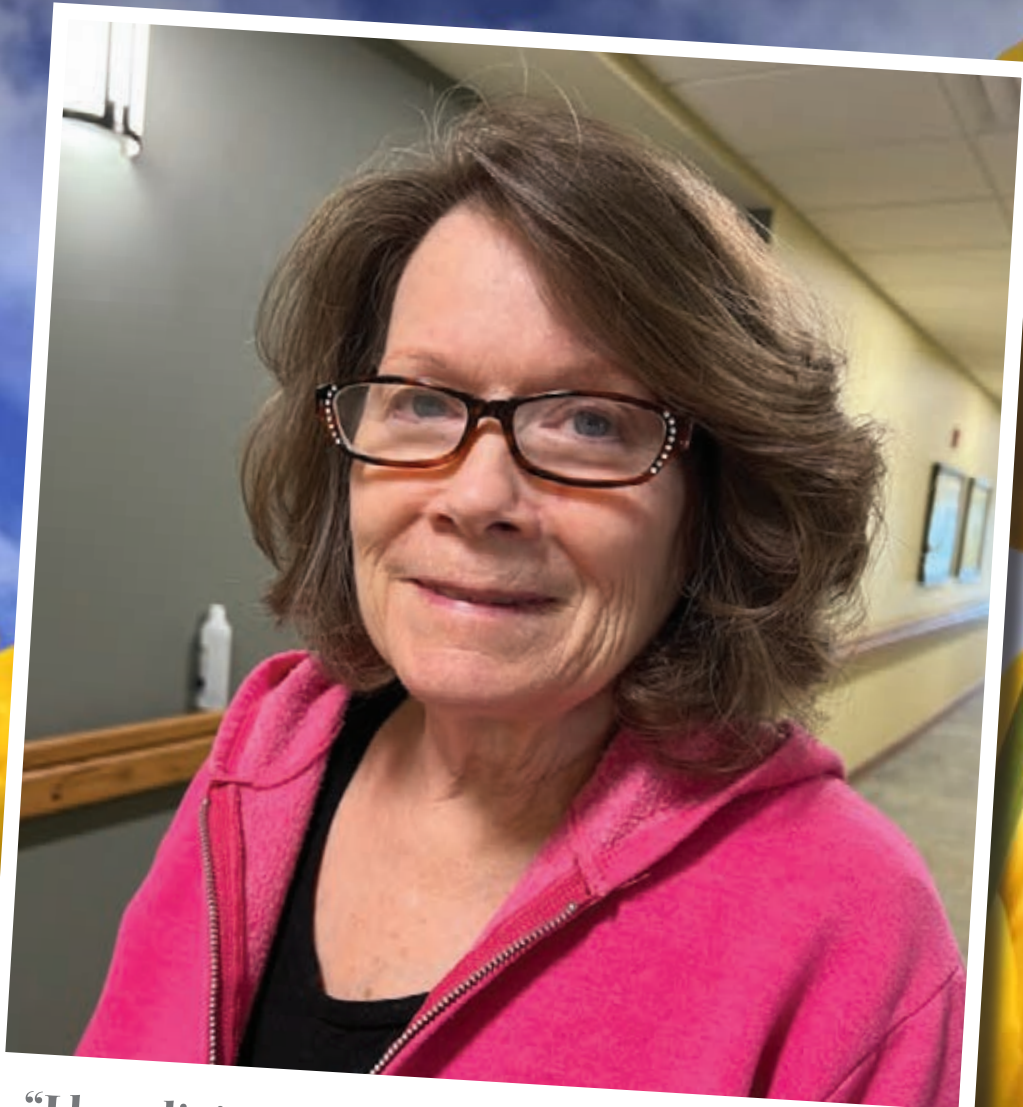
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