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OCTOBER 2024

Living

MAGAZINE



THE Race IS ON

Residents share their passion for reaching the winner's circle

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WELCOME

THE NEED for speed

My friend Mark wrote a poem entitled “The Need For Speed” in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don't remember Mark's exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, “You are scaring me!” She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.

Mark wrote his paper sometime around 1986. That was about the same time the original “Top Gun” movie was released in theaters. You may remember Tom Cruise's character, Maverick, saying, “I feel the need ...” and Anthony Edwards' character, Goose, replying with “... the need for speed!” I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn't matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark's when I put my teenage daughter on a jet ski for the first time. She had her driver's permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month's cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it's not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■

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THE *Race* IS ON

Residents share their passion for reaching the winner's circle

By Rachel Harrington

When driving through Iowa's wide open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

Robbie Vierhout put together his Nissan 350Z engine converted to a Gridlife Touring Cup Series.

From Hot Wheels to race wheels

As a young boy, Robbie Vierhout enjoyed playing with toys such as Hot Wheels and model cars. Though his family wasn't a part of any racing community, he developed a love for fast cars, "probably through the movies," he says.

"When I got my driver's license, I couldn't get into a car fast enough," he says.

It wasn't until about 10 years ago that Vierhout began following professional racing like the Indy 500.

"I was mostly interested in building cars at first," he shares. "I had my previous car for about 10 years and used it for car shows, but, after a while, I found myself wanting something a little more exciting."

In college, a few of Vierhout's friends began participating in local autocross events and invited him to come out with them.

"My car wasn't set up for racing. It was more just for looks," he states. "However, I had a blast at an autocross event, and it was the most fun I'd ever had with the car. I was hooked. So, I jumped in with both feet and

turned my car into a track car."

At the time, Vierhout participated in a PDX (Performance Driving Experience) with the SCCA. He says his car probably had too much power and not enough safety. He went to the Iowa Speedway with his car and was given instructions on how to drive on track. After participating in a handful of other PDX events, he started competing in the SCCA Time Trials.

"It is basically like qualifying, where the driver with the fastest single lap time is the winner," Vierhout explains. "It was the natural next step to learning how to drive fast and safely."

He then purchased his current car from a friend, though it was just a shell with a cage and no engine.

"I bought the engine disassembled in boxes," he says. "I put it all back together, and I've been racing the same engine for four years. It's a Nissan 350Z converted to a Gridlife Touring Cup series. It has around 240 horsepower and weighs about 3,000 pounds."

Vierhout says his first weekend racing with

Gridlife in 2020 went as smoothly as he could have asked for considering the circumstances worldwide that year.

"Gridlife is a music festival and a racing event all in the same weekend, with usually around 100 time attack cars, 60 touring cup race cars, and has arguably the most competitive amateur racers in the country," he says.

"The best part of racing is the excitement. Racing came naturally to me. I've always been a risk taker. There is a saying that states, 'with age comes a cage,' so moving on from dirt bikes to racecars is a fairly common transition. My family is a mixed bag on what they think of my racing. They are supportive of my racing hobby while encouraging financial responsibility, because racing can get pricey quickly."

Vierhout's advice to others who are interested in racing cars is to reach out to the local SCCA region and get into autocross.

"It is the most affordable way to get your feet wet in this sport, using any car — racing what you've got," he says. "It's also great for networking."

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Racing downhill for the win

When browsing online marketplaces, one can happen upon unique finds. Such was the case for Eva Rose Severino's dad, Mark Severino.

"He found a soapbox derby car on Facebook Marketplace and bought it on a whim," Rachael Revell, Eva Rose Severino's mom, says. "She is a competitive kid, and she has done dance a long time and likes being active. Mark figured this was something she'd really enjoy."

Rachael says she'd heard of soapbox derby before but didn't know that there was a dedicated space for it in the Des Moines metro. Mark researched and figured out there were periodic races in the metro.

Eva Rose, 8, was completely on board with the idea.

"When my dad found the car, I was super excited, and I couldn't wait," she says. "It's black and shiny metallic colors. In the sun, it's like a kind of rainbow."

Eva Rose has participated in two races so far, one this past June and one in September. Both races were in Des Moines at the soapbox derby track on the south side.

"I was a little nervous to race, but not too

bad," Eva Rose shares.

Her mom says the event lasted all day. At the races, Eva Rose met several girls who race in the soapbox derby that dance at the same studio she does, and she became fast friends with them.

"The June race was really incredible," Rachael shares. "It was her first time racing, and she got second place. In her September race, she got eighth place."

Eva Rose says her goal was just to get across the finish line. Rachael says the racers participate in two races down the track, switching sides of the track and wheels for the second heat to make sure every part of the race is fair. Each car must weigh the same, and weights are added as needed to make everything even. When the races are complete, each racer is given the best out of their two times, and the winner is the one with the fastest overall time. There are several age brackets, as well as some special needs brackets.

When it comes to prepping for a race, Eva Rose says there isn't much practice involved.

"I take a couple of practice runs down the day of the race," she shares. "I sometimes ride



Eva Rose Severino became involved in soapbox derby racing after her father found a car online.

down a hill at my dad's house. It's not that hard to steer, but the steering wheel takes a little while to turn if you need to turn it."

Eva Rose's car is open on the top. During a race, she must keep her helmet above the foam, and she isn't allowed to look anywhere inside the car. Older racers ride in a more

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streamlined car. They have helmets and clip into the car, riding in a more reclined position. Eva Rose's car hasn't had any changes made to it since her dad bought it, but she plans to have it wrapped again with the same material it already has on it.

Rachael encourages anyone interested in learning more about soapbox derby to look up the Soapbox Derby Association.

Motocross – A family way of life

Robbie Palmer and his family have participated in motocross bike racing as long as they can remember.

"My dad used to race motocross, and I have raced in it since I was very young," he shares. "My three sons have all grown up racing as well."

"I like how you go on the turns with so much traction, jump high, and go as fast as you want to," Griffin Palmer, his youngest son, says. "I like the competition with other kids, even my brothers."

"The sport alone is a lot of fun, as well as the community around it," Robbie's middle son, Grayson Phillips, shares. "My best friends and I all ride together."

Robbie says that motocross is as big of a deal for him as it is for his boys.

"I've been doing it since I was 5 years old," he states. "The community is like family. You make lots of friends, and it's pretty fantastic."

He says that a typical motocross race starts the night before with checking gas levels, making sure the tires are good and preparing food and drinks for the next day. The next morning, sign-in starts by around 7:30 a.m., and there is usually a practice session in the morning. Depending on the class a racer is in, he or she will typically ride two motos that day.

"Sometimes the races are a two-day event, and sometimes it's just a one-day event," he says.

Motocross bikes are strictly off-road vehicles. Robbie has a KX450 4-stroke style bike. Grayson has a CRF450 Honda, and Griffin has a YZ85 2-stroke bike. The family started the boys on smaller bikes and, as they outgrew them, passed the smaller ones on to younger brothers and moved the older kids up to bigger and stronger bikes.

"When I first started riding, I was timid because it was new. But, within an hour, my nerves were gone," Grayson shares.

"I was the same as Grayson," Griffin adds. "The more I got on it, I liked it more and more."



Robbie Palmer and sons Griffin Palmer and Grayson Phillips all enjoy motocross.



Grayson Phillips practices his motocross jumps.

Robbie says that he still gets butterflies when race time approaches, but, at the start gate, that all goes away.

"From my point of view, my boys have come 180 degrees since starting. Grayson keeps up with me and can finish in the top three. They have improved a lot over the years, and they're always learning," he says.

Grayson says motocross tends to get a bad reputation because people can get hurt but that the frequency of injury is no worse than sports like football.

"We have more safety equipment than most other sports," he says. "We wear helmets,



Robbie Palmer grew up racing motocross and now his sons do as well.

goggles, gloves, chest protection, boots and knee guards or knee braces."

Robbie adds that the amount of time and effort riders put into the sport and the strong community connection is probably unknown on the outside. He says many people also don't realize how physically demanding it is and how important hand-eye coordination is.

The family's favorite local tracks include their own track, Oakridge, Farm MX. Grayson also likes the former Riverside track, Griffin the small track at the county fair, and Robbie the Lamoni Motocross Park and the track in New Hartford. ■

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FITNESS By Dani McManus

Q: Why do I compare myself to others at the gym?

A: It is almost like an immediate instinct to walk into the gym and start comparing ourselves to others. To immediately look at someone and feel like you need to be better in whatever aspect is being compared. But why? Why do we do that to ourselves? Why do we instinctively try to put our abilities and capabilities in the same category as a stranger? There are many factors to be taken into consideration. You don't know how long they have been on their fitness journey; you don't know what struggles they have gone through to get where they are at, and, for all you know, they could be comparing themselves to you at that exact moment. Flip your mentality and use that person as inspiration. If you want to be as strong or as fit as someone, take it day by day and work for it. Do not inflict self-criticism, but rather start instilling a new sense of motivation. Use the ones around you as motivation, not a platform to start self-critiquing. For all you know, you could be that one that someone else is comparing themselves to. Someone is probably noticing your strength, your hard work, and your improvement. Remember that. You are more than likely someone else's inspiration, and you do not even know it. ■



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.

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PLAN AHEAD By Scott Eriksen

VISIT with loved ones about final arrangements

As we anticipate the approaching holidays, I am sure many of us are looking forward to special time with family. This can be a perfect time to visit about your own final arrangements with those closest to you.



Folks whom we meet with often share they would like to discuss their final arrangements with their children before finalizing their plans. However, it can sometimes be a challenge to find the best time to do this. Holidays bring families together and can provide that perfect opportunity to discuss these important matters.

This conversation does not need to be difficult. It can be a time to share your preferences and find out what will be important to those whom you love. Ultimately, it will provide the opportunity to avoid surprises when the day comes that funeral services are needed... and the reassurance that this is what mom or dad wanted.

Don't shy away from having this conversation. Take this opportunity to have this discussion. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

WHY does it seem God allows bad things to happen to good people?

Being a pastor, I often find myself in situations to hear people share with me their life story. There are times when this happens that I have to swallow hard and keep my emotions in check. The stories I've heard would make the hair stand up on the back of your neck, drive you to an angry outburst, or lead you to bow your head and sob. These stories run the gamut from disease to death, abuse to alcoholism, and about every horrible situation that you can think of. This all begs the question, why does it seem that God allows bad things to happen to good people?



This could be one of the hardest questions to answer. It might be helpful to start with our definitions of "good" and "bad." What measure do you use to determine who is good and who is bad? Different cultures have different definitions. In one culture I know, it is considered virtuous to befriend someone of another tribe, flatter them with acts and words of kindness, then, when they are unsuspecting, kill them. This process of treachery is considered the ultimate form of social status.

I believe that, to use any other measure of right and wrong other than the Bible is to have a standard that will constantly change. No one can deny that cultures change. Societies change. Governments change. People change. But, as the Bible says, "the Word of God abides forever." The Bible makes clear that there are no truly "good" people. In other words, no truly righteous people (Romans 3:10-18). The standard for who is good and who is bad is God himself. He is holy and righteous. Compared to him, we all fall short (Romans 3:23). So good and bad isn't the same to us as it is to God.

Let's consider a few more facts about this topic that the Bible makes clear. First, we live in a sinful, fallen world. Bad things are going to happen to everyone — saint and sinner alike. But this world is not all there is (2 Cor. 2:16-18). Eternity is waiting for everyone. Heaven will bring reward to those who, by faith, trust in Jesus Christ for eternal life. Eternal punishment in hell is waiting those who refuse Christ's offer of forgiveness for sin and eternal life. In heaven, God will justly settle all accounts and all situations that in this life were unjust, unfair or otherwise undeserving. So, while bad things will always happen to good people in this life, a day of judgment is coming where everyone will give an account of their lives to God for HIS final determination, and he will reward those who have honored him and punish those who have crossed the line of sin. Truly, heaven will be the place you will want to be where today's injustices will be a permanent thing of the past.

Watch next month's column for part 2 of this important topic. ■

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

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RATE: Is it real estate's four-letter word?

With all the recent talk about interest rates, it seems like “rate” is the new four-letter word. As we all know, rates are driven by the economy and always fluctuating. This makes it difficult to predict what the market will do in the future and if now is the best time to buy a house. While it is true that interest rates play a role in the decision, it should not be the only deciding factor. Instead, you should ask yourself, “Is it a good time in my life to buy a house?” To answer this question, you should look at your current financial situation and the housing market.



buyers and sellers due to the less competitive market. Buyers were no longer rushed to write offers and paid closer to list price instead of above. Sellers benefited from having fewer homes on the market to compete with. The good news is that housing market numbers have been steadily climbing and sales are increasing. However, the benefits of less competition can still be felt.

Now is also a good time to consider purchasing a new construction home. Many builders reacted to the booming market by building more homes and are now faced with higher inventory. This is resulting in some builders offering incentives to move current inventory. Builders may be more willing to negotiate, so consider taking advantage of the new construction deals that are available right now.

Interest rates continue to improve and are the lowest since February 2023. No one can predict precisely what the market will do in

the future, but experts anticipate we will never see those historically low rates again. However, there is always an option to refinance if rates fall.

Here are some suggestions to seek out the best interest rate available:

- Shop around for a lender.
 - Buy down your rate.
 - Look at different loan types and length of the loan.

In most cases, the advantages to buying a home now are greater than waiting. Buying a home allows you to settle in and start building equity. It also provides other benefits like tax deductions. There is never a one-size-fits-all answer to whether now is the time to buy a home, but a home is one of the best investments in your future you can make. ■

Information provided by Jonny Lee, Realtor, CNE, CNHS, USMC Veteran, RE/MAX Precision, 1424 Sunset Drive, Norwalk, Iowa 50211.

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DEMENTIA and driving

Protecting your loved one's safety and dignity

As dementia progresses, the cognitive impairments it causes can severely affect a person's ability to drive safely. Even in early stages of dementia, people may experience memory lapses, slower reaction times, or confusion on the road, putting themselves and others at significant risk.



When it's time to stop driving

One of the most challenging aspects of dementia is that the person affected may not recognize their own limitations, especially in the mid-stages of dementia. They may insist they are capable of driving, even when they exhibit warning signs, such as:

- Getting lost in familiar areas, even a route they've driven hundreds of times.
- Confusing the gas and brake pedals and causing an accident.
- Driving for hours but for them it only feels like minutes.

According to Jolene Brackey, author of "Creating Moments of Joy," a book for caregivers navigating the journey of dementia, many families make the mistake of letting their loved ones decide when it's time for them to stop driving. Brackey says, "Unfortunately, families will wait and wait for permission. Your person will not likely say, 'Hey, here are my keys, I shouldn't be driving.' It just won't happen that way."

Brackey recommends families not sell the car, but that, instead, the keys are taken away or the car is "fixed" to be unusable by the person with dementia. The reason is, depending on the stage of their dementia, they likely won't recall that you sold the car and will look for it over and over.

Taking away the keys with compassion

It's important to approach this situation with empathy, being mindful of what driving represents for many individuals — independence. Here are some tips to help maintain their dignity while ensuring they no longer drive:

- **Make it about safety:** Emphasize that this decision is about keeping them and others safe. Instead of focusing on their limitations, focus on their safety and wellbeing. Phrases like "I want to make sure you stay safe" can help soften the message.
- **Involve their doctor:** Sometimes, hearing a recommendation from a healthcare professional can carry more weight. Doctors can evaluate cognitive function and driving ability, making it easier to accept the decision. You can ask their doctor to write a note explaining that they can no longer drive. When they ask questions, you can show them the note.
- **Remove temptation:** If necessary, render the car unusable. This may mean removing the car battery or the fuel pump fuse.

After you take the keys, help your loved one maintain independence by arranging alternative ways to get around. Offer to drive them, hire a caregiver, or introduce them to transportation services for seniors. Maintaining mobility can help ease the transition.

If you're caring for someone with dementia and need support, reach out to a local memory care community for expert advice. ■

Information provided by Katie Salinas, Memory Care Manager, The Homestead at Holland Farms Senior Living, 2800 Sunset Drive, Norwalk, 515-981-1888, www.HollandFarmsLiving.com.

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FIRE Safety Month

How your family can practice fire safety

In 2016, there were 3,390 deaths caused by fires alone. More than 14,600 people were injured, and \$10.6 billion were lost in property damage.



How much time would you and your family have to escape your home in case of a fire? Five minutes? Four? Think again. According to the American Red Cross, you might have as little as two minutes to evacuate everyone safely. In recognition of Fire Prevention Week, which runs from Sunday, Oct. 9, through Saturday, Oct. 15, here are some things you and your family can do together to reduce the likelihood of fire in your home, as well as how to respond in case of a fire emergency.

Protect your family: smoke detectors. Installing and maintaining smoke detectors is still the most critical step you can take to protect your family from fire death or injury.

What you already know about smoke

detectors. The detector should be no more than 10 years old. You can check the date on the back of the unit. Test the batteries monthly and replace often. Install them in all bedrooms, hallways outside bedrooms, and on each level of your home.

What you might not know about smoke detectors. There are two types of smoke detectors: photoelectric and ionization. Photoelectric works better with slower, smoldering fires, while the ionization type is more suited for faster, flaming fires. Most experts recommend that you have both in your home.

The escape plan: Make it a game. Take the time to plan an escape route for everyone in the home, designating a “meet up spot” outside. What good is an escape route, though, if no one remembers it? The answer is simple: practice, and make it fun. Kids love games and challenges. Record the time it takes everyone to make it from their beds to the meetup spot and then try to beat the time. The more often you practice, the more likely your children are to follow the

plan rather than freeze in panic.

Additional tips for preventing fire

According to the National Fire Protection Association, two out of five home fires begin in the kitchen. Never leave the kitchen when food is cooking, and keep a fire extinguisher in or near the kitchen.

Have your chimneys cleaned regularly and be careful with portable space heaters. Make sure they are several feet away from drapes, clothing, or anything that could catch fire.

Never smoke in bed or lying on the sofa.

Finally, inspect your appliance cords. If any are torn, ripped or damaged in any way, replace them immediately. If a wire or plug ever feels hot, unplug it. ■

Lane Insurance would be happy to help examine your risks and suggest the best coverages for you and your family. Feel free to request a quote online at laneinsurance.com or give us a call at 515-981-4614. Information provided by Mike Lane, Lane Insurance Agency Inc., 1225 Sunset Drive, Norwalk.

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IT'S TIME to winterize

Heating and cooling your home with a conventional system (ductless heat pumps are the exception) on average accounts for 43% of your monthly utility bill. To ensure that you're not spending a small and unnecessary fortune on your HVAC systems, you should focus on properly winterizing them in the fall. Here are a few of our priority recommendations for winter prep.



Do have an HVAC inspection

Before you do anything else, you should have all your units inspected by a professional. Without bi-annual HVAC inspections, your units might be in jeopardy of completely breaking the next time you need them. During this process, your HVAC technician will examine all components of the system to make sure they are in good working order and able to handle another colder season. If there are any problems, this is the perfect time to repair them so that your furnace will keep you and your family warm throughout the upcoming winter months.

Don't forget to check your thermostats

Today's programmable thermostats make it easy to regulate your home's temperature and energy use. If you don't already have a programmable thermostat installed in your house, it would be good to upgrade to one. If you already have a programmable thermostat, check what is programmed in and consider any daily routine changes from the previous year. For winter, Energy.gov states the ideal thermostat temperature is 68 degrees Fahrenheit when you're at home and suggests lowering it a few degrees while you're away. If you can lower it 7-10 degrees while you're away during the day for about eight hours, you can save up to 10% a year on your energy bills. There are even smart thermostats that have sensors you can control with your phone and some that learn from your daily habits and adjust the settings accordingly to be more efficient and further maximize energy savings.

Do clean or replace your HVAC filters

If anyone in your home suffers from allergies, it's smart to change your filters at least once a month. From an energy efficiency standpoint, it's recommended to change them monthly anyway. Even high-quality HVAC units can get extremely dirty from time to time, which is why it's important to clean their air filters regularly. If you're unsure of how to do this, simply ask a professional HVAC repair service, and they can help you out.

Do investigate your options for whole home humidifiers and air sterilizing systems

Do you remember that dry skin, sore throat and winter allergies last winter? Not much has to be said for the peace of mind we have with breathing clean air free of pathogens and allergens. Both systems are affordable options and, when combined, provide for the very best clean and quality indoor air. ■

If you have questions, or just simply want to speak to the experts about this or other comfort concerns, give Triple A Home Services a call. An HVAC expert answers/returns every call, and our expert advice is always free. 515-868-2779 Ext 1 or Dale@TripleAHomeServices.com

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MAYORS MOMENT

In 1997, I was elected to the Norwalk Community School District school board. I spent 16 years as a school board member. When I was first elected, a need identified for the district was for an auditorium and, as a board, we acknowledged that need and wanted to build an auditorium. However, when the more basic needs of the school district were analyzed—classroom space was always a priority—and the auditorium project was put on hold. When local option sales tax came to Warren County, we then had a funding stream that the school board could use to build an auditorium and the school district now has a beautiful auditorium.

The same is true for Norwalk City government. We know we need a facility for senior citizens and we'd very much like to provide a Senior Center for our older population. Unfortunately, right now, the basic needs of the City must be met, and those needs are taking every dollar we have. This means our desire to provide a Senior Center is on hold.

Even though we are unable to create a physical Senior Center, we are still able to provide senior programming. These programs are currently available through the Norwalk Easter Public Library and through the Norwalk Parks and Rec.

Norwalk Easter Public Library Senior Programming

The ongoing events listed below are more catered to the elder/senior adult (age 55 and older):

- **Forever Fit** *Mondays & Wednesdays, 9-10am & 10-11am*
Forever Fit is a video-led adult fitness series, offering a rotation of strength training, stretching, & occasional guest presenters. Attendees should dress comfortably & bring water; we provide everything else! No registration required. See online calendar for the current exercise rotation.
- **Craft, Chat, Chill** *select Tuesdays and Thursdays, 1-3pm*
At the Triple C, attendees can get creative with two-three drop-in crafts, chat with friends new & old, and chill out from a busy schedule. Craft offerings vary and can be found online or see our examples at the front desk. Perfect for beginner, casual, or experienced crafters! No registration required.
- **Game Cafe** *select Tuesdays and Thursdays, 1-3pm*
Our Game Cafe includes dominoes, cards, puzzles, & word games for a casual afternoon pick-up game for one, two, or more individuals! A new game is featured each month in addition to our regular game offerings. A perfect place to socialize with other adults over games! No registration required.
- **Pick-Up Puzzle:** *Ongoing, located by the newspapers & magazines*
Help assemble a themed jigsaw puzzle! Each month a new puzzle will be set out for any and all to piece together.
- **Get Lit Book Club: Wicked** *Tues. November 19, 6:30-8:00pm*
All readers are welcome for open discussion of *Wicked* by Gregory Maguire. Copies of the book are available for checkout at the front desk at the conclusion of the previous meeting. *January 2025 book selection will be determined at the September Get Lit event.*
- **From Page to Plate Cookbook Club: Cookies & Bars** *Tues. December 17, 6:30-8pm*
Returning by popular demand, this month's cookbook club participants are encouraged to bring a batch of cookies or bars. Cooking is not required to participate but is certainly preferred! Print copies of our themed handouts will be available at the front desk after the event & digital copies can be found on the online calendar. Registration is strongly encouraged so we know how much to prepare and serve.

In addition to the ongoing events listed above, the Library regularly hosts speakers and presenters, as well as craft events that are open to all adults and may be of special

interest to our seniors. Presentations are from local authors and historical societies, the Society of Financial Awareness (SOFA), Senior Health Insurance Information Program (SHIIP), ISU Warren County

Extension, Storm Chasers of Central Iowa, local musicians and artists, just to name a few. A listing of these presentations can be found in our current print calendar or online at norwalklibrary.libcal.com

For more information, contact Kayla Becker at 515-981-0217.

Norwalk Parks and Rec Senior Programming *Senior Exercise Class (Ages 55 & Older)*

Everyone age 55 and older is invited to attend a free exercise program that will include stretching and toning. This program runs all year long.

Program days/times: Monday and Thursday / 10:00-11:00 am

Cost: Free to the public

Location: Luana Savings Bank, 9321 Market Place Drive, Norwalk

OPALS luncheon (Ages 55 & Older)

Everyone age 55 and older are welcome! Come and socialize with the Parks and Recreation staff and enjoy a potluck style lunch. The main dish and water will be provided. Bring a side dish or dessert to share. Each event will have a different speaker. Speakers will be announced prior to the event. **Must pre-register. Call the office to register prior to the event, 515.981.9206.**

Program days/times: October 4, November 8, December 6, 2024

January 3, February 7, March 7, and April 4, 2025 / 11:30 am-1:00 pm

Office phone: 515.981.9206

Discount Senior Membership Rates: 62 years and older, Monthly \$20.00 resident/\$23.00 non-resident, Annual \$135.00 resident/\$155.25 non-resident

Monthly schedules available online at:

https://www.norwalk.iowa.gov/departments/parks_recreation/city_state_bank_norwalk_fieldhouse/facility_schedules.php

Norwalk Aquatic Center:

OPALS (Senior) Water Exercise

Everyone age 55 and older is invited to attend a low impact water exercise program at the Norwalk Aquatic Center on Friday mornings.

Program days/times: June 7 - July 26 (No class July 5) / Fridays 12:00-12:45 pm

Instructor: Shauneica Lane

Cost: \$5.00 drop in

Location: Norwalk Aquatic Center

Plus, there's a variety of exercise classes available for registration to the community.

For more information, contact Sarah Coburn at 515-981-9206.

BEGGAR'S NIGHT - WEDNESDAY, OCTOBER 30

As I wrap up my article this month, I'd like to remind residents that the Norwalk City Council has officially set October 30 from 6-8 p.m. as the 2024 Beggar's Night in Norwalk. I know we will have lots of little ghosts, goblins and princesses trick-or-treating that evening, so please pay attention and drive carefully on Beggar's night. We want to make sure everyone makes it home safely.



Tom Phillips, Mayor

OCTOBER 2024

City of Norwalk, Iowa - City Hall @NorwalkCH NorwalkIACityHall

Keep Storm Drains Clean

Fall is fast approaching! That means yard work generating volumes of organic debris which can be harmful to the city storm sewer system, aquatic plants and wildlife, and the safety of those traversing our roadways. It can also create foul odors and make our waterways unsightly, not to mention that it's also a violation of City Code to place yard waste of any kind in the street.

Please help by doing the following:

- Bag or mulch your yard waste to keep our storm sewer clean and unobstructed
- Learn more about yard waste disposal by visiting WhereItShouldGo.com and searching for "yard waste"
- Don't blow grass or leaves into the street. If it happens, clean up when finished.
- Limit lawn chemicals.
- Pick up pet waste.
- Help clean storm drains in your neighborhood to reduce chances of flooding.



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

TRUNK OR TREAT

October 23, 2024 • 5-7pm

FREE & for all ages!

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How I Became a City Council Member in Norwalk

It was late summer 2020. A neighbor was hosting a Norwalk Police Meet and Greet and I walked up the street. While there, I met Luke Nelson.



Read the full story by scanning the QR code!



EMPLOYEE SPOTLIGHT!

Lt. Chris Settles, Fire Department

I grew up in Keosauqua located in southeast Iowa, graduating from Van Buren High School. I attended Buena Vista University obtaining a Bachelor's Degree in Business Management. I have been with the Norwalk Fire Department for 6 years - 5 years as a part time firefighter/paramedic and 1 year as a full time Lieutenant. I previously worked full time as a firefighter/paramedic for the Indianola Fire Department.

I love being a full time firefighter for the City of Norwalk because of the opportunity to serve the community I live in. The dynamic nature of the job, teamwork, and the variety of challenges continue to motivate me. Norwalk is a growing community

which offers both opportunities and challenges. Support from the community and city leaders provides us with the tools to continue to serve this growing community. Our department's adaptive approach offers opportunities, mentorship, and professional growth.



Outside of work, I enjoy outdoor activities, cycling, golf, and sporting events. I love spending time with my family and friends including my 2 kids, Landon (8) and Emilia (4).

Interesting fact about me: I'm a twin!

IMPORTANT LINKS FOR NORWALK!

See Basketball Program Details Here!



See what's happening at the public library!



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LEGAL By Ken Winjum

PROTECT yourself from irresponsible drivers

Recently, this office has seen an increase in cases involving accidents caused by uninsured motorists and even hit and run drivers. It can be frustrating when the person who causes damage and injury fails to even purchase the liability insurance required by law.



Whether it is a result of recently higher insurance premiums, the economy, or simply policies being cancelled, it appears that there are more people on the road without liability insurance.

An uninsured motorist policy is designed to protect the policyholder when irresponsible drivers cause injury. In such situations, these policies can provide a source of recovery. Iowa Code Chapter 516A provides that all car policies sold in Iowa must include uninsured motorist coverage. Similarly, underinsured motorist coverage (which is for those injured by those with inadequate insurance) must also be offered.

The law does provide an opportunity for the policy purchaser to reject such coverage. Such a rejection must be signed by the policy holder on a separate form.

Requirements for coverage

Legally entitled to recover: For an uninsured motorist claim to exist, there has to be a valid claim for damages against the party without insurance. In such cases, the insurance company “steps into the shoes” of the negligent party.

Caused by accident: In order to recover damages under the policy, the injuries must have been “caused by accident.” In the case *American Family v. Petersen*, 679 N.W.2d 571 (Iowa 2004), the Supreme Court determined that even a victim of an assault could recover where she did not expect or intend such an assault. In other words, whether there was an accident is determined from the point of view of the injured party.

Arising out of ownership, maintenance or use of uninsured motor vehicle: In general, it appears that the uninsured vehicle must be operated in some way to trigger coverage. For example, in the *Petersen* case, the Supreme Court noted that injuries that occurred in the vehicle before the car was in motion would not be covered.

Physical contact: In cases involving hit-and-run situations, there is a “physical contact” requirement. This is largely to ensure that unproven claims have a substantial basis.

Do I need to have been in my car when I was injured? No. Uninsured motorist coverage is focused on whether the damage was caused by an uninsured vehicle. Therefore, a person injured as a pedestrian, bike rider, skateboarder or otherwise may be able to recover under his or her policy.

Final thoughts: Uninsured motorist coverage exists to protect the responsible driver from those who are less responsible. It is important to buy this policy. If an accident happens, one should always explore if this coverage applies. ■

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

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USING skills to help others

Black helps build beds for youth in need.

In 2021, a small group of Warren County citizens took a big step to ensure that local children could sleep in comfort.



After seeing a story about another chapter of Sleep in Heavenly Peace, a nonprofit organization dedicated to building and delivering beds to children in need, Norwalk resident Tom Black felt compelled to take action. What began as an idea to make a difference “right down the street” has since grown into a thriving chapter that has delivered almost 250 beds to local children.

Nine core team members came together to establish the local chapter of Sleep in Heavenly Peace. Relying heavily on volunteers, the group has organized numerous bed builds, where anywhere from 20 to 40 community members come together on a Saturday morning to construct the beds. Afterward, another dedicated team delivers them directly to the families. These events provide ample opportunities for people to get involved, and many volunteers find the experience deeply fulfilling.

“There’s lots of opportunities for people to help us,” Black says. “It doesn’t take a lot of time.”

Bed builds typically take place from 8 a.m. to noon, and deliveries usually take between 30 minutes to an hour.

The chapter’s very first bed build took place in July 2021, and, by the end of that month, they had already delivered their first beds to children in need.

In addition to the beds themselves, the children receive a full set of bedding, including a mattress, a sheet set, a comforter and a pillow. Many of these kids have never had their own bed before, often sleeping on the floor or on a couch, making the deliveries even more special for both the recipients and the volunteers, who see firsthand the difference they are making.

“It’s pretty special to deliver a bed and know they have what they need to sleep,” Black says.

This is doubly important because a good night’s sleep is vital for children’s development and learning.

“It’s the right thing to do — to give kids a nice, safe, comfortable place to sleep so they’re able to be at their best the next day,” Black says. “It’s rewarding to know we have an impact on these kids.”

Sleep in Heavenly Peace Warren County volunteers build the beds out of a mobile unit from April to October. This trailer is stocked with all the necessary equipment, from saws to sanders and drills. Even though bed builds pause during the winter months, deliveries continue year-round, with a storage facility on hand to keep the beds safe until they’re ready for their new homes.



Jason Siemens of Edward Jones presents the Neighbor Spotlight certificate to Tom Black.

For those interested in joining this mission, volunteering is easy, rewarding and makes a tangible difference in the lives of local children. To learn more, visit shpbeds.org/chapter/ia-warren-co/. ■

Do you know a neighbor who deserves recognition?
 Nominate him or her at tammy@iowalivingmagazines.com.

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U.S. PRESIDENTIAL elections and market performance over the years

With the presidential election fast-approaching, investors may be wondering how the outcome might affect their portfolios. While the outcome may be uncertain, we can always count on plenty of opinions and predictions leading up to the day of the election. Politics bring out intense emotions among investors, which causes major concern and anxiety around their investment portfolios as Election Day nears.



Is the stock market going to experience a major hit/crash or will it benefit from an upswing/rally? Is there a correlation on stock market performance dependent on which party wins the election? These are all common questions we see leading up to elections, and a natural response for investors is to look for a connection between who wins and which way stocks may go.

Putting all emotions aside, over nearly a century of data shows that the stock market has performed well following an election. Regardless of which party wins, stocks trend upward. Data also shows, dating back to 1926, that stock market returns in months the presidential elections took place have not been significantly different from returns in any other given month.* Markets don't favor one party over another. Actions and policies that are put in place by the winning candidate may impact stock returns in the short-term but do not drive the long-term market trajectory.

Current market performance isn't based on presidential policies; instead, current market performance is focused on corporate earnings, Federal interest rate cuts, inflation and other economic factors. Shareholders will continue to invest in companies they believe in rather than political parties. Companies are focused on serving their customers, growing their business, and striving to be successful regardless of which political party is in office. In the end, stocks with strong long-term fundamentals will continue to rally after the election spotlight fades.

The history of market performance during election years makes a great case for sticking to a plan to achieve long-term goals. Focusing on broader economic trends, rather than short-term election noise, will lead to better performance among investment portfolios. Remaining diversified in your investment portfolios, continuing to monitor investment risk tolerance, and updating your investment goals with your financial planner are still the key factors of investment performance success. ■

For more information, please contact Chad Stevens with City State Bank Trust & Investments at 515-981-1400. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice. *Dimensional Fund Advisors. (2020, Oct. 28). Presidential elections: What do they mean for markets? Dimensional.

MEET Becky Audette

Values collaboration and creating hands-on activities

Originally from a small town in northern Illinois, Becky Audette moved to Minnesota with her family while in middle school. She met her husband in high school 21 years ago before attending Bethel University. However, it wasn't until four years ago that her husband's job brought her family to Iowa, and they became a part of the Norwalk community.



Becky Audette, pictured with her family, teaches fourth-grade math and science at Lakewood Elementary School.

"We are so grateful to have found a great place to settle here in Iowa and become part of a great community," Audette says.

Once her children were settled, Audette became a substitute teacher for the Norwalk Community School District for a year and a half before joining the district full time this fall. She now teaches fourth-grade math and science at Lakewood Elementary School. While working as a substitute teacher, Audette was able to get to know the teachers, staff and students and is excited to be a part of that community.

"I am looking forward to starting at Lakewood Elementary to be a part of a great staff who cares for their students, for the community and for one another. You can see the passion and dedication the staff has for their students, and I look forward to sharing that each day," Audette said when interviewed prior to the school year starting.

Audette enjoys working with students at the elementary school level because they are excited about all the opportunities around them, she says. They not only learn a lot academically but also about their interests, and they get to know others. In return, Audette also learns a lot from her students, such as how to play gaga ball.

"I am most looking forward to being a part of something bigger than myself. I look forward to being a part of a classroom, a teaching team to collaborate with others, a school striving to be its best and a district bringing that all together. I am looking forward to being back in the classroom full time after a few years away from the classroom during the transition here to Iowa," Audette said.

Audette has a science teaching background and likes to explore science with her students. Because of this, she says she is excited to create hands-on activities and explorations that her students can use to expand their thinking and understanding. For example, to understand motion, her students could create a marble run or try experiments.

"I am excited to bring my love of science into the classroom and hope they can enjoy it as much as I do. I am excited for the opportunities to learn about what new ways or activities I can help implement with both math and science in the years ahead. Always something new to learn," Audette says.

In her free time, Audette enjoys time with her friends and family. Together, her family enjoys golfing, spending time outdoors and playing board games. She also enjoys attending her children's sports, activities and hobbies. ■

EVENTS IN THE AREA

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

Check for cancellations

Free Clothing and Sports Swap

Donation day Friday, Oct. 18, 5-6:30 p.m.; shopping day Saturday, Oct. 19, 8-10 a.m.

St. John's Catholic Church, Norwalk

Do you have clean, gently used clothing or sports gear in good condition that needs a new home? Are you looking to refresh your wardrobe, swap outgrown kids' clothes, or embrace a more sustainable, thrifty lifestyle? Then this event is for you. Women of Norwalk (WON) is hosting a free Clothing and Sports Swap. Drop off donations at the specified time Friday then shop for free on the Saturday hours. Donations should be clean, gently used clothing from newborn to adult sizes, as well as winter gear. Sporting goods are also welcome.

RUNorwalk

Oct. 26, 8 a.m.

Norwalk High School

RUNorwalk includes a 5K, 10K and Kids Run. The event benefits the Norwalk Easter Public Library and features prizes for all age groups and overall winners. The 5K and 10K races are chip timed. For more information and links to register, volunteer or sponsor, visit www.norwalkchamber.org/runorwalk.

Warrior Giving Wednesday

Nov. 13, 3:30-5:30 p.m.

Norwalk Christian Church, 701 Main St.

Help your Norwalk neighbors by dropping off cleaning supplies (all-purpose cleaner, dish soap, toilet cleaner, sponges and cleaning cloths) or by making a donation through Venmo @norwalk-ministerial.

Upcoming in Norwalk Living magazine:

• **Veterans Salute:** Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.

• **Community landmarks:** What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.



• **Do you have a holiday recipe that has special meaning to you?** Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live. ■

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RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

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OCTOBER is Audiology Awareness Month

More than 48 million Americans suffer from hearing loss. While this condition is often viewed as an inevitable part of aging, over half of all patients are otherwise healthy adults under the age of 65. Regular hearing screenings are an invaluable tool in identifying problems early and taking steps to prevent further hearing damage before it is too late. Fortunately, nearly all types of hearing loss are treatable by an audiologist. We encourage you to schedule an appointment for a hearing screening with an audiologist during the month of October, recognized nationwide as Audiology Awareness Month.

Audiology is the study of hearing and balance disorders. The goal of this national month-long observance is to raise awareness



of audiology and the importance of hearing protection in preventing hearing loss.

Hearing loss can be caused by a variety of factors, including noise exposure, trauma, diseases of the inner and middle ear, ear infections, excess earwax and certain medications. It can happen so gradually you may not be aware of a problem until it has reached an advanced stage. Signs and symptoms of hearing loss include difficulty understanding others when they speak (speech may seem to be muffled or garbled), asking speakers to frequently repeat what they have said, the inability to distinguish speech from distracting background sounds, turning up the volume to levels that others find too loud and tinnitus (ringing in the ears).

Audiologists are licensed and certified professionals with advanced degrees in the hearing and balance sciences. They evaluate, diagnose and treat hearing and balance

disorders in children and adults; prescribe, fit and dispense hearing devices; and provide hearing rehabilitation training and counseling to patients and their families. They may also treat individuals of all ages with tinnitus and central auditory processing disorders and are often involved in developing hearing conservation programs and newborn hearing screenings. Audiologists work in settings as varied as hospitals, clinics, ENT offices, universities, schools, government, military and Veteran's Administration (VA) hospitals.

Your hearing is crucial to your wellbeing. If you are committed to taking care of your hearing health, contact your local audiologist today for a comprehensive hearing evaluation. ■

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

October is Audiology Awareness Month



Be informed. Take action. Stay connected.

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



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HEALTH

By Dr. Donna Grant

UNDERSTANDING gingivitis and periodontal disease

Causes and importance of prevention

Gingivitis and periodontal disease are common oral health issues often caused by poor dental hygiene. Gingivitis, the earliest stage, leads to inflamed and bleeding gums due to plaque buildup. Left untreated, it can progress to periodontal disease, a more severe condition that affects the bone and tissues supporting your teeth.



If your gums bleed when you brush or floss, you may have gingivitis or periodontal disease. The main culprit is plaque — a sticky film of bacteria that hardens into tartar if not removed. Contributing factors like smoking, hormonal changes and certain medications can increase the risk. Routine dental care is essential to prevent these conditions. But when periodontal disease develops, specialized dental cleanings, like scaling and root planing, are needed to remove tartar and bacteria below the gumline.

If left untreated, periodontal disease can lead to tooth loss as the infection destroys the bone and tissue attachment that hold your teeth in place. Additionally, periodontal disease is linked to systemic issues such as heart disease, diabetes and respiratory infections. Treating it with professional care not only helps preserve your teeth and gums but also lowers your risk for serious health problems. ■

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

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HEALTH

By Dr. Jesse Stumbaugh

Q: What is text neck, and how is it treated?

A: With our continual use of technology in today's world, there is a new phenomenon called text neck. This is a condition in which the continual use of technology causes neck pain, discomfort and, eventually, results in injury. It stems from the way in which people hold their heads and necks when using their phones, hence the name "text neck."



What are the symptoms? If you suspect that you may have text neck, look for the following symptoms: increasing occurrences of headaches, neck pain, pain in the shoulders, pain in the upper back, and even a slight curving of the spine.

Solutions: There are many solutions for this type of pain. For starters, you can always curb your technology use. With our modern world, this is probably unlikely. It can also be helpful to perform neck stretches throughout the day to release tension and pain. Another great solution is to get chiropractic care. Since text neck often causes actual curvature and misalignments of the spine, chiropractic care can help. A chiropractor can use spinal manipulation to properly align the spine and keep it healthier and pain free. ■

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.

Q: What are polarized sunglasses?

A: Polarized sunglasses are designed to reduce the amount of light reflected into the eyes from horizontal surfaces, resulting in less glare and crisper vision. Unlike regular sunglasses, polarized lenses have a chemically applied filter which blocks horizontally oriented light rays, allowing only vertically oriented light rays through them. This effectively makes objects look sharper and clearer.



Often a good option for general outdoor use, polarized sunglasses are especially helpful for water-related activities. They reduce the glare from surfaces, making it easier to see into the water when fishing or boating. They also aid in improving vision in snowy environments when skiing or driving on snow-covered roads.

There are some situations where polarized sunglasses do not perform well. It can be difficult to see liquid crystal display (LCD) screens with them. LCD screens can be found on some cellphones, watches, gasoline pumps and car dashboards. As with other sunglasses, they should not be used at night.

Your eyecare specialist can discuss polarized sunglasses with you and help you decide if they would be a good option. ■

Information provided by Michael O'Meara, OD of Optometric Associates of Warren County, P.C., 1228 Sunset Drive, Norwalk, 515-981-0224.

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WHAT is microneedling?

Microneedling is a minimally invasive cosmetic procedure that involves using a device with fine needles to create tiny, controlled punctures in the skin's surface. This stimulates collagen production, improves skin texture, reduces fine lines and scars, enhances product absorption, minimizes pores, and promotes overall skin rejuvenation with minimal downtime and discomfort.



Regular (Skinpen) microneedling involves using fine needles to create micro-injuries in the skin, promoting collagen production and improving skin texture.

Morpheus radiofrequency (RF) microneedling, however, combines traditional microneedling with radiofrequency energy. This added energy heats the deeper layers of the skin, enhancing collagen remodeling and tightening. RF microneedling can provide more dramatic results, particularly for skin tightening and rejuvenation, with less downtime than traditional methods. While both treatments aim to improve skin quality, RF microneedling offers deeper penetration and more comprehensive benefits.

New to the market is Exion microneedling. It is more effective than regular microneedling and less painful than Morpheus microneedling.

Ultimately, the choice between the three options depends on individual skin concerns and goals. Results may vary, but many people notice improvements in their skin after a short series of sessions. Scheduling a skin consultation will assist you in determining the most suitable option for your needs. ■

Information provided by Chelsea Taggart, L.E, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, living-vivid.com/life-spa.

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WELCOME newest chamber members

As the executive director of the Norwalk Area Chamber of Commerce, I am excited to introduce our newest members. These businesses play a vital role in supporting local growth, and we're proud to welcome: Fairfield Inn & Suites, Cumming Barbershop, American Family Insurance - Mike Richey Agency Inc. and Absolute Storage.



Fairfield Inn & Suites, located next to Gregg Young Fields in Norwalk Central, is our very first hotel, offering three versatile room layouts to accommodate a variety of guests. Whether you're visiting for business, sporting events or leisure, their comfortable accommodations promise a pleasant stay. With a welcoming atmosphere and dedicated staff, it's an ideal choice for visitors, especially during the upcoming holidays.

Cumming Barbershop is a delightful establishment in Cumming, run by Jennifer and her partner, Leonard, who bring 31 years of barbering experience to our community. Their warm and inviting atmosphere ensures every customer feels valued, whether they're looking for a classic haircut or a modern style. Stop by for a grooming experience that leaves you looking and feeling your best.

American Family Insurance - Mike Richey Agency Inc. is dedicated to providing personalized insurance solutions tailored to

your needs. Mike Richey and his team focus on protecting what matters most to you, offering everything from home insurance to auto insurance, life insurance, business insurance and many other types of insurance. Their commitment to exceptional customer care ensures that you receive the best advice and support for your unique situation.

Absolute Storage is a family-run business located in St. Mary, offering reliable storage solutions for personal and business needs. With a focus on customer service and security, they provide a trusted option for those looking to declutter or find extra space. Their dedication to ensuring a smooth storage experience makes them a valuable asset to our community.

We invite you to connect with our new members. By supporting them, you play a vital role in our collective growth.

One of the best ways to support our local businesses is by attending their events. Be sure to check our chamber calendar at norwalkchamber.org/calendar to stay updated on upcoming events. If you have a community or member event to share, you can submit them using the same link above.

We hope you are as excited as we are to welcome these new businesses to our communities. ■

Information provided by Mel Guanci, Executive Director, Norwalk Area Chamber of Commerce.



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OUT & ABOUT



Ted Oswald, Cody Bingham and Ryan Jensen at the Norwalk Area Chamber of Commerce ribbon cutting for Fairfield Inn & Suites Norwalk By Marriott Sept. 17.



Norwalk Area Chamber of Commerce hosted a ribbon cutting for Fairfield Inn & Suites Norwalk By Marriott Sept. 17.



Benny Hutzell and Chloe Melendez at the Norwalk Area Chamber of Commerce ribbon cutting for Fairfield Inn & Suites Norwalk By Marriott Sept. 17.



Joanna Parra, Melissa McFadden and Tracy Visser at the Norwalk Area Chamber of Commerce ribbon cutting for Fairfield Inn & Suites Norwalk By Marriott Sept. 17.



Amanda Reid-Raper and Luke Nelson at the Norwalk Area Chamber of Commerce ribbon cutting for Fairfield Inn & Suites Norwalk By Marriott Sept. 17.



Norwalk Area Chamber of Commerce hosted a ribbon cutting for Magnolia Connection on Sept. 5.



Glenn Soyer, Dennis Christiansen and Newton Standridge at the Norwalk Area Chamber of Commerce ribbon cutting for Magnolia Connection on Sept. 5.



Lorie Williamson and Mel Guanci at the Norwalk Area Chamber of Commerce ribbon cutting for Magnolia Connection on Sept. 5.



Jeneca Miller, Bryleigh Phillips and Kasim Atajic at the Norwalk Area Chamber of Commerce ribbon cutting for Magnolia Connection on Sept. 5.

HAPPY FALL Y'ALL!

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OUT & ABOUT

RIBBON Cutting

Norwalk Area Chamber of Commerce hosted a ribbon cutting for Kwik Star on Sept. 17.



Norwalk Area Chamber of Commerce hosted a ribbon cutting for Kwik Star on Sept. 17.



Anna McNeeley, Jill and Scott Zietlow



Mirtha Perez, Sam Dahm, Kelsey Groves and Ryan Langan



Lucinda Sperry and Jon Niemeier



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NORWALK COMMUNITY SCHOOL DISTRICT NEWSLETTER

OCTOBER 2024

MAKE AN IMPACT. BECOME A SUBSTITUTE!

As school is back in session, so is the need for substitutes in our school buildings. On any given school day, Norwalk Community School District generally has the need for up to 45 substitutes to serve in a variety of roles within the District. These include the following areas:

- Teaching
- Paraprofessionals
- Bus and Van Drivers
- Building and Grounds Staff
- Nutrition Services Staff
- Nurses

We are actively seeking applications for substitutes in all of these areas and for some positions, these hours may be before or after the typical school day. For more information about our substitute positions or to apply, scan the QR code.



Our current substitutes love working for Norwalk Schools! See these quotes from existing substitutes currently working in our District:

Testimonial 1:
"I enjoy being a substitute teacher because I love the teachers, office staff, administrators and the kids of Norwalk! It's a joy and privilege to support the teacher on a day they cannot be there and have the opportunity to ensure the kids can keep on learning!"

As a substitute I enjoy the variety of classrooms I get to experience and the flexibility of the job!"

Testimonial 2:
"This is my 6th school year serving as a substitute teacher for the Norwalk School District. In 2019, my husband and I both had full time jobs and I knew I needed to have a more flexible schedule in order to be available for transportation and attendance at all of our children's activities. I've had interest in becoming a teacher since I was young and subbing would allow me to be on the same schedule as my kids. I took the substitute authorization course at our local AEA and started being a substitute teacher in our district in the fall of 2019.

I love substitute teaching and often tell people that it is the best job. I go, have the best day with the kids, do everything teachers ask and pride myself in leaving things organized with detailed notes about our day. At 3 pm, I walk out the door and have no stress and can walk in the door at home and be a great mom to my kids. I also rarely miss one of their activities. I really enjoy the variety that comes with being a sub. Last week, I spent three days teaching second grade and one teaching 5th. I love having holiday breaks and summers off to allow more time with



my family and friends. I also know the importance of having consistent subs in our district and I pride myself on being one. It's so valuable for the kids (and is easier for the teachers).

It's often said in this community that we are so fortunate to have such a great school district. I have known this to be true since we moved to Norwalk [18 years ago]. We have incredible teachers, paras, staff and school administrators who are pouring their hearts into our kids. I am so thrilled to be a part of it!" ■

NSEF Fall Gala
 Friday, November 22
 Carper Winery | Cumming, IA
 6:00-9:00PM Casino Event | 9:15PM Live Auction

Purchase tickets here!

the NORWALK STUDENT EDUCATION FOUNDATION

DOWNLOAD THE SCHOOL YEAR'S CALENDAR.

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