

NORWALK

SEPTEMBER 2022

Living

MAGAZINE

A new LOOK

Residents share their home
improvement projects

Meet Drew Fielder
EDUCATION

Lentil Bolognese with veggie-based penne
RECIPE

Oppel embeds herself in the community
WHERE WE LIVE

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



Thank you



2019 • 2020 • 2021 • 2022

Thank you for choosing
City State Bank as your favorite
Warren County bank!

Proud to be helping Warren County grow since 1895.

801 Main St • 1225 Colonial Pkwy • Norwalk • 515-981-4234 • www.citystatebank.com

GRIMES | INDIANOLA | MADRID | MARTENSDALE | MOUNT AYR | NEW VIRGINIA | NORWALK

WELCOME

SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.

In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements. Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



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



Tammy Pearson

Editor

515-953-4822 ext. 302

tammy@iowalivingmagazines.com

Martha Munro

Advertising Account Executive

515-953-4822 ext. 314

martha@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

Look
at that
Smile!

General Dentistry • Wisdom Teeth • Extractions
Pediatric Dentistry • Implant Surgery
Orthodontics • Endodontic Treatment
TMJ and Migraine • Botox and Dermal Fillers
Sleep Apnea • Oral Sedation Dentistry

**Weekend
& evening
appointments
available!**

**YO
HABLO
ESPAÑOL!**

Dr. Aaron Jones, DDS

**SCAN
TO
LEARN
MORE!**

JONES FAMILY
DENTAL

1315 Sunset Drive, Norwalk • 515-850-2255



FEATURE

A new **LOOK**

Residents share their home improvement projects

By Lindsey Giardino

When Ward Phillips and his wife, Alyssa, moved their family into their Norwalk home — one they loved, but thought was very basic — a few years ago, they believed they'd put their own touches on it over time.

"Then COVID hit, and I feel like our 10-year plan sped up," Ward Phillips joked.

With a new deck and landscaping, Ward and Alyssa Phillips created a modern and functional outdoor space to enjoy.

FEATURE

Starting in 2020, they took on several home improvement projects. The Phillips had an idea of what they wanted to do but had a contractor help establish the more nitty-gritty details.

First and foremost, they wanted a way of blocking the sun on the west-facing back deck. The contractor suggested a sunroom, so the Phillips completely reimagined the space.

Today, the sunroom is a spacious area surrounded by shiplap walls and a wood-stained ceiling. It includes a fan, TV, chairs and a loveseat. Phillips says someone in the family is almost always using the space, especially the kids, who feel like they're "away from it all" when they're in the sunroom. Phillips and his wife feel that way,



Ward and Alyssa Phillips had a new deck installed for a more modern look and less maintenance.



The sunroom added to the Phillips' home provides a quiet and relaxing place to get away from the hustle and bustle.



The Phillips' sunroom features shiplap walls and a wood-stained ceiling.

TRUST TRIPLE A HOME SERVICE



IOWA'S FIRST DUCTLESS ELITE DEALER

Does your air conditioning need replacement? Are you looking to optimize the energy efficiency of your heating system?

Triple A Home Services is a full-service heating and cooling company serving residential and commercial clients throughout the Greater Des Moines area and Central Iowa.

We deliver nothing less than top-notch service, prompt performance, and affordable pricing.

SERVICES:

- ✓ Cooling
- ✓ Heating
- ✓ Boilers & Multi Unit Housing
- ✓ Indoor Air Quality
- ✓ Refrigeration
- ✓ Solar Panel Water Heating

"Dale and his team at Triple-A are my 'go-to' team for all things HVAC. You won't find anyone in the business more passionate than Dale - his team is proactive and they work their tails off to stay on schedule and keep their commitments. I highly recommend Dale and Triple-A!!!" - Steve C.

Triple A
Home Services LLC



SCAN
FOR OUR
WEBSITE

515-868-2779
4604 20th Avenue, Norwalk



FEATURE

too, when they go out there to have their morning coffee, he says. Because their home is a ranch and all the bedrooms are on the same level, there's a real benefit to having the bonus sunroom: anyone can go out there, shut the door to the house and have some peace and quiet.

In addition to that project, the family had a large new deck built. At the bottom of the deck stairs sits a new patio surrounded by landscaping done by Ted Lare, including trees, flowers, mulch and boulders.

In all, taking on several home improvement projects at once was "a little bit of a blitz," Phillips says. "We really went all in on those three things all at once. In two years, we finished what we wanted to do long-term with the house."

The Phillips' home and outdoor space were essentially under construction for the past two years, but he says it's been worth it. Now there's more space for the kids and for entertaining.

The family tends to spend a lot of time on their patio. Phillips jokes that they're "yardies" now since they're outside so often.

All in all, he says the two-year blitz paid off.

Out with the old

Since he bought his three-bedroom home in the Lakewood neighborhood — a home he knew needed a lot of work — Jeff Caldwell has updated almost every space, going from project to project each year.

He has done some of the work himself and hired contractors for some of the others. Caldwell painted every room and the kitchen cabinets, had a new roof and siding installed, had new mechanical systems installed and purchased new appliances.

"The one thing I hadn't done was put new flooring in," he says.

Most of the home had dated carpet throughout, and, since Caldwell has a dog and a cat, he wanted to rid the entire house of it. He found the laminate material he wanted and hired Randy Hutchinson of Bluebird Residential Renovations to install it. He knew Hutchinson previously and wanted to support local, so it was a good fit.

One Saturday last October, Hutchinson went to Caldwell's house to measure. That evening, Caldwell started tearing out the old carpet and wrapped up that tall task by Tuesday, when Hutchinson began the install. During the tear out, Caldwell said he wore Crocs — the only shoe that wouldn't stick to the tacky floor.

Caldwell recalls making a pile of all the old flooring material in his

BEFORE



Jeff Caldwell has updated almost every space in his family's home, yet says he will probably never be done working on it.

FEATURE

garage, where it remained until Norwalk resident Joe Hill of Joe's Junk Removal and Recycling came to haul it away.

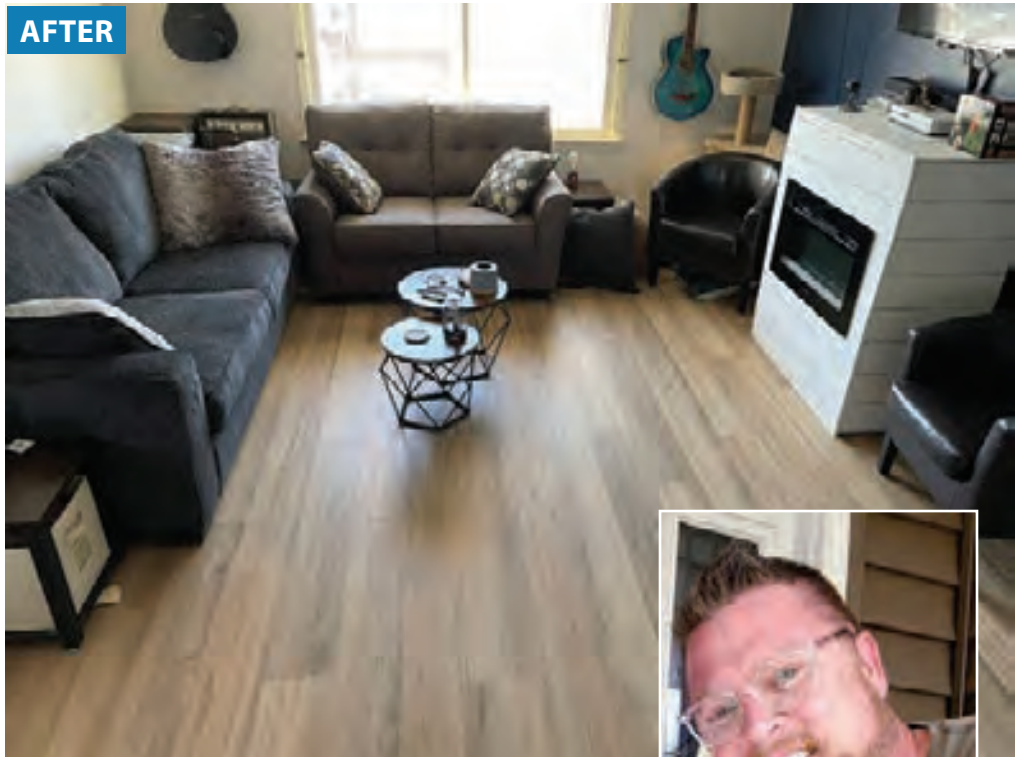
For Caldwell, the home improvement projects will perhaps continue forever.

"I've always got the next thing in mind," he says. "I don't think I'll ever get to the point where everything will be exactly where I want it."

While he's not opposed to having a contractor come in for some of the work, he also doesn't mind doing a lot of the projects himself. That's where YouTube comes in. Caldwell explains that he has an old pickup truck in his driveway that he's working on restoring and uses YouTube for lots of how-to videos for that.

"It's kind of the same way with home improvement stuff," he says. "There's a lot of smart people out there who know a lot about this stuff, and it's just a matter of getting connected with the right people, whether in person or digitally, to get the answers you need." ■

AFTER



One of the biggest projects Jeff Caldwell undertook was removing the carpet in the house and transforming the floors.



your home encompassed

Encompassing all your windows, siding, roofing, and gutter needs:

- Storm Restoration
- Insurance Claim Resolution
- Preventative Service
- Project Management
- Exterior Remodeling

encompass

BUILDERS

Doing what's right for Norwalk

DAVID GRAHAM

515-333-2775
david.graham@encompassbuilders.com

nest

PRO

your home security in your hand.

- doorbell cameras
- security cameras
- deadbolt door locks
- smoke & carbon monoxide alarms
- thermostats

All Things
SATELLITE

Over 19 Years of Experience

FAST LOCAL SERVICE

SATELLITE TV
TV ANTENNAS – INTERNET
STARLINK INSTALLATION
SMART HOME SERVICES

PRIDING OURSELVES IN OUR QUALITY OF WORK & CUSTOMER SERVICE.

One click closer to your dream home!

CALL US TODAY!

641-792-0819

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 “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. ■



why we advertise in

IOWA
Living
MAGAZINES



The Norwalk Area Chamber continues to enjoy our partnership with Norwalk Living Magazine and their friendly staff. Our organizations are both aligned to promote the Norwalk area community and businesses. It's a great way to advertise our community events, introduce new businesses and share interesting tidbits about our community leaders by reaching every household. We also use the magazine to promote our area to new residents and businesses interested in moving to the Norwalk area.

Contact Iowa Living magazines today to get your business noticed!

Call (515) 953-4822 or email jolene@iowalivingmagazines.com.

'Babel, or The Necessity of Violence: An Arcane History of the Oxford Translators' Revolution'

R. F. Kuang's Poppy War Trilogy lives rent-free in my head years after I read it, so I picked up her newest book with buckets of anticipation and high expectations. Lucky for me, "Babel" more than met every bar I set.

Set in the world of a subtly fantastical academia, this is an alternate history with deep ties to the real world. For all, it's a magic-filled fantasy. While this book has a wildly different setting and tone, it is soaked with a familiar thread of dread and realism that echoes her first books.

Robin Swift immigrated to London in 1828 after losing his parents in his native China. Taken under the wing of a shadowy professor, he's soon enraptured with the world of Oxford — high academics and mysterious magic that make the British Empire incredibly wealthy. The extent of their colonial efforts is seemingly endless as a result. Soon, though, an unjustified war against Robin's homeland calls everything he's been working on into question and upends his life in profound ways.

If you've never read a R.F. Kuang novel, prepare yourself to confront the dark side of humanity in ways both profound and intense, all while being highly entertained. ■ — *Review by Julie Goodrich*



By R.F. Kuang
8/23/22
560 pages
\$27.99
Harper Voyager

'The Book Eaters'

Do you remember the first time you discovered "real" fairy tales? The dark and deliciously brutal versions of "Cinderella," "Snow White" and "Hansel and Gretel" were nothing like the sweet, fluffy stories we were told as children. It seemed like a secret, exciting new world. That's what this book feels like: a decadent, gothic horror fable filled with monsters and magic and a moral that has less to do with obedience and more with how humanity can be both beautiful and, frankly, appalling.

Devon is raised in an isolated family that places no value on women. The family are book eaters — magical folk who can physically eat a book and retain the information therein. Devon, however, is limited to boring, moralistic meals — for her future is set. She will be sold off as a wife to create more book eaters — no matter what she wants.

When her son is born with a rare family curse, everything suddenly changes and Devon is forced to flee to protect him. Now left to her own strength, she will discover the true meaning of family and what it means to be a monster.

Full of gorgeously haunted prose and stark characters, this is a lovely, sad tale that will stick in your mind — however you consume it. ■ — *Review by Julie Goodrich*



By Sunyi Dean
8/2/22
304 pages
\$26.99
Tor Books

Start your morning off right with an update from

the daily umbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



Delivered Mondays through Fridays to your inbox.

SCAN HERE
or subscribe at dmcityview.com

Brought to you by the publisher of
CITYVIEW and the Iowa Living magazines.



EVENTS IN THE AREA

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

Check for cancellations

Monarch Tagging

Sept. 17, 1-2 p.m.
Buxton Park, 705 N. Buxton St.,
Indianola

Come discover more about monarch butterflies, their life cycle, and miraculous migration to Mexico. A Warren County Conservation Naturalist will teach you how to catch and handle a monarch, determine gender, and properly tag them in the wild as part of a national research project. All monarchs will be released after they are tagged. Bring a butterfly net if you have one, or share a park net if you don't. There is a limited number of nets available for use. The event is fun for the whole family. Register by Sept. 16. Space is limited. If you need to cancel, call 515-961-6169 so someone else may attend. Arrive promptly so you don't miss the instructions for tagging. This event is co-hosted by Indianola Parks & Recreation.



Stargazing

Sept. 22, 8-9 p.m.
Middleswart Lodge, 15875 118th Ave., Indianola

Join Warren County Conservation at the Middleswart Lodge for a stargazing presentation in partnership with the Indianola Public Library. Guest speaker Roger Berry will show you how to use the library's telescope to see the night sky, possibly including both Jupiter and Saturn. The telescope is also available to check out from the library before and after the event. No registration required.



The Middlebrook Fall Fest

Oct. 1, 10 a.m. to 2 p.m.
Highway G14, Cumming

The Middlebrook Farm Fall Fest will feature live music, food trucks, farmers market, face painting, pumpkin decorating and fresh produce. For more information, visit middlebrookefarm.com.

Log Cabin Festival

Saturday, Sept. 24
Warren County Historical Society
Highway 92 W., 1300 W.
Second, turn north into
fairgrounds, then turn
east

The Warren County Historical Society is hosting its annual Log Cabin Festival Sept. 24. The parade is at 10 a.m. with lunch following from 11 a.m. to 1 p.m. The event features a silent auction, a quilt raffle, games, make a scarecrow and a quilt show. Donations of baked goods, jams and other goodies, as well as non-food items such as baskets, gift certificates or hand-crafted items are welcome for the silent auction and can be dropped off at the museum by 10 a.m. Saturday.

YES!

We install sump pumps.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

**SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES**

OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

Suggest a teacher

for an *Iowa Living*
education column!

Send an email to
tammy@iowalivingmagazines.com

To learn more about *Paws With A Cause* and to find out how you can help, just download this simple app and watch this story come to life:

GET ZAPPAR
ZAP THE CODE
TO DONATE

Provided as a community service by this civic minded publication and the Association of Community Publishers

EVENTS IN THE AREA

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

Check for cancellations

ServSafe® Certified Food Protection Manager Course

Thursday, Oct. 13, 9 a.m. to 6 p.m.
Warren County Extension Office,
200 W. Second Ave., Suite A,
Indianola

Whether you are a food service manager or an employee, using current best practices in safe food handling is essential to keep your food establishment in compliance and protect the health of both customers and staff. You'll have the opportunity to take an exam to be certified as a Food Protection Manager at the end of the six-hour course. For more information, contact Cathy Drost, cdrost@iastate.edu, 641-673-5841. Visit <https://www.extension.iastate.edu/warren> for "Upcoming Local Events." Click on Oct. 13 ServSafe Course to access the online registration link.

Renaissance Faire

Sept. 10-11 and 17-18
Sleepy Hollow, 4051 Dean Ave., Des Moines

Travel back a few centuries at Sleepy Hollow's Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith's forge and pirates' cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend's theme, at sleepyhollowrenfaire.com.



Prairie Awakening - Prairie Awoke Celebration

Saturday, Sept. 10, 3-9 p.m.
Kuehn Conservation Area, Earlham

No registration is required for this Dallas County Conservation Board event. The Meskwaki Nation will be featured with a youth drum group and dancers. Dallas Chief Eagle will share his Hoop Dance presentation and a bonfire with audience participation. A rehabilitated raptor and tagged migrating monarchs will be released. Several local traditional drums and songs will be accompanied by dancers in regalia and for an opportunity for the public to join the dance. As traditions direct, participants will sit together in the tall grass prairie arena at Kuehn, remembering and visioning a hopeful tomorrow. Bring your lawn chair for seating. The event is free and concessions will be available.

Middlebrook Farm FALL FEST

OCT 1 | 10AM - 2PM

HWY G14 | CUMMING, IA

LIVE MUSIC
FOOD TRUCKS
FARMERS MARKET
FACE PAINTING
PUMPKIN DECORATING
FRESH PRODUCE

More Info at MIDDLEBROOKFARM.COM f @

Get the MOST out of YOUR CASE!

Local, Skilled and
Compassionate

Ken worked for an insurance company for many years. Now he can help you through this trying time to obtain maximum compensation for your injuries.

The Winjum Law Firm, P.L.C.
Attorneys at Law

KEN WINJUM

- Over 30 years of experience with insurance and personal injury law
- Ken will personally speak with you about your claim at no initial charge

515-981-5220
1220 Sunset Dr. N., #103, Norwalk

Call or Scan Today for Your
FREE CONSULTATION
winjumlaw.com



EVENTS IN THE AREA

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

Check for cancellations

World Food & Music Festival

Friday - Sunday, Sept. 16-18

Western Gateway Park,
1000 Grand Ave., Des Moines

Travel the world with nearly 50 vendors representing 27 different countries at the annual World Food & Music Festival. On top of trying foods from the various vendors — 22 of which are new this year — attendees will enjoy live music, cultural demonstrations and interactive activities. More details to be announced at dsmpartnership.com/worldfoodandmusicfestival.

An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Enjoy this program at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will talk about the life of Grant Wood, the famous Iowa painter, and how he changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: <https://terracehill-grantwood.eventbrite.com>.



Image by Wikilimages from Pixabay



Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.

West Glen Town Center, West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.

Reboot. Revive.
Relax.

\$100 Try Any Facial OR
10 UNITS of Xeomin FREE OR
\$100 OFF Filler for New Patients!

vivid
Life Spa

BOOK YOUR APPOINTMENT!

Jen Penisten ARNP, Owner

1016 Main St., Norwalk
Located inside of Haskin Chiropractic Clinic

515-537-6590 www.vividlifespaspa.com

**HEAD TO FAREWAY
FOR ALL YOUR
TAILGATING NEEDS!**

**ONLINE
ORDERING
AVAILABLE!**

FAREWAY®
MEAT & GROCERY

1711 Sunset Drive, Norwalk
STORE 515-981-4420 • MEAT 515-981-4435

OPEN 7AM to 9PM MONDAY — SATURDAY • CLOSED SUNDAYS

Find our weekly ad, promotions, recipes and more at www.Fareway.com

ib f i
p t YouTube

EVENTS IN THE AREA

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

Check for cancellations



Windsor Heights Fall Festival

Friday - Saturday, Sept. 23-24
Colby Park, 6900 School St.,
Windsor Heights

This brand-new festival will offer loads of family fun including live music, a petting zoo and bounce houses. The popular WHAMM 5K race returns at 9 a.m. on Saturday; registration is \$15. A bigger and better-than-ever parade will be Saturday at 1 p.m. Tickets for the Windsor Heights Firefighters Association's pancake breakfast will be available at the door. More details at windsorheights.org.

Latino Heritage Festival

Saturday - Sunday, Sept. 24-25
Western Gateway Park,
1000 Grand Ave., Des Moines

Experience a "Taste of Latin America" at Iowa's Latino Heritage Festival. Artist displays will showcase local Latino arts and crafts, food vendors will serve a diverse array of cuisine, cultural booths and demonstrations will represent several Latin American countries, and children's activities will keep the little ones entertained.

Celebrate the 22 Latin countries represented in Iowa at this family-friendly event. More information at latinoheritagefestival.org.



WDM Elks Fall Vendor Fair

Saturday, Sept. 24
West Des Moines Elks Lodge No.
2752, 2060 N.W. 94th St., Clive

Admission is free, and more than 30 vendors are expected. A light lunch will be available for purchase. Proceeds will go to the St. Florian Burn Foundation and to Easter Seals of Iowa Camp Sunnyside Respite Care program. For more information, contact Nancy Newcomb at 515-681-0852 or Nina Steele at 515-201-9892. For information on being a vendor, contact Nisa Rittman at 515-585-0455.

END OF SUMMER

LIQUIDATION SALE



ONLY
ONLINE
24/7

Auburn Moon
Boutique

AN ONLINE BOUTIQUE
515-669-9868



BUSINESS PEOPLE MAKING A DIFFERENCE

Good people are doing great things every day in your community. They truly are people who are making a difference, and we will recognize 22 business leaders in central Iowa for their efforts and accomplishments in an upcoming issue of CITYVIEW's Business Journal.

**Nominate your boss,
your co-worker, your
vendor or yourself —
anyone who you feel
has made a positive
impact on the business
community in 2022.**

CITYVIEW'S
**BUSINESS
JOURNAL**

22
FROM
2022
BUSINESS PEOPLE WHO
MADE A DIFFERENCE



Scan the QR code to nominate now or
visit www.iowabusinessjournals.com

3 MAJOR THINGS happening in the housing market right now:

1. Home appreciation will continue*
2. Mortgage rates will continue to respond to inflation
3. Home sales will moderate.



Follow Jess!  



Read more about what is happening in the housing market on my blog.



www.Your515Realtor.com
515-707-1054 1424 Sunset Dr., Norwalk
jess@your515realtor.com



HOME HEALTH

By Ward Phillips

HOSPICE doesn't mean 'giving up'

Virtually anyone with a life-limiting illness can qualify for hospice services, enabling a person to live life in comfort for the days, weeks, months or longer that remain in his or her life. And 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. And the type of care you and your loved one select is truly an individual choice.



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

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 Gina P. of West Des Moines describes her mother's experience.

"When my mom's doctor said it was time for hospice, we felt really angry," she recalls. "To my mom and my brothers and me, that meant she was dying, and we were not ready to face that. We didn't know it could actually be a good thing."

A family friend who worked as a nurse talked Gina and her brothers into talking with some hospice providers. They ended up choosing a home hospice service, and, to their surprise, Gina, her mom and her brothers grew to love the hospice team. In fact, Gina credits them with keeping her mother alive for a longer time than she likely would have lived without them.

"Mom lived nearly a year after she started with hospice, which is a lot longer than her doctor thought she would," Gina says. "They helped with pain management, and they also provided a music therapist and even pet therapy. We also had a lot of time to spend with her, just talking, without wondering if we were doing a good enough job of caring for her."

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



We're all about *living.*

“

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

– Terry L., Des Moines

”

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



WesleyLife
HOSPICE

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

WILL retirement savings be enough?

Increasing life expectancies mean you're likely looking at a longer retirement than the previous generation of workers. According to the U.S. Department of Labor, the average person spends 20 years in retirement, while others put the figure at 30 years or longer. And financial advisors generally suggest you'll need 70-80% of your annual pre-retirement income to maintain your standard of living. Will your retirement savings be up to the test? Here's what to consider.



- **Picture your retirement.** Whether you're planning to travel extensively or kick back by a lake, your income will need to support your desired lifestyle. Once you decide how you'd prefer to spend your retirement days, you can map out a strategy that could help get you there.

- **Assess your finances.** Take a realistic look at your current financial position. Note such things as how much you've saved, the debt level you're carrying, the amount of life and disability insurance you carry and what you have available in emergency funds.

- **Increase saving.** It's never too early — or too late — to add to your savings. If you've got plenty of time before retirement, save as much as

you can to take advantage of interest compounding. If retirement is near, look into catch-up contributions, which can help improve your financial picture. Even small gains matter: Increasing your retirement contribution by 1-2% each year adds up over time.

- **Knock out debt.** Most financial professionals recommend keeping debt level manageable: no more than 35% of your income. Getting rid of high-interest debt such as credit card balances is always a good idea. And, before you retire, you'll want to eliminate as much debt as possible so that you aren't servicing it with your savings. Consider paying off your home before you stop working, too.

- **Monitor your plans.** Review your retirement plans with a financial professional at least annually to see that they still work for you. (It's also a good idea to review your insurance coverage periodically and any time your life changes, such as when you marry or have a baby.) As you near retirement, you might decide to shift some of your savings to income-producing investments, such as annuities. Or, to keep your nest egg intact, your plan may be to continue working a few years more into retirement. ■

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

WITH INSURANCE, LIFE IS BETTER.

So no matter
what age you
are in life,
life insurance
is definitely
something
to have.

CALL MIKE TODAY!

HOME | AUTO | LIFE | BUSINESS

LANE
INSURANCE
AGENCY INC.

FAMILY OWNED & OPERATED

515-981-4614

1225 SUNSET DR, NORWALK

GET A
FREE
QUOTE:



MIKE LANE

PREPARING for the loss of a spouse

Preparing for the loss of a spouse is not the fun part of retirement planning. It's much more exciting to discuss developing an income plan that allows you to take that trip to Europe, spend winters in Arizona or start a new hobby. I get it, but as retirement planners, we feel that it's our responsibility to help you plan for all the aspects of retirement.

You've probably seen first-hand the burden a spouse is left with when spousal succession plans are not in place or how families can be torn apart when someone's wishes are not clear. Having a plan will take one more thing off the remaining spouse's plate as they grieve the loss of their loved one.

We have found that many people don't know how to get started, so we developed a Spousal Succession Plan Checklist. This checklist covers some of the decisions you can make now to help you get organized and some of the things you will have to do when your spouse passes.

Each retirement plan we help families and individuals create follows six guiding components: lifestyle, income, tax, investment, health care and legacy. The checklist includes action steps within each of these components.

For example, the lifestyle portion of the checklist helps you compile



important information that the remaining spouse will need, such as how to contact your CPA, attorney and insurance agent. You also want to help avoid a technology nightmare by ensuring you both know important accounts' passwords.

The investment portion of the checklist includes things you will have to do when your spouse passes, such as change titles on accounts like checking or savings, credit cards and your mortgage. You may also have to call your spouse's insurance company and file a claim.

We are often one of the first phone calls that the families we work with make when a loved one passes. They are tough conversations but necessary ones as we work to help them execute their spousal succession plan. It's a privilege to help ease their burden and know that the wishes of their loved one are being fulfilled because they made some of these decisions together when we first started putting together their comprehensive retirement plan.

You can download the Spousal Succession Plan Checklist by going to SuccessionChecklist.com. By having open and honest conversations with your spouse regarding each of the outlined points, you'll be well on your way to having a purposeful plan that your spouse can turn to in one of life's most stressful and emotional moments. ■

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

3RD ANNUAL COMMUNITY WALK AND FUNDRAISER

STRONGER THAN CANCER



For information
about this event,
scan the QR code.

Merkle
RETIREMENT PLANNING

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

CONSIDER how improvements affect resale value

Now is the time to start thinking about those home improvement projects you will want to do next year. There are several reasons for needing to plan these projects well in advance, including delays in getting materials and the shortage of labor. Reasons for home-improvement projects can include cosmetic, lifestyle or value improvements. Whatever your reason for doing them, there are a few things you should consider for resale value.



- **Don't over-improve your home for the neighborhood.** One mistake I have seen some homeowners make is improving their property too much, making it the most valuable property in the neighborhood or making it not fit in anymore because the size or style was changed. For example, if you live in a neighborhood of 1,200-square-foot 1970s ranch-style homes with one-car attached garages and you add a two-story addition that doubles the size of the home, change the exterior to look like current construction with a three-car attached garage, the value of the improvements is negatively affected by the neighboring properties that have not changed.

- **Additions need to blend in architecturally in the interior as well as on the exterior.** If your current home was built in the early 1990s and has shiny brass fixtures and golden oak trim, you won't want to transition from that room to the next one with modern fixtures and painted wood. The home's décor should flow throughout.

- **A great project if your home doesn't have one already is creating**

a master suite. An architect or good home remodeler can offer valuable advice on this. The trick is finding space to add a walk-in closet and master bath. This addition could be a great lifestyle change for you as well as added value down the road. Another lifestyle improvement and added value is to put a bathroom in your finished lower-level if you don't already have one.

- **Plans for interior improvements to individual rooms should include kitchens and bathrooms.** These rooms are important to buyers and will add the most value to your home, but, unfortunately, they are the most expensive rooms to update. According to the Remodeling 2022 Cost vs. Value Report (www.costvsvalue.com), a minor remodel to a midrange kitchen in the Des Moines metro would cost an average of \$26,331 and add \$19,937 of value — a 75.7% recoup of cost. That brings up another good point; you should never think that the increased value from your improvement project is going to pay for itself. The improvement that would recoup the highest return on investment according to the report is replacing the overhead garage door. The average cost is \$3,887 and the average added value is \$3,621 or 93.1%.

Home improvements can be a great experience or an embarrassing disappointment. With a lot of planning and consulting with professionals, you can end up with something that you will enjoy for years and will help with the sale of your home when the time comes for that. ■

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

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

EXIT REALTY NORTH STAR
Pointing People in Positive Directions

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

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

Living
SUMMER-UP

Jon Niemeyer, REALTOR | 490-4675

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

OVER THE BUMPS
REAL ESTATE ADVENTURES

Independent Member Broker

MEET Drew Fielder

Connecting with kids key to a good start to the year

After graduating from Webster City High School, Drew Fielder continued his education at DMACC where he also played on the golf team for the Bears. He then transferred to Iowa State University to study elementary education. Now, after working as a long-term sub for the Norwalk Community School District, Fielder joins Lakewood Elementary as a fourth grade math and science educator.



Drew Fielder, formerly a long-term sub for Norwalk schools, is now a fourth-grade teacher at Lakewood Elementary.

"I think what I have liked best about working in the Norwalk School District is how awesome the kids are as well as how helpful and inviting the staff was and continues to be. From my first day, the whole staff at Lakewood was extremely helpful with any questions I had. It really made me feel like I belonged at Lakewood and was a part of the Norwalk School District," Fielder says.

Fielder says he likes working with students at the elementary school level because of how creative they continue to be every day. As an elementary educator, he says he has the opportunity to make a big impact on students at a young age. Although Fielder has a couple ideas regarding activities for his classroom, he wants to get to know all of his students first before he starts incorporating them. He also wants to create the best learning environment for all of his students.

"There is nothing I love more than seeing a lightbulb moment go off in these young kids' minds and making a personal connection with them that makes them enjoy school. I can't wait to start this school year and have so much fun with the kids," Fielder says.

When not teaching, Fielder enjoys participating in anything sports-related. Although his competitive playing days are behind him, he still considers himself competitive in the sports he still plays. Fielder also enjoys spending time outdoors and having fun with family and friends. This upcoming school year, he is most looking forward to meeting his students as well as building relationships with them so they can have a fun year.

"It's hard thinking about 'some' rewards when it comes to being an educator because, to me, there are so many. Seeing kids grasp a concept after not getting it to start; or having kids have trust in you to know that they can come to you with anything; or seeing them be respectful in the hallways to other students, seeing them improve on test scores... I believe the saying 'Being a teacher is an endlessly rewarding profession' would be an understatement," Fielder says. ■

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

Jan, Daughter of a Holland Farms resident



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

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

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

Schedule a tour of Holland Farms!



Carfree Living | Assisted Living | Memory Care

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

Q: Do you like the mirror?

A: How would you describe your relationship with the mirror? Whether it is getting ready in the morning or trying on clothes in a dressing room, we normally look into a mirror every day. Are you happy with who is looking back at you? Some may say yes, and that is incredible, but most people would say no. A majority of us, when we see ourselves in a mirror, we immediately start listing off areas of ourselves that we are not particularly in love with. I do not care if you have been working out for years or if it is your first day, we all are guilty of pointing out flaws that we see. Why though? Why do we all seem to have some aspects of body dysmorphia no matter how hard we are working in the gym? We must start giving ourselves a break. There is so much more that comes with exercising than just the physical aspect. You sleep better, you have more natural energy, you feel better emotionally, mentally and physically. If we dwell too much on those things that still are not how we want them to be, we can start to get discouraged. Goal setting is a good thing, but make sure when you are looking in that mirror, you are also praising yourself for the goals you have already accomplished and those small steps you have achieved. ■



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.

POTENTIAL benefits of Roth IRAs for children

One of the great by-products of working with many of my clients is also helping their kids learn about the benefits of saving early. Most teenagers aren't thinking about retirement, buying a home, or even paying for college when they start their first jobs. Yet, a first job can present an ideal opportunity to explain how a Roth IRA can become a valuable savings tool.



Rules of the Roth

Minors can contribute to a Roth IRA if they have earned income and a parent (or other adult) opens a custodial account in the child's name. Contributions to a Roth IRA are made on an after-tax basis, which means they can be withdrawn at any time, for any reason, free of taxes and penalties. Earnings grow tax-free, although nonqualified withdrawals of earnings are generally taxed as ordinary income and may incur a 10% early-withdrawal penalty.

A withdrawal is considered qualified if the account is held for at least five years, and the distribution is made after age 59½, because of the account owner's disability or death, or to purchase a first home (up to a \$10,000 lifetime limit). Penalty-free early withdrawals can also be used to pay for qualified higher-education expenses; however, regular income taxes will apply.

In 2022, the Roth IRA contribution limit for those under age 50 is the lesser of \$6,000 or 100% of earned income. In other words, if a teenager earns \$1,500 this year, his or her annual contribution limit would be \$1,500. Other individuals may also contribute directly to a teen's Roth IRA, but the total value of all contributions may not exceed the child's annual earnings or \$6,000 (in 2022), whichever is lower. (Note that contributions from others will count against the annual gift tax exclusion amount).

Lessons for life

When you open a Roth IRA for a minor, you're giving more than just an investment account; you're offering an opportunity to learn about important concepts that could provide a lifetime of financial benefits. You can help explain the different types of investments, the power of compounding, and the benefits of tax-deferred investing. This also allows the young investor to experience market cycles with a long-time horizon in front of them. If you don't feel comfortable explaining such topics, ask your financial professional for suggestions.

The young people in your life will thank you — sooner or later. ■

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

HERE'S YOUR SIGN TO JOIN FOR \$1

PROGRESS. NOT PERFECTION. THAT'S REAL AF



ANYTIME FITNESS

1101 CHATHAM AVENUE, NORWALK
NORWALK@ANYTIMEFITNESS.COM
 515-953-0004

SCHEDULE YOUR TOUR!



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

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



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 – and join the campaign that brings people together to solve problems.



★ ★ ★
FRANKEN
FOR IOWA

PAID FOR BY FRANKEN FOR IOWA

MAYORS MOMENT

With the start of fall just around the corner, I hope you have all had a fantastic summer. School has been back in session now for a couple weeks and everyone is starting to settle into their new routines. I just want to remind everyone to stay alert and keep an eye out for the kids who are bicycling and walking to and from school. It's far too easy these days to get and be distracted while driving.



Tom Phillips, Mayor

cable that was unidentifiable and no one knew it was even there. After several weeks of trying to locate the owner of the cable to get it moved, the construction crew began making great progress. We believe the intersection will be opened fully by October or November.

Great Western Trail Connection Update

We just opened phase 3 of the Great Western Trail connection. The trail now extends from Lexington all the way to County Line Road. While there are no immediate plans, the city desires to extend the trail all the way to Highway 28.

North Avenue and Sunset Intersection Update

The team working on the reconstruction of the intersection at Highway 28/Sunset and North Avenue have had some obstacles to overcome as they've been working. With a wet spring slowing things down, the construction crews happened upon a fiber optic

Open Burning PROHIBITED Within City Limits

As we head into fall and begin cleaning up yards, the Fire Department would like to remind residents that open burning is prohibited within City limits.

No person shall allow, cause, or permit within the City the open burning of combustible materials where the products of combustion are emitted into the open air without passing through a chimney or stack. This prohibition shall include, but not be limited to, the kindling of or maintaining any bonfire or refuse fire, burning inorganic material or any paper or similar combustible debris, including plants, leaves or vegetable matter, or authorizing any such fire to be kindled or maintained on any private land within the boundaries of the City except that open burning is permitted in the following circumstances:

1. **Fireplaces and Grills.** This ordinance shall not apply to indoor or outdoor fireplaces or barbecue grills used solely for entertainment purposes or the preparation of food for human consumption.
2. **Organic Fires on Agricultural Land.** Organic fires located on agricultural land within the City. Organic fires, as referred to in this section, means the burning of organic non-crop plant material, other than grass, grown on and/or collected from the parcel upon which the fire is located. Such fires shall not be located within ¼ mile of an occupied structure. Agricultural land, as used herein, means land used for the cultivation of land for production of agricultural crops,

the raising of poultry, the production of eggs, the production of milk, the production of fruit or other horticultural crops, and the grazing of production of livestock.

3. **Recreational Fires.** This ordinance shall not apply to recreational fires when all of the following conditions are met:
 - A. The fire must be used for cooking, heating, recreation or ceremonies.
 - B. The fire must be contained within a fire ring or a device sold commercially for the specific purpose of containing a recreational fire.
 - C. Fuel for a recreational fire shall consist of wood only (including commercially sold recreational fire logs) and shall be two inches in diameter or larger. This requirement shall not apply to twigs and other kindling reasonably necessary for the initial lighting of the fire.
 - D. Fuel shall be no longer than three (3) feet in length.
 - E. Fuel within the acceptable fire ring shall not set higher than three (3) feet above the base of the fire.
 - F. Recreational fires shall not be used for disposal of yard waste, leaves and/or twigs.

For a copy of the full ordinance Chapter 53, please visit the City of Norwalk website at www.norwalk.iowa.gov under the codes, fines, and policies tab.

 City of Norwalk, Iowa - City Hall

 @NorwalkCH

 NorwalkIACityHall

www.norwalk.iowa.gov



CITY HALL

705 North Ave.
515-981-0228

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



PUBLIC SAFETY

1100 Chatham Ave.
515-981-0666

Non-Emergency 515-222-3321



Free Back to School Support

Norwalk Easter Public Library offers a number of services to support young learners with their school studies. There are also a variety of activities for after school fun!

Early Out Wednesdays*

Wednesdays from 2:30-4:00 pm

Kids can join us for crafts and activities in the meeting room; recommended for grades K-5. Free - no registration is required at these drop-in sessions. *Sessions will continue through the school year on Wednesdays that Norwalk schools are in session and releasing early.

Teen Takeover

Most Thursdays from 3:45-5:45 pm

Tweens and teens ages 12-18 have options with anime viewings, video games, board games, crafts, contests, and always snacks! Check our online calendar at <https://norwalklibrary.libcal.com/> for details for each Thursday.

Family Friday Movie Screening

September 16 & October 14 at 3:45 pm

The library will screen a family-friendly movie (rated PG or G) and provide popcorn and other light snacks to enhance your viewing experience! No registration for these free events.

For Adults & Teens:

A Visit with Travel Author Sara Broers

September 20 from 6:30-7:30 pm

Are you looking to take a road trip? Join author Sara Broers as she discusses her new book "100 Things to Do in Iowa Before You Die." Sara

was bitten by the travel bug at a young age and has developed a deep love for sharing her travel experiences with others. Her book will be available for purchase and autographing following the program.

Morbid Curiosities - An Evening with Edgar Allan Poe

October 6 from 6:30-8:30 pm

Iowa storyteller Darrin Crow will bring Gothic horror master Edgar Allan Poe back to life in this first-person portrayal performance. Poe comes from beyond the veil to talk with audiences about his life and share his best stories and poems including "The Masque of the Red Death", "The Raven", and "The Tell Tale Heart." The performance also features lesser-known works like the darkly hilarious comedy, "The Angel of the Odd." Poe's powerful writing and Crow's masterful storytelling combine to create a memorable evening that is sure to stay with you long after the tale ends. Light refreshments will be provided. Registration preferred at <https://norwalklibrary.libcal.com/> or call 515-981-0217. Recommended for ages 12 and older.

History of Hershey's Chocolate

Tuesday, October 11 from 6:30-7:30 pm

Many of us are chocolate lovers and owe gratitude to Milton Hershey for making chocolate more affordable and accessible. Today the name "Hershey" is synonymous with quality milk chocolate, but that wasn't always the case. Milton S. Hershey worked hard and failed often before his chocolate company was finally successful. And when he did become a household name and had earned a vast fortune, Milton and his wife, Catherine decided to give it all away. Because of their generosity, tens of thousands of orphans have been saved, protected, and educated. Attend this illustrated lecture to hear the "behind the scenes" story of this beloved American company.

Presenter Laura Keyes graduated from UW-Madison with a Master's degree in Library Studies, and has been presenting on historic topics for over ten years. Free - no registration is required. Free Hershey's chocolate samples will be available for all attendees.



Employee spotlight

Joe Ballard, Asst Public Works Director

Joe graduated from Valley High School in West Des Moines. He holds a degree from DMACC in Automotive Repair and a Bachelor's Degree in Business Management from Grand View University. Joe worked at Camp Dodge prior to joining the City six (6) years ago.

Joe serves as the Assistant Director of the Public Works Department. He enjoys "working with staff, both inside and outside of Public Works. The days are full of surprises in addition to daily activities but never dull." Joe further feels lucky to work with great leaders and in a newer facility.

Joe is married with three children, three dogs and two cats. On Sunday mornings you will find him mixing the audio at his church. Joe also volunteers his time with Unravel Pediatric Cancer. Outside of work he likes to golf with friends and spend time with his family. Joe looks forward to someday retiring on a lake!



Fall Tree and Branch Trimming

The City would like to take this time to remind residents to trim any trees, bushes, or other vegetation on your property so it does not affect traffic. This could include pedestrian traffic on sidewalks or motor vehicle traffic on our streets. Trees and other vegetation shall be at least 8' above sidewalks and 15' above the surface of any public street, path, trail, or alley. If you have any questions, please contact Tony Stravers at (515)981-9530.



**NORWALK EASTER
PUBLIC LIBRARY**

1051 North Ave.
515-981-0217

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



PUBLIC WORKS

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



**ECONOMIC DEVELOPMENT
PARKS & RECREATION**

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

SNETHENS see the world

Norwalk alums travel the globe.

“Growing up in Norwalk was what I think of as the quintessential Midwestern childhood,” says Kasey (Stratton) Snethen, a 2009 Norwalk High School graduate. “I spent summers playing outside, at the pool and at friends’ houses.”

She adds, “I had many wonderful and caring teachers. A 10-day backpacking trip to Idaho via Dallas County Conservation that Ms. Sara Coleman promoted was particularly impactful as it was my first multi-night backpacking trip.”

That experience fostered what would become a lifelong passion.

After graduating from Norwalk, Kasey moved to Texas, where she attended Abilene Christian University and received a bachelor’s degree in business marketing. She then hiked the Appalachian Trail from Springer Mountain in Georgia to Mt. Katahdin in Maine, after which she hitchhiked, bussed, took a train and then a car ride back to Norwalk.

Snethen then spent a few weeks recovering and searching for jobs before starting to work at Wells Fargo in West Des Moines. She met her now husband, Aaron, during that period.

“We knew each other from Norwalk High School as we were in the same class — the same homeroom, even — but had never actually spoken to one another. We got married in 2015 and moved to Boise, Idaho, a few months later.”

Aaron worked for a book publisher while Kasey started at Clearwater Analytics, a software-as-a-service investment accounting company.

In 2019, she accepted an offer to relocate



Aaron and Kasey (Stratton) Snethen enjoy the outdoors — and so does their dog.

with the company, and the couple moved to Edinburgh, Scotland. Two years later, they moved back to Boise, where Kasey continues to work for Clearwater Analytics and volunteers with the Idaho Humane Society. Aaron started a new position as a graphic designer for the City of Boise.

The couple still has ties to the Norwalk community and gets back to the state at least once a year. Aaron’s grandparents, Charles and Judy Vasey, live in town, and both Kasey and Aaron have extended family throughout the metro.

For the Snethens, the opportunity to live abroad for a few years and travel while they

were there affirmed their passion for seeing the world.

“We have plans to visit Spain and Germany later this year and will continue to travel to explore different cultures, history and landscapes,” Kasey says.

She shares that she and Aaron also enjoy spending time outdoors — a major reason why they live in Idaho — and get out to the mountains every weekend they can to hike, backpack, ski or bike.

“Our dog is a mini-Aussie, blue heeler mix who is a bit of a mountain dog himself,” Kasey adds. “Anything that gets the three of us outside is a win.” ■

HAWKE, Thor, Minions, Crawdads and more

A mix of summer film reviews from the big screen and streaming services

The summer slowdown has hit. Most, maybe all, of the biggest releases have hit the theaters, and now we go into a period of fewer new releases and smaller movies.

Late summer just doesn't have the number of releases (or theater-goers) to justify more releases. This might also be exacerbated, to an extent, by the streaming services buying content that could/would have run in theaters. Regardless, you'll get a little of both here this month.

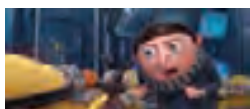
"The Black Phone" (waiting for a run on the streaming services)

And now for the long-delayed and much anticipated review of the Ethan Hawke film "The Black Phone." Creepy it is; great it ain't! Kids are disappearing mysteriously in a small town, and one finally finds a way to maybe escape the clutches of the evil man. While the film has a few moments, they are too few and too far between. I hate to be so negative, so to end the review on a high note... the movie poster was really disturbing. **Grade: C-**



"Minions: The Rise of Gru" (STILL in theaters)

This super popular and consistently funny animated series started with Steve Carell playing an evil genius, or a guy who wanted to be an evil genius, in "Despicable Me." Carell was great fun, but these little yellow minion things took over the film, and, finally, the new movie is titled, simply "Minions." I saw this with a theater full of kids and families, and they loved it... and so did I. This is the story of Carell's character and how he came to be such an evil genius. The plot is good enough to support a lean 90 minutes, and these minions are an absolute hoot. This is the best family movie of the summer. **Grade: A**



"Thor: Love and Thunder" (in theaters)

The last movie, "Thor: Ragnarok," took a complete U-turn from the previous two movies and turned in a flat-out hilarious comedy. In spite of the odd title, "Ragnarok" brought in audiences from far and wide and entertained

them well. This sequel tries to take it one more step and fails miserably. The characters don't work. Bringing Natalie Portman back was an error, but offering a cameo to a very fat and out-of-shape Russell Crowe was the fatal flaw. It was laughably bad, and he should have known better. **Grade: D**



"Where the Crawdads Sing" (in theaters)

The early reviews of this film adaptation of a beloved book were unkind, to say the least. That being said, when you are married to a librarian, as I am, you go to see every "film adaptation of a beloved book." I'm in a quandary over those early reviews. OK, it is not "To Kill A Mockingbird," but both of us found it to be an entertaining and enjoyable movie. Daisy Edgar Jones plays the young woman accused of a heinous crime, and David Strathairn, as her southern gentleman attorney, is fabulous. **Grade: B+/A-**



"The Gray Man" (in theaters and Netflix)

Ryan Gosling plays a CIA agent who is brought in to kill a bad man. Things go awry, and they lead to one of the most entertaining over-the-top action movies I have seen in a while. I would have given it a higher grade if Chris Evans (Captain America, for God's sake) wasn't such a bad, bad guy. Billy Bob Thornton has a key role, and it is great to see him on screen again. **Grade: A-**



"Nope" (in theaters)

Writer/director Jordan Peele gave us a much heralded debut several years ago in a film titled "Get Out." I found the film to be racist and didn't love it. His next film, "US," made more sense... until it didn't. "Nope" is his third film, and he has still not



clicked on all cylinders. There is something in the sky above a Western horse-training ranch. That story is intertwined with one about a tragedy in a TV studio, plus a couple more. "Nope" offers a few truly horror-filled scenes, but it lacks the cohesive storyline to pull them together and raise the movie to possible greatness. **Grade: B-**

"Vengeance" (in theaters)

Sue and I never watched "The Office" (either version), so I have no knowledge of B.J. Novak. What



I can tell you is that he has turned in one hell of a great first movie. He writes, directs and stars in the story about a big-city womanizer who gets the call from the family of his "girlfriend" letting him know she has died. He has to ask for a picture since he has no remembrance of her at all. He is pushed and pulled and finally agrees to attend the Texas funeral, and that's where the mystery begins. In the screening I attended, the film was greeted with raucous applause at the end. "Vengeance" is a real sleeper. **Grade: A-**

"DC's League of Super Pets" (in theaters)

With great family films like "Minions" in the theaters, I have no idea how this got a theatrical release.



This should have ended up on Netflix or some other service where people don't have to drag a family to a movie theater. My recommendation is to wait for it to hit those services and save yourself the mental drain of seeing it in a theater. I would say it is a waste of talent, but from what I could tell, there wasn't any talent involved.

Grade: C ■

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.



NORWALK

FALL SCHEDULE 2022

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 26	7:30PM	Pella	Pella High School
Sep 2	7:30PM	Des Moines Lincoln	Norwalk High School
Sep 9	7:30PM	Lewis Central	Norwalk High School
Sep 16	7:30PM	Dallas Center-Grimes HS	DCG Stadium
Sep 23	7:30PM	Boone	Norwalk High School
Sep 30	7:30PM	Indianola	Indianola Stadium
Oct 7	7:30PM	Perry	Norwalk High School
Oct 14	7:30PM	Carlisle	Carlisle High School
Oct 21	7:30PM	Bondurant-Farrar	Norwalk High School

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	6:00PM	Pella	Norwalk High School
Sep 5	6:00PM	Indianola	Indianola Stadium
Sep 12	6:00PM	Lewis Central	Lewis Central High School
Sep 19	6:00PM	Dallas Center-Grimes HS	Norwalk High School
Sep 26	6:00PM	Boone	Boone Goeppinger Field/Track
Oct 3	6:00PM	Indianola	Norwalk High School
Oct 10	6:00PM	Winterset	Norwalk High School
Oct 17	6:00PM	Carlisle	Norwalk High School

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 23	7:15PM	Bondurant-Farrar	Norwalk High School
Aug 25	5:00PM	Multiple Schools	Southeast Polk High School
Aug 30	7:30PM	Pella	Norwalk High School
Sep 1	4:30PM	Multiple Schools	A-D-M
Sep 6	7:30PM	Oskaloosa	Norwalk High School
Sep 13	7:15PM	Newton	Newton High School
Sep 17	8:30AM	Multiple Schools	Waukee High School
Sep 20	7:15PM	Grinnell	Norwalk High School
Sep 24	8:30AM	Multiple Schools	Nevada High School
Sep 27	7:15PM	Dallas Center-Grimes HS	Dallas Center-Grimes Meadows
Oct 4	7:15PM	Indianola	Norwalk High School
Oct 10	7:15PM	Pella Christian	Pella Christian High School
Oct 15	9:00AM	Multiple Schools	Winterset High School

JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 23	6:00PM	Bondurant-Farrar	Norwalk High School
Aug 25	4:30PM	Multiple Schools	A-D-M,
Aug 30	5:00/6:00PM	Pella	Norwalk High School
Sep 6	6:00PM	Oskaloosa	Norwalk High School
Sep 13	5:30PM	Newton	Newton High School
Sep 19	5:30PM	North Polk	North Polk High School
Sep 20	6:00PM	Grinnell	Norwalk High School
Sep 24	8:30AM	Multiple Schools	Indianola Middle School
Sep 27	5:00/5:30PM	Dallas Center-Grimes HS	Dallas Center-Grimes Meadows
Sep 29	6:00PM	Des Moines East	DM East High School
Oct 4	5:00PM	Indianola	Norwalk High School
Oct 8	8:30AM	Multiple Schools	Waukee High School - Field House
Oct 10	5:30PM	Pella Christian	Pella Christian High School

Footing Excavation • Trucking
Backhoe • Grading • Site Utilities



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

The Wright Place for all
your Special Occasions.



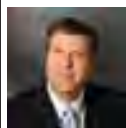
Schedule your
event today!
515-333-6303
scan. click. book.



LANE
INSURANCE
AGENCY INC.

GO WARRIORS!

For your Home,
Family and Business
CALL TODAY!



Mike Lane
515-981-4614
www.laneinsurance.com

1225 Sunset Drive
Norwalk

THE WRIGHT
STORAGE

"Store it the WRIGHT way"

515-981-0044

150 W. Wright Road
Norwalk

Next to the McAninch
Sports Complex



Email us for more information today!

www.Wright-Storage.com

NORWALK WARRIORS

VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 25	5:00PM	Ankeny Centennial	DMACC
Sep 1	4:00PM	Ames	ISU Cross Country Course
Sep 8	4:30PM	Marshalltown	Marshalltown Community College
Sep 13	5:45/6:05PM	Multiple Schools	Valley Southwoods
Sep 17	11:00AM	Pella	Central College
Sep 20	5:15/5:45PM	Multiple Schools	Maytag Park
Sep 23	TBD	TBA	Uni. of Minnesota at Les Bolstad Golf Course
Oct 1	TBD	TBA	Wartburg College
Oct 6	4:30PM	Fort Dodge	Lakeside Municipal Golf Course
Oct 10	4:30PM	Conference	Central College

FOR ALL WARRIORS SCHEDULES

Schedules are subject to change.
Scan for most up-to-date schedules.



YOUR LOCAL TAX EXPERT

ACCOUNTING & TAX SOLUTIONS

Ricardo J. Alverio, CPA

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

Improving Norwalk's Health
One Patient at a Time!

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

< SCAN
FOR INFORMATION

Sports Medicine provider for the Des Moines Buccaneers

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

GO WARRIORS!

You'll find everything you need at

FAREWAY
MEAT & GROCERY

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

HARVEY'S
AUTOMOTIVE AND MACHINE

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

CALL US TODAY!

Established in 1989, Family Owned & Operated.

702 North Ave, Norwalk
515-981-4209
harveysmachine@hotmail.com

THE NORWALK SHOP

YOUR HOMETOWN CUSTOM APPAREL SHOP

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

CHECK OUT OUR NEW LOCATION!

810 MAIN STREET
515-981-0262
WWW.THENORWALKSHOP.COM
THENORWALKSHOP@GMAIL.COM

State Farm

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

Sam Sorenson
AGENT
501 North Ave Lower
Norwalk, IA 50211
Bus: 515-981-5432
sam.sorenson.vaakbe@statefarm.com

Go Warriors!

edwardjones.com
Member SIPC

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

Edward Jones

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

WE SUPPORT OUR TEAM!

GO WARRIORS!

DR. JESSE STUMBAUGH

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

★ ★ ★ ★ ★ ★

LABOR DAY
Specials!

**\$10 UNIT
FOR BOTOX**
for the month of September

SCHEDULE YOUR
FREE FALL
SKINCARE
CONSULT
& receive in-house specials

 **HEARTLAND**
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

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

SENIOR LIVING

By Shawn Kinnison

THE BENEFITS of laughter on the body

It's true: Laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert. It also helps you release anger and forgive sooner.



As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness — and even add years to your life.

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Talk about an easy way to alleviate stress.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins, the body's natural feel-good chemicals.** Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Just by laughing, you can help ease chronic pain and make yourself feel good all over.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- **Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories — which could be enough to lose three or four pounds over the course of a year. Not only does it burn calories, laughter can help you tone your abs. As you laugh, your muscles are expanding and contracting. So make getting a toned tummy more enjoyable by laughing.
- **Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- **Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer. Studies have even shown a reduction of blood pressure after a good laugh.

As you can see here, laughter can increase your overall sense of well-being. So smile, laugh and live longer and healthier. ■

Information provided by Shawn Kinnison, community relations coordinator, Edencrest at the Legacy, 2901 Cedar St., Norwalk, 515-313-3814, welcomesh@edencrestliving.com. Information from Family Caregiver Alliance.

RECIPE

A PERFECT pasta for school nights

(Family Features) Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes. ■

Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



IS IT TIME TO FALL IN LOVE WITH YOUR NEXT HOME?

I have the resources to help you navigate this market to find the perfect house to call home!



Taylor Voitell

Realtor®

(515) 729-1322

@VoitelRealEstate, @TaylorVoitel

Let's start your search!



RE/MAX
PRECISION



Taylor Voitell, Realtor
 www.iowalivingmagazines.com SEPTEMBER | 2022 Norwalk Living magazine

DO YOU LIKE WHISKEY?
DO YOU LIKE WINE?
THEN YOU'LL
LOVE THIS EVENT!



WEST GLEN TOWN CENTER
Friday, September 23 from 5-9 p.m.

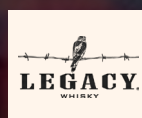
For a ticket price of **\$20** (\$20 in advance, \$30 at the event), attendees will receive **10** drink tickets that can be redeemed at participating stops for a sample size whiskey cocktail! Also enjoy free wine samples at participating retail locations!

PARTICIPATING BUSINESSES:

WELLMAN'S PUB & ROOFTOP, THE IRISH, SHOTGUN BETTY'S, CLUB ENVY, COACH'S PIZZA, TONIC, ANNA SERENE, ANNA DOLCE RISTORANTE, THE BREAKFAST CLUB, SALT BEERSTYLES

FOR INFORMATION, DRINK MENU AND TO PURCHASE TICKETS:
WHISKEYWALK.DMCITYVIEW.COM

EVENT SPONSORS:



THE EVENT WILL BE HELD RAIN OR SHINE

HEAR WELL. Live well

Hearing loss often disrupts communication and interferes with relationships between family and friends. Successful treatment of hearing loss with appropriate hearing devices helps improve communication and maintain relationships, thus enhancing an individual's quality of life.



Research conducted by the Better Hearing Institute in 2011 revealed individuals with hearing loss who utilized hearing aids remained socially active and improved their quality of life.¹

"In this comprehensive study of more than 2,000 hearing device users, we looked at 14 specific quality-of-life issues and found today's hearing devices are a tremendous asset to people with even mild hearing loss who want to remain active and socially engaged throughout their lives," said Sergei Kochin, Ph.D., executive director of the Better Hearing Institute.

Individuals with hearing loss experience

difficulty hearing and understanding others. These difficulties negatively affect interpersonal communication. The use of hearing aids can help. Results of the study revealed approximately 80% of individuals with hearing aids reported improved communication in most conditions, including watching television, shopping, riding in a car, outdoors and during leisure activities. This figure increased to 85% improvement in smaller groups and 91% for one-on-one conversations.

Hearing difficulties may cause emotions of embarrassment or frustration, which may lead to withdrawal from social interaction and isolation. Greater than half of the study participants reported improved relationships at home and while socializing. Eight out of 10 were satisfied with changes in their lives due to their hearing aids.

"This survey clearly reveals how dramatically people's lives can improve with the use of hearing aids," Kochin said. "Today's hearing aids are about staying young ... People want to hold onto their vitality."

Today's technologically advanced and sleekly

designed hearing aids are helping individuals with hearing loss remain active. Survey results revealed 86% of participants reported satisfaction with the benefits of hearing aids. In addition, 82% would recommend these devices to their friends.

According to Kochin, "...those who do face their hearing loss and use hearing aids are experiencing significant and satisfying improvements in their quality of life."

The first step you can take to improve your quality of life is to schedule an appointment with an audiologist to evaluate your hearing and discuss treatment options. ■

Information provided by Dr. Kelly Cook, audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.iowaHearingCenter.com. 1. Better Hearing Institute. (n.d.). https://betterhearing.org/press/news/Customer_satisfaction_hearing_aids_pr08292011.cfm. Quoted in BHI Survey: Hearing Aids Help Majority of Users to Regain Quality of Life via the Hearing Review. (2011). www.hearingreview.com/hearing-products/hearing-aids/bhi-survey-hearing-aids-help-majority-of-users-to-regain-quality-of-life

Hear Them

even when they're too quiet.

Don't miss a moment of mischief with better hearing from **Iowa Hearing Center.**

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

We proudly fit **oticon**
life-changing technology

IOWA HEARING CENTER
1228 Sunset Dr., Suite B, Norwalk, IA 50211
www.iowaHearingCenter.com

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

NOW ACCEPTING NEW PATIENTS.

Exams | Lenses & Frames | Contact Lenses | Eye Health



TAILGATE OPEN HOUSE!
Friday, Sept. 9
11AM-4PM

SCAN TO SCHEDULE NOW!

FAMILY EYEHEALTH CENTER

6004 SW 9th St.,
Des Moines
515.287.0820
Dr. Cord Linville & Dr. David Scott

BEST EYE WEAR SHOP IN DES MOINES 2022

HEALTH Dr. Cord Linville

OCULAR (eye) allergies

Ocular allergies, also known as allergic conjunctivitis, occurs when something you are allergic to irritates the eye. The most common causes of allergic conjunctivitis are seasonal allergens, including pollen and mold spores. Indoor allergens like dust mites and pet dander can cause symptoms year-round. Contact lens wearers also have risks of allergy symptoms, especially if the allergens adhere to the contact lenses.



Eye allergies can be very aggravating, but they are typically not a threat to vision other than temporary blurriness. Unlike pink eye (viral conjunctivitis), allergic conjunctivitis is not contagious.

Symptoms include itching, watering, redness, gritty sensation and swelling. Symptoms can occur alone in the eyes or in combination with upper respiratory allergy symptoms such as a runny nose.

Treatment: If you are suffering from indoor allergens, avoidance is key. Use an appropriate vacuum with a HEPA filter, use a furnace filter designed for allergies, and keep pets out of the bedroom. If outdoor allergens are your problem: wear a wide brim hat, wear sunglasses and apply allergy drops after being outdoors.

If you are experiencing symptoms, it is important to have your eyes examined because infections and other complications can cause similar symptoms. ■

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

HEALTH By Dr. Elizabeth Fleck

BYE bye binky

Most parents know it's important to wean their child from their beloved binky, but we get a lot of questions on why, when and how?

Why? Frequent and prolonged pacifier use can affect the way the child's teeth bite together as well as how the jaw grows and develops. This can mean extra years and expense in braces down the road and sometimes can even cause irreversible damage to jaw development.

When? It is recommended to start restricting pacifier use by the time your baby turns 1 and be completely weaned by 3 years old. It is best (and often, easier) to wean a child from the binky as early as possible.

How? Many parents initially limit use to nighttime only. Some parents use a countdown method and trim the end of the binky, one snip every day (or week) until gone. Many times, the inability to create a suction will cause the child to lose interest on their own. Another strategy is to go to the toy store and let the child select a toy to "trade-in" their binky for. Other parents have had luck with a "Bye Bye Binky" party or a night when the Binky Fairy will pick it up to "take to a baby that needs it more." Whatever method you choose, once you elect to ditch the binky, make sure all caregivers are on board and stick with it. ■



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



Send them
back to school
with a

Healthy Bright Smile!

2022
Living
RESIDENTS' CHOICE
AWARD
WARREN COUNTY
WINNER!

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

NORWALK FAMILY DENTISTRY

1101 Chatham Avenue, Norwalk • 515-256-9000
Dr. Donna Grant, DDS • Dr. Maureen Winslow, DDS • Dr. Elizabeth Fleck, DDS

WWW.NORWALKFAMILYDENTISTRY.COM

THE ENTOURAGE effect

The cannabis plant has hundreds of different cannabinoids, all providing a variety of different effects. CBD and THC are the most abundant and easily the most notable. Since the cannabis industry has flourished these past years, cultivators have been motivated to combine these powerful cannabinoids to note what a difference they could make when working together.



Many people use CBD or THC for relief from discomfort, and studies have shown users get better results when using a product that combines both. This enhanced result is known as “the entourage effect.” Other popular combinations include CBD with CBG, since they both have similar effects but are not psychoactive, so users who do not want the “high” associated with THC can still benefit from the entourage effect. CBG is known for providing a boost of natural energy and focus and also helps with anxiety and depression, making it an excellent partner to CBD.

Those who are seeking help with sleep are recommended to try CBN. While isolated CBN helps many, those who desire better results should try a combination of CBN with CBD. Ask your local hemp consultant to show you what products may produce the best entourage effect. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. Resources: Russo, E. B. (2011). TAMING THC: Potential cannabis synergy and phytocannabinoid-terpenoid entourage effects. British Journal of Pharmacology, 163(7), 1344–1364. <https://doi.org/10.1111/j.1476-5381.2011.01238.x>

TOP QUALITY

PRODUCTS & PROFESSIONAL GUIDANCE



SAMPLE
PRODUCTS
IN-STORE

RELIEF. WELLNESS. BEAUTY.



CBD
American Shaman
VETERAN OWNED & OPERATED
www.cbdshamaniowa.com

TWO LOCATIONS!

800 S 50th Street, #106
West Des Moines
515-380-5251

3418 8th Street SW, #3
Altoona
515-967-4036

VETERAN & MILITARY DISCOUNT 15% OFF

WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.



Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same. ■

Information provided by Ellie McDonald, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, mcdonald@sstherapyandconsulting.com.

SS Therapy and Consulting



**IMMEDIATE
OPENINGS
AVAILABLE!**

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

www.sstherapyandconsulting.com

**STEPS
Groups**

Adults/Teens/
Parents

**Therapy
for All Ages**

Most insurances
accepted.

**Neurofeedback
Brain Maps
and Training
Available.**

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

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

CHIROPRACTIC care for scoliosis

Did you know our schools no longer screen for scoliosis? Scoliosis affects 5 to 7 million people in the United States. Although scoliosis can begin at any age, it most often develops in adolescents between the ages of 10 and 15. Girls are more commonly affected than boys. Because scoliosis can be inherited, children whose parents or siblings are affected by it should be evaluated by a chiropractor.

Because we walk on two feet, the human nervous system constantly works through reflexes and postural control to keep our spine in a straight line from side to side. Occasionally, a lateral (sideways) curvature develops. If the curvature is larger than 10 degrees, it is called scoliosis. Scoliosis can significantly affect the quality of life by limiting activity, causing pain, reducing lung function, or affecting heart function. Because scoliosis occurs most commonly during adolescence, teens with extreme spinal deviations from the norm are often teased by their peers.

A study published in the Journal of Chiropractic Medicine in September 2011 showed 22 out of 28 patients had reductions of their curvature, pain scores and disability rating at a 24-month follow up after completing a six-month chiropractic rehabilitation program. Call your chiropractor today to schedule a scoliosis screening for your child. ■

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



'SNACKS' for the mind

Vending machine rewards students with books instead of sweets.

Dyann Vilez, a Norwalk resident and a teacher-librarian at Orchard Hills Elementary, knows the importance of books and reading — and not just in the library. Now Orchard Hill students can find books in an unlikely place — a vending machine.

Vilez presented information about the unique machine, Inchy's Bookworm, to the PTO in hopes that it could be added to the school.

"I plan on using the vending machine to encourage the students to reach their reading goals," she says. "Each student has a different reading goal, so this will not exclude anyone from getting the reward and recognition that comes along with it."

Vilez says the vending machine is an incentive to read.

"The behavior aspect of this is something I really hope the kids will get excited about," she says. "If a student is showing behavior above and beyond the norm, they can receive a coin to get a book. Since all of our students are so different, this can be adjusted to suit their needs. If there is a behavior student, their improvement can be celebrated also."

Students can also earn coins by completing challenges that Vilez will set up in the library.

"Reading is so important for our age of students," she says. "I think that the most important part of my job as a teacher-librarian is to instill a love of reading. If I can get them excited about books now, hopefully it will carry over into the next grade levels."

Vilez is a promoter of books and her profession.

"There is so much bad press right now about books and librarians. I think something like this can really change the narrative," she says.

To see the wishlist of books, visit https://www.amazon.com/hz/wishlist/ls/3KRPBEYMM92MX?ref_=wl_share. ■



Dyann Vilez spearheaded introducing a vending machine for books at the school where she is a teacher-librarian. Students would have incentives to earn tokens to use to select a book to keep.

BACK TO SCHOOL, MEANS ANOTHER SEASON FOR YOUR CHILD ATHLETE.

Chiropractic care can help maintain mobility and maximize performance and overall health!

NEW OFFICE HOURS Starting in October!
Monday-Friday 7AM-7PM

CALL US TODAY!
515-981-9208



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

DR. JESSE STUMBAUGH
1300 Sunset Drive, Norwalk

NECK PAIN • FIBROMYALGIA • ALLERGIES • INSOMNIA • HEADACHES • BACK PAIN & MORE!

NEED a miracle?

Dr. Helen Roseveare was a missionary in the Congo in Central Africa in the late 1950s to 1960s. In her biography, she writes that one night a mother at their mission station died during childbirth. She left behind a 2-year-old daughter and her premature baby, who was struggling to survive. They didn't have an incubator to keep the baby in, or electricity, so they searched for a water bottle to help keep the child warm. The only one they had broke when they put water in it, so they were desperate for solutions. Dr. Roseveare gathered the children in the mission station together to pray for the baby and her sister. One of the little girls in that circle of children prayed, "Dear God, please send a hot water bottle today. Tomorrow will be too late because by then the baby will be dead. And dear Lord, send a doll for her sister so she won't feel so lonely." Dr. Roseveare felt on edge realizing the audacity of the prayer that little girl had just prayed. Could she in all honesty say "Amen" to that prayer believing that God would answer her prayer in such a bold way? The only way she could see God answering this prayer was by sending a package from her home in England, and, after having lived there for four years by that time, she had never once received a package from home. Even if someone had sent a package, who would put a hot water bottle in a package and send it to people who lived on the equator?



To all their great surprise, that afternoon, a large package arrived from England. Dr. Roseveare gathered the children around to open it. Everyone was excited to see what was inside. She reached inside and pulled out some jerseys that the people from home had knit for the children. They were excited to receive them, but that wasn't what they were looking for. Then she pulled out some much-needed baking items. What a blessing those were, but it wasn't what they were looking for. She reached her hand into the box again, and she pulled out a brand-new hot water bottle! The tears began to flow. Then she reached her arm down into the box once more and pulled up a small, beautifully dressed dolly. The little girl's eyes sparkled. She had never doubted. God the Father knew in advance what those people in the mission needed five months before they were aware of their need. He made sure that, when the people of the Sunday School class back in England packed that box, that someone had included a hot water bottle, even though it was being sent to the equator, and a little dolly for an African child who five months later would become an orphan, and all in response to a prayer prayed by a little girl five months into the future and on the very day they would need it!

Need a miracle? Why not try prayer? Jesus said, "Whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it" (John 14:13-14). ■

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



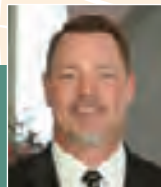
SUNSET MEMORIAL CHAPEL

Celebration of Life | Reception/Luncheon | Final Resting Place



**A brand new
facility to serve
families affordably
and comfortably.**

**Affordable
& convenient
All in one
location**



*Locally owned with 5 generations
of service to Iowa Families.*

Blair
Overton
Owner

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

Fellowship

COMMUNITY CHURCH

**You're Invited To Include Worship
In Your Weekend!**

• SUNDAYS 8:30 & 10:30 AM •

CHILDREN & YOUTH PROGRAMS
• WEDNESDAYS STARTING SEPTEMBER 14 •



Awana for PreK - 5th Grade
6:20 - 8:00 PM



Students 6th - 8th Grade
6:30 - 8:00 PM
Students 9th - 12th Grade
7:45 - 9:15 PM

**DISCIPLING THE NEXT GENERATION TO KNOW GOD,
TRUST GOD AND OBEY GOD FOR THE FAME OF HIS NAME.**

225 North Avenue Norwalk | 981-0699 | fellowshipnorwalk.org
FB & IG: @fellowshipnorwalk | Twitter: @fellowshipnrwlk

GO ALL IN FOR
fall

Customer Gift Baskets for All Occasions!

ORDER TODAY!
ONLINE 24/7

Bellflower
CALL US TO PLACE YOUR ORDER
515-410-2397

a full service flower shop
Holiday, Special Occasions, Sympathy,
Event & Wedding, & More!
Custom made flower arrangements, plants, beautiful gifts and home decor.
2251 Sunset Drive Suite C, Norwalk Local delivery is available

2022 WINNER
VETERAN OWNED

**PROUDLY
SERVING NORWALK
FOR OVER 25 YEARS**

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

**DOUGHERTY
LAW FIRM**
James S. Dougherty
515.981.5401
801 North Avenue
PO Box 278, Norwalk 50211
jdougherty@doughertylawfirm.com

DOUGHERTYLAWFIRM.COM

LEGAL

By James S. Dougherty

AVOIDING probate through joint ownership

Whenever a married couple comes into my office to consult regarding estate planning, one of the things we always review is how they own their property. By going through this analysis and fixing any ownership issues they may have, most married couples can avoid probate completely when the first spouse dies.



Though there are some exceptions, which should be discussed with your attorney, most couples should own all of their property in "joint tenancy." Joint tenancy is a form of shared ownership, with the key feature being the "right of survivorship." This means that, while the joint tenants equally share ownership during their lifetimes, when the joint tenant dies, his or her interest is extinguished, leaving the surviving joint tenant with sole ownership.

The types of property that should be reviewed for ownership include all real estate (your home and any other land owned), vehicles (including cars, boats, trailers, snowmobiles or any other titled or registered vehicles), bank accounts, investment accounts, safe deposit boxes and any other property that requires signatures to transfer or obtain ownership. I want to caution people, however, that simply because both spouses are listed as an owner, they may not necessarily own the property in "joint tenancy." For instance, two people can be co-owners of a piece of real estate, with both their names appearing on the deed for the property and still not be considered joint tenants. The deed must specifically create a joint tenancy.

Another aspect of estate planning which needs to be reviewed are contract-controlled assets that are governed with beneficiary designations. These types of assets include life insurance, retirement accounts, some investment accounts and other assets that have beneficiary designations. A well-planned estate can certainly be messed up with a beneficiary designation that is not consistent with the rest of the estate plan.

You must take care to ensure that a joint tenancy is right for your property. In general, joint tenancy is usually best between spouses. Still, you can create a joint tenancy with anyone. However, I caution people to proceed carefully if they are considering creating a joint tenancy with someone other than a spouse. Generally, it is not a good idea. I often have an adult child or an elderly parent come into my office with the idea that they should make the adult child a joint owner of the parent's house. Such a transfer, though it may avoid probate, can cause many unexpected adverse results that do not occur when spouses are involved.

Proper ownership of assets, as discussed in this article, is an important part of an overall estate plan, which should also include wills, trusts, powers of attorney, medical powers of attorney and living wills.

Though I am always upset when a client of mine passes away, it is always a relief when I can meet with the grieving spouse and tell him/her that, because of good planning, nothing further has to be done to take care of the spouse's estate. ■

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

OPPEL embeds herself in the community

Big family has big heart for Norwalk.

Stephanie Oppel grew up in Ankeny in the 1980s and 1990s, and, for her, present-day Norwalk feels a lot like her hometown did at that time.

She moved to Norwalk in January 2015 to create a large blended family with her husband, Sam.

“His older boys were already settled into Norwalk schools, so it made perfect sense for us to relocate,” Oppel says of herself and children. “I wasn’t so sure about leaving Ankeny for somewhere other than Des Moines proper at first, but it’s been a great place for our family, and I’m happy we are here.”

Their first home in Norwalk was in the Lakewood neighborhood. The family enjoyed walking down to the lake and had great neighbors, but their five kids outgrew the house quickly. The Oppels considered a major renovation while also looking for different homes in Norwalk.

“Nothing we looked at had the right setup for our family of seven, so it took quite a while to find the right place,” Oppel shares. “But when we walked into our current home on Dorchester Street, we knew it was the perfect place for us.”

When the couple first toured the home, they did some surveying of the neighborhood — were there kid toys and bikes? Dogs? That sort of thing.

“We wanted to make sure that we were moving onto a street with activity since we are a big family that loves to play out in the yard,” Oppel says. “We have lovely neighbors on either side of us and everyone on our loop is friendly.”

As for the home itself, the selling point for the Oppels was that it had space large enough for their dinner table, which comfortably fits the whole family. They recently had the house repainted, which Oppel is “still obsessed with,” and updated the backyard with improvements to their fire pit. It’s now the perfect place for the family to gather.

“We also love the location,” Oppel says. “It feels like we are right in the middle of town, but our backyard provides great views and allows us to see lots of wildlife.”

Oppel is an active community member, too. She’s been a member of the Norwalk Parks and Recreation Advisory Commission for the past three years and says she absolutely loves it.

“I’m very excited about Norwalk Central and what it will bring to Norwalk, but the project I’m most personally interested in is the acquisition of land which is now called Serenity Woods,” she explains. “I cannot wait for that to be open to the public and get to hike there with my husband.”

In addition, Oppel has served on a School Improvement Advisory Committee for the past few years. This role enabled her to participate on a parent committee supporting the Norwalk COVID Return to Learn plan, as well as a committee that helped update the school core mission statement and create the district’s Portrait of a Learner. She’s also a member of the United Way of Central Iowa Education Success



Stephanie Oppel and her blended family of seven enjoy their home, the community and the school district.

Cabinet supporting programming throughout central Iowa for youth.

For Oppel, though, the best part of where she lives is the town itself.

“I think that Norwalk has a history that is important to celebrate and a future that is just as important and promising. I’m super proud to be part of this community,” she says. ■

HVAC preventative maintenance

Maintenance is an important aspect of owning a heating and cooling system. Over time, dust and worn parts lower the efficiency of your HVAC system and increase the risk of problems. Scheduling regular preventive maintenance for your furnace and air conditioner can improve the lifetime of these units by up to 48% and prevent yearly losses of up to 15% in heating and cooling efficiency.



What is HVAC preventative maintenance?

• **Heating maintenance:** Just before or during heating season, a heating maintenance check should include an inspection, thorough cleaning and testing of your heating system(s). During this visit, your HVAC technician will check and replace your furnace filter, if necessary, inspect your heater's exterior and ventilation system for signs of wear, and perform any necessary

repairs. Next, the interior components of the system(s) will be cleaned and inspected for signs of wear or damage. The power consumed by your system(s) and electrical components will be measured to check for unnecessary power usage. The thermostat will also be checked, cleaned, and calibrated. The heating systems will be turned on and monitored during function to ensure each component is performing properly. Additionally, your HVAC technician will test for carbon monoxide leaks and ensure all ventilation and piping is clean.

• **Cooling maintenance:** A maintenance check before or during cooling season should consist of a thorough examination and cleaning. Your technician will check both the indoor and outdoor components, including all internal parts, motors and belts. The system's coolant levels will be measured and lost coolant replaced if necessary. Your technician will check the circuits, safety controls, drain line, condensate pump, all caps and valves and, of course, make sure there is a clean filter. Electrical components and your thermostat will

be inspected and cleaned.

Why is HVAC seasonal maintenance so important?

Is the cost of maintenance worth it? You should consider that some benefits of regular maintenance are immediate while others prevent future problems from developing. Some of the most prominent benefits include:

- Fewer repairs will be needed
- Your systems will last longer
- Lower utility bills from improved efficiency

efficiency

- Improved safety for the entire family
- Better indoor air quality ■

NOTE: In case you didn't know, ALL Warren County residents receive special pricing on all sales and service with Triple A Home Services, including Seasonal Maintenance! Still have questions? Visit www.tripleahomeservices.com for additional information, or call Dale at 515-868-2779 ext.1 to talk through your concerns and questions.

\$20 OFF

SEASONAL MAINTENANCE PROGRAM

Includes both Spring and Fall cleaning and maintenance.

Triple A
Home Services LLC



*Proudly serving
Warren County resident's
heating and cooling needs
for the last 11 Years.*

4604 20th Avenue in Norwalk

Sales • Service • Maintenance

515-868-2779

Visit Us Online!



Natasha & Dale Adams,
Owners



WOMEN'S Mentoring Event

This year, our chamber has been busy getting members reconnected with each other. As we continue to grow, new groups have been forming, and we are excited to introduce you to them. This month, we want to announce an ever-growing event for businesswomen who are interested in networking and mentoring each other right here in Warren County. A larger event called The Metro-wide Women's Mentoring event was started back in 2019 by the Greater Des Moines Partnership, but each chamber in the metro has since branched out and created its own event. This year, we have a new Women's Mentoring Committee at the Norwalk Area Chamber that has planned an event around the topic of "Balance."

As we emerge from our new normal with the pandemic and new pivots in the business world, many of our professionals are stressed. Discussions like showing confidence during adversity, being mindful with your day, taking risks, being a leader even when you're not in charge and weaving well-being into your workday will be led by our featured mentors. We are excited to have as a mentor and event moderator Christina Moffatt from PurposeBank in Grimes. Christina is a new resident in Norwalk and no stranger to our chamber. In previous roles,



Christina was instrumental in mentoring women-owned businesses and has been a business owner herself as the owner of Cr  m   Cupcakery that just recently sold to another female business owner. Christina will be introducing our mentor leaders through a Q&A session before attendees split into small groups with each mentor to learn and discuss each topic speed-dating style. This format has been successful in the past and allows for group collaboration and networking for each attendee.

Our mentors are Jill Andersen from Lakewood Elementary, Alicia Benson from AB Coaching, Rachelle Hunt from Luana Bank and one more to be announced soon. The Warren County Women's Mentoring Event is hosted by the Norwalk Area, Carlisle and Indianola chambers and will be held Thursday, Sept. 29 at St. John the Apostle Catholic Church in Norwalk with City State Bank as the presenting sponsor.

Any business professional is invited to register for the event at www.norwalkchamber.org. Cost for the event is \$20, which includes breakfast catered by Savor the Rise in Indianola and sponsored by Lorie Williamson at Blue Pencil LLC. We hope you join us for a renewing and meaningful event. ■

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



View the business directory
www.norwalkchamber.org

Connecting Community to Business



Thank you for voting
us **Best Chamber** in
Warren County!



promote. connect. grow.

www.norwalkchamber.org

Text "Norwalk" to 866-866-5545 for our Community App

COMMUNITY Carnival

Jones Family Dental
hosted a community
carnival on July 30.



Elder Torgensen and Elder Adams



Parker Wood and Joe Wood



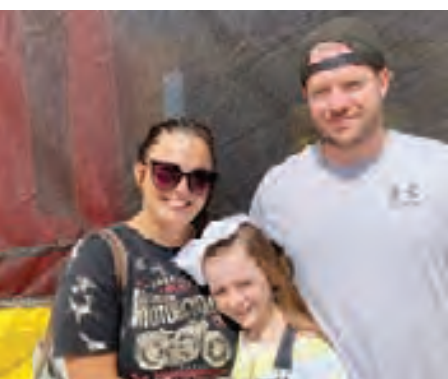
Cecilia Robles, Noel Gonzalez and Anna Bowen



Elma Mujakovic and Maraine Slycord



Mel and Stu Duncan



Emily, Presley and Levi Miller



Jonathan, Sophie and Anna Lund



Rocio, Sophie and Camila Jones



Pamela Ory, Tiffany Wares and
Martine DeLeon



Bill and Gloria Usmiller



Teeah Yoder and Kim Bates



Cassie and Tom Penne

OUT & ABOUT

'FARMIVAL'

Holland Farms Senior Living hosted "Farmival" on Aug. 5.



Misty Alberigo and Katie Salinas



Kelly and Elizabeth Reaper



Kristin Byers



Shaylin Gladson



Linda Mazza



Hannah Poortinga, Sonia Roberts and Julie Smith



Alexis Morrow and Jaime Paca



Daniel Cunningham and Bryan Runyan



Melody Johnson and Von Breise



DANGER and Steve Gorden



Chris Dirkx and Karissa Stensgard



Eric Skuster and Walley Johnson

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

AUCTIONS

WRIGHTZ AUCTION CO. "Your Locally Owned, Full Service Auction Company" SPORTS & RECREATION CONSIGNMENT SALE, Saturday, October 8, 2022, 9 AM. CALL TO CONSIGN TODAY! 641-398-2218, Hwy 218, Floyd, IA, www.wrightzauctionco.com (mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-866-258-6720. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (mcn)

SAVE MONEY ON EXPENSIVE AUTO REPAIRS! Our vehicle service program can save you up to 60% off dealer prices and provides you excellent coverage! Call for a free quote: 877-385-3047 (Mon-Fri 9am-4pm PST) (mcn)

CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirectTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DIRECTV Stream - Carries the Most Local MLB Games! CHOICE Package, \$89.99/mo for 12 months. Stream on 20 devices in your home at once. HBO Max included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-866-387-0621. (mcn)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096. (mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-866-296-1409. (mcn)

EDUCATION

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 855-391-1156 (M-F 8am-6pm ET). Computer with internet is required. (mcn)

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-493-4066. (M-F 8am-6pm ET). Computer with internet is required. (mcn)

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

Attention Viagra users: Generic 100 mg blue pills or generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today 1-877-707-5659. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest#6258 (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

VIAGRA or CIALIS Users! Save \$500! Viagra On Call! 40 Pills + 10 FREE for only \$99. 100 Percent Guaranteed Pills. #1 Male Enhancement, Discreet Fast Shipping. Money back guarantee! Call Now 1-833-980-1500 or 1-609-447-2228. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reli-

ance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

PROTECT YOUR HOME from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-949-4528 (mcn)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-855-962-5554 (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trustee by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit dorranceinfo.com/Midwest (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

Buying and selling silver bars, silver dollars, rare coins, gold coins, gold jewelry, collector coins. No collection to big. Kuehl's Coins, Fairmont, Minnesota, 507-235-3886. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call

before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-855-364-3948 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up! 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-341-5862 (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. Free professional installation! Four free months of monitoring! Call to customize your system. 1-833-841-0737 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Protect your home from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-949-4528 (ACP)

Discount air travel. Call Flight Services for best pricing on domestic & international flights inside & from the US. Serving United, Delta, American & Southwest & many more. Free quote! Have travel dates ready! 844-951-2014 (ACP)

REAL ESTATE

ATTENTION: Real Estate Professionals! Receive Exclusive, Off-Market, Motivated Sellers. No upfront fees. No contracts. All 50 states. Join FREE: www.Off-MarketHouses.com (ACP)

Join Our Team!



We have an opportunity for you!

HIRING FOR PACKAGING at \$15.50, **SANITATION TECH** starting at \$18.50 and **MACHINE OPERATORS** at \$16.50, with 2nd shift positions receiving an extra \$1.00 per hour for shift differential

**COMPREHENSIVE MEDICAL, DENTAL & VISION PLANS • 6% 401K MATCH
COMPETITIVE PAY & VACATION TIME • TUITION REIMBURSEMENT**

Whether you are starting your career or you are an experienced professional, Michael Foods offers exciting job possibilities at every level of our organization. Join our team and grow your career as you help grow our company!

MICHAEL FOODS INC.

*We are looking
forward to meeting
with YOU!*

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

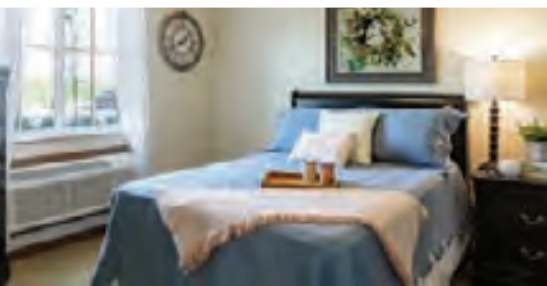
APPLY ONLINE AT MICHAELFOODS.COM



WE ROLL OUT THE RED CARPET FOR OUR RESIDENTS.

With our innovative, resident-centric programs and activities, you or your loved one will have many opportunities to explore new hobbies, rekindle old ones, and

PURSUE LIFE WITH PURPOSE & PASSION.



NORWALK'S PREMIER | ASSISTED LIVING | MEMORY CARE



IN-PERSON & VIRTUAL
TOURS AVAILABLE
515-313-3814



Shawn Kinnison
welcomesh@edencrestliving.com

2901 Cedar Street, Norwalk | 515-313-3814 | www.edencrestliving.com