

NORWALK

NOVEMBER 2024

# Living

MAGAZINE

ON THE

# Map

Landmarks add to  
Norwalk's character

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RECIPE

**Honoring those who have served**  
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## BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.

Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share many of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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# ON THE *Map*

Landmarks add to  
Norwalk's character

By Rachel Harrington

Art works. Architectural delights. Stunning homes. Monuments. Norwalk abounds with well-known sights — historic and new — that serve as landmarks and add to the community's character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As street scenes change with the times, the landmarks remain steadfast reminders that Indianola is one of a kind. This month's cover story details some of the most recognizable landmarks of the city.

A piece of steel from the Twin Towers is part of a memorial for the events of 9/11, and to honor firefighters.



## A mural with purpose

Unightly buildings seem to put a damper on the spirits of local community members who pass them during their daily and weekly activities. The Norwalk police garage had stood in this state for some time until the middle of 2021.

“The police garage was in bad shape. It was rusted and needed improvements,” Jackson Zeigler, co-chair of Norwalk Hometown Pride, says.

Since the building is near the school, students and parents often saw the eyesore as they came and went for classes or sporting events. Many residents decided it would be a great spot to clean up and update, so the idea of a Norwalk-centric mural was presented.

Lucinda Sperry — former director of the Norwalk Area Chamber of Commerce and current director of marketing and business development for the Warren County Economic Development Corporation — created a design for the mural. Norwalk’s Hometown Pride organization won a grant to fund the mural project. High school art teacher Angela Davidson, along with a group of her art students, volunteered to paint the mural.

“The art department at the school enjoys helping with different projects around town,” Zeigler says.

Sperry designed the mural with purpose in every detail, reflecting the unifying parts of Norwalk.

“Flowers are friendly,” Sperry says. “I wanted to reflect how we work together for a better quality of life. Plus, it can cheer up all the police officers, teachers and students as they go to and from school.”

In the bottom corners, magnolia flowers represent the trees in the arboretum in Brownie Park on the other side of the garage. The big peony in the center is the national flower of Kosovo, the home of Norwalk’s sister city, Vushtrri. The orange daylily is well known to florists around Iowa and the favorite flower of Norwalk’s chief of police, Greg Staples. The coneflower is the theme of the sculpture in Norwalk’s newest park, Elizabeth Holland Park. The small prairie roses lower in the mural represent the state flower of Iowa. An additional aspect of the project involved painting the entire garage building and the smaller side building blue.

The project took form and was completed in the summer of 2021. All the students who participated in the painting the mural have



Norwalk students helped paint the Norwalk mural, designed by current director of marketing and business development for the Warren County Economic Development Corporation, Lucinda Sperry.

graduated high school since its completion.

Zeigler, who is the sole student board member of Norwalk’s Hometown Pride, humbly states that the mural was painted before his time with Hometown Pride, and that he is simply an information spreader.

“This mural is a great place for the community to come take photos in front of,” he says. “We were able to take something that didn’t look good and turn it into something to be proud of.”

Community members who would like to know more about Hometown Pride projects can reach out on their Facebook group, or visit [www.norwalkhometownpride.org](http://www.norwalkhometownpride.org). The current board consists of Zeigler, Tina Robinson, Nichole Swisher, Corbett Reeves and Nicole Hofmeyer.

## Keeping the caboose near the front of our memory

The residents of Norwalk have long been familiar with the train caboose that sits in the

park next to Norwalk Easter Public Library. However, a quick survey of the community highlights that many of the younger generations have no knowledge of its history.

Fortunately, there remain community members who remember “old Norwalk” and stories that decorate its history. Jim Becker is one of those proud few, and he shares the story of the caboose with a twinkle in his eye.

Trains used to run through Norwalk, to and from downtown Des Moines and towns further south, such as Osceola. There was a depot in Norwalk at the four-way stop by the school and cemetery that had several corrals for cattle being transported. The flood of 1947 took out a train bridge that went south of Norwalk, but, for a couple more years, the train still came to Norwalk. The rail line folded in 1949.

“I still remember riding the train to downtown Des Moines,” Becker says. “Eventually, we learned that trains no longer were required to have a caboose at the end, so there were a bunch of them that had to be





Jim Becker and his father helped locate, and return, a caboose that used to run on a popular train route between Norwalk, Des Moines and Osceola.

gotten rid of. They were being given away for free. My dad located some in Chicago and got it set up to be shipped to Des Moines. I got involved, too, by helping to get funds raised to do so."

The community pitched in a great deal and helped with the funds to get the caboose to Norwalk.

"Lots of them wanted to keep it quiet that they gave and helped out," Becker says.

Dwayne McAninch's crew took a flatbed truck and picked up the caboose to bring it to West Des Moines. According to a Warren Town & Country News story published on Nov. 25, 1983, Orville Crowley of Ringland-Johnson-Crowley Co. provided a crane that was operated by Jim Briggs for use in lifting the caboose off the tracks and onto the truck for shipping. A "big move" of the caboose ensued from West Des Moines to Norwalk, and citizens lined the streets to watch the "parade."

"The community and the city council had a lot to do with where the caboose now rests," Becker recalls.

The crane crew came out to Norwalk and once again assisted with lifting the caboose and setting it in a temporary spot, then later secured it on railroad ties in a permanent location at the park.

"Wildly guessing, the process took approximately three months from start to finish," Becker estimates.

For a few years, the caboose was open all the way through, and visitors could walk in and enjoy the inside. A Monopoly game was even set up inside as a fundraiser to buy paint to refurbish the caboose.

"Even then, the paint for the caboose was about \$100 per gallon," Becker says. "Thankfully, we had someone volunteer to

sandblast and paint the caboose as long as the paint was provided."

Unfortunately, a series of incidents led to a city decision to install a barred door. Now, visitors can view the interior from the door.

## A landmark Norwalk will "Never Forget"

In 2018, the Firefighters Association in Norwalk applied to a program out of the Port Authority of New York and New Jersey, and a request was put in to obtain a piece of steel from the Twin Towers.

"The steel was available, by request, to any emergency services organizations," Fire Chief Jenn Porter says. "The organization likes to know what you'll be doing with it, and in our case, we were creating both a firefighters memorial and a 9/11 memorial."

The process took approximately a year from start to finish. The association had kicked around several ideas at first, thinking perhaps they could put it up themselves.

"We ended up contracting out the work to Jensen Landscaping," Porter says. "Des Moines Truck Brokers generously offered to bring it to Norwalk for us."

Approximately \$15,000 was budgeted for the project. The memorial includes the piece of steel on a raised concrete pedestal, a fountain on each side, a couple of trees, two benches and a circular pattern of bricks with a walkway out to the sidewalk in front of the fire department. The bricks are intended to bear the names of individuals who have served as firefighters, as well as serve as a memorial space for others, though most who have bought bricks for loved ones have had some sort of tie to the fire department.



Currently, there are more than 100 names engraved on bricks, the greater part of them being former service members.

"The memorial includes bricks for anyone before 2008 with five years of service who left in good standing, and anyone who served in 2008 and afterward with 10 years of service and who left in good standing," Porter says. "People can buy bricks for \$50 as a memorial for their loved ones, though at the current time, the program is on hold until we can source a company that will engrave the bricks for us."

The former engraving company stepped away from this service during the COVID-19 pandemic. Initially, names were painted on, but that wore off. Now, since the former engraver is gone, the Firefighter Association is back to square one.

Porter says members of the public are welcome to stop by and visit the memorial any time they would like.

"The memorial is on the side of the building, so we don't see as many people stop by, except around 9/11," she says. "We didn't publicize it as much as should have. I appreciate the steel itself as the most important piece of the memorial, but in the summer, the fountains are running, and it is nice to see and listen to it. It's peaceful, as a memorial should be. It is lit at night and is really pretty."

Currently, there are more than 100 names engraved on bricks, the greater part of them being former service members.

"The importance of the memorial is the whole line from 9/11, 'Never Forget,' as well as to remember all the firefighters who have served before us," Porter says. "We should remember those who served our community as volunteers even before it was a full-time career department, remembering their selfless acts they offered, the risks they took, the family time and holidays they missed." ■



# BOOST your home's equity by \$15,000 on a \$1,000 budget

Want to boost your home's value without draining your wallet? You're in luck. These budget-friendly upgrades can pack a serious punch, adding up to \$15,000 in equity for just \$1,000 or less. Here's how to make your place look fabulous without spending a fortune.



touches make a big impact without breaking the bank.

## 2. Refresh paint in high-traffic areas

**Cost:** \$150–\$350

Nothing says “clean and cozy” like a fresh coat of paint. Stick to soft, neutral colors — think warm grays or creamy whites — to brighten up high-traffic areas like the entryway, kitchen or living room. Instead of painting the whole house, focus on these key spots where buyers’ eyes naturally go. A little paint can make everything feel polished and move-in ready, giving buyers a great first impression.

## 3. Upgrade lighting

**Cost:** \$100–\$400

Updating old light fixtures is a quick, affordable way to make your home look more modern. Find some stylish, affordable fixtures for spots like the kitchen, front entryway or bathroom. Consider reaching out to your realtor for tips on which fixtures are popular or trendy in today's market. New lighting not only

brightens up your space, but can also make it feel more open and inviting.

## 4. Deep clean and declutter

**Cost:** \$50–\$100

Sometimes, all a home really needs is a good deep clean. Rent a carpet cleaner, polish up the floors and go after those high-touch areas like cabinets and bathroom tiles. Clear away the clutter to make your space look bigger and more organized. This doesn't take a ton of cash, just some time and elbow grease, but it'll make a huge difference.

With these quick, affordable updates, you'll add serious value to your home. Each one creates that “wow” factor buyers love, all without stretching your budget too far. So, grab a paintbrush, clean up the yard, scrub those baseboards and add some flare to your lighting and watch your home's value grow. ■

Information provided by Katelyn Stiles, Realtor, RE/MAX Precision, 1424 Sunset Drive, Norwalk.

# Fall

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The leaves aren't the only thing changing. The real estate market has started to shift and it's important to me as your local realtor, that you're aware of these changes and keep current on your homes value.

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Katie Stiles

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## FITNESS

By Dani McManus

### Q: How important is strength training?

**A:** One of the incredible things about the body that has always intrigued me is that if you take care of your body, it will take care of you. There are multiple different types of exercise, and they are all beneficial in their own right. Strength training, though, has so many incredible benefits. The amount of muscle mass your body has not only helps with physique but helps with many underlying things. Did you know that higher amounts of muscle mass can give your body a better chance of fighting off illness? Multiple studies show that the higher your muscle mass, the lower your risk of things like dementia or cardiovascular disease. One fact that has always stuck out to me is that if you have a higher muscle mass, then your chances of surviving cancer increase. With the amount of processed food and chemicals in our food, the chances of contracting something unfortunately increase — so why not give our body a fighting chance? Do not make it too hard on yourself; strength training can be made easy. Focus on implementing some kind of training about three to four times a week. Keep it to around four to five exercises; there is no need to complicate it. If you need help figuring out what to do, ask a fitness expert. ■



Information provided by Dani McManus, certified personal trainer/head coach at Anytime Fitness in Norwalk. To submit a question for future articles, contact her at [norwalk@anytimefitness.com](mailto:norwalk@anytimefitness.com).

## PLAN AHEAD

By Buffy Peters

### GRIEF and the holidays

After someone you love dies, special days like birthdays, anniversaries and holidays can result in what seems like a sudden wave of grief. But it makes a lot of sense. The holidays typically represent togetherness, emphasizing the one who isn't there. Traditions can bring up memories from past holidays, which may now feel painful. And the impossible expectations to have the "perfect" holiday season can leave you feeling as if there is no room for grief during this time of year.

Here is an important reminder: Allow yourself to feel however you are feeling, and make a plan for the days/situations that will be toughest for you.

When making that plan, consider these questions for yourself and those you care about:

What are the things you still want to do and the things you do not? Are there new things you want to try? Everyone grieves differently, so what is comforting to one might not be to another. Is there a way to meet in the middle? Are there others who could aid in making important things happen that you don't have the energy for?

How can you remember and honor your loved one during this season? What is meaningful to you? What was meaningful to them? How can you still incorporate them in new ways?

For more ideas, contact the Academy. Take good care of yourself. ■



Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.

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# WHY DOES God allow good things to happen to bad people? (Part 2)

A month ago, I asked the question in this column, “Why does God allow bad things to happen to good people?” I sought to provide a little insight in the limited space available. A similar question could also be asked: Why does God allow good things to happen to bad people? Doesn’t it sometimes seem like those who don’t deserve God’s blessing often get it?



Again, we go to the manual — God’s Word — to find the answer. Jesus clearly taught that many of His blessings fall upon all people, regardless of whether they are “good” or “bad.” Matthew 5:45 says, “For he makes the sun rise on the evil and on the good and sends rain on the just and on the unjust.” Everyone on Earth is a recipient of God’s goodness whether they realize it or not, whether they want it or not.

Second, we often only see the good that happens to bad people rather than their entire situation. Rarely are we given the insight to see the totality of one’s life picture — the good and the bad. So, our perspective is incomplete at best. Only God sees all.

Third, the blessings bad people receive are limited only to this life. In Luke 16, Jesus told the story of the rich man and Lazarus. The rich man loved money and little else and enjoyed a lavish lifestyle, while Lazarus loved God and lived in suffering while here on earth. After he died, the rich man was told, “remember that you in your lifetime received your good things” (Luke 16:25). After Lazarus died, he enjoyed the blessing of God’s presence. In eternity, those who know God will enjoy God’s presence and blessings, while those who are not followers of Christ will experience eternal separation from God forever.

So, when we question why God seems to bless bad people, we have to remember that God’s blessings fall on all people. We also have to realize that we can only see things from an earthly perspective, and God deals with both the here and now and eternity. And we must always remember that beyond this life, it is the person who has placed his or her faith in Christ alone who will experience eternal life in heaven. The ultimate blessing of living in God’s presence for eternity far outweighs any situation that appears unfair or unjust in this present world.

Have you placed your faith in Christ for salvation? That’s the real question each person is responsible to have the right answer for. ■

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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# NORWALK

## WINTER SCHEDULE 24-25

### VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 3	7:30PM	Ballard	Ballard High School
Dec 6	7:30PM	Pella	Norwalk High School
Dec 9	7:30PM	Winterset	Winterset High School
Dec 13	7:30PM	Pella Christian	Pella Christian High School
Dec 17	7:30PM	Lewis Central	Norwalk High School
Dec 20	7:30PM	Indianola	Indianola High School
Dec 21	2:00PM	West Des Moines Valley	Valley High School
Jan 7	7:30PM	Dallas Center - Grimes	Norwalk High School
Jan 14	7:30PM	Newton	Newton High School
Jan 17	7:30PM	Oskaloosa	Oskaloosa High School
Jan 21	7:30PM	Ames	Norwalk High School
Jan 24	7:30PM	Pella	Pella High School
Jan 28	7:30PM	Pella Christian	Norwalk High School
Jan 31	7:30PM	Indianola	Norwalk High School
Feb 4	7:30PM	Dallas Center - Grimes	Dallas Center-Grimes High School
Feb 11	7:30PM	Newton	Norwalk High School
Feb 14	7:30PM	Oskaloosa	Norwalk High School
Feb 15	12:00PM	Dowling Catholic	Dowling Catholic High School
Feb 18	7:15PM	Adel DeSoto Minburn CSD	Norwalk High School

### VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 22	7:00PM	Urbandale	Norwalk High School
Nov 25	7:00PM	Adel DeSoto Minburn CSD	ADM High School
Nov 26	7:30PM	Bondurant-Farrar	Norwalk High School
Dec 3	6:00PM	Ballard	Ballard High School
Dec 6	6:00PM	Pella	Norwalk High School
Dec 9	6:00PM	Winterset	Winterset High School
Dec 13	6:00PM	Pella Christian	Pella Christian High School
Dec 17	6:00PM	Lewis Central	Norwalk High School
Dec 20	6:00PM	Indianola	Indianola High School
Dec 21	11:00AM	Southeast Polk	Johnston High School
Jan 7	6:00PM	Dallas Center - Grimes	Norwalk High School
Jan 14	6:15PM	Newton	Newton High School
Jan 17	6:00PM	Oskaloosa	Oskaloosa High School
Jan 20	7:00PM	Carlisle	Norwalk High School
Jan 21	6:00PM	Ames	Norwalk High School
Jan 24	6:00PM	Pella	Pella High School
Jan 28	6:00PM	Pella Christian	Norwalk High School
Jan 31	6:00PM	Indianola	Norwalk High School
Feb 4	6:00PM	Dallas Center - Grimes	Dallas Center-Grimes High School
Feb 11	6:00PM	Newton	Norwalk High School
Feb 14	6:00PM	Oskaloosa	Norwalk High School

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# NORWALK WARRIORS

## VARSITY BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 5	5:30PM	Dallas Center-Grimes HS	Norwalk High School
Dec 7	10:00AM	Multiple Schools	Cedar Falls High School
	10:00AM	Multiple Schools	Newton High School
Dec 12	5:30PM	Oskaloosa	Norwalk High School
Dec 14	10:00AM	Multiple Schools	Montezuma Community High School
	10:00AM	Johnston	Johnston High School
Dec 17	5:30PM	Multiple Schools	Newton High School
Jan 9	5:00PM	Multiple Schools	Des Moines East High School
Jan 11	10:00AM	Multiple Schools	Norwalk High School
Jan 16	5:30PM	Multiple Schools	Boone High School
Jan 18	9:00AM	vs. Multiple Schools	Ankeny High School
Jan 23	5:30PM	Indianola	Norwalk High School
Jan 25	9:00AM	vs. Multiple Schools	Urbandale High School

## VARSITY GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 23	9:00AM	Multiple Schools	Urbandale High School
Nov 25	5:00PM	Multiple Schools	Norwalk High School
Dec 7	10:00AM	Ames	Ames High School
Dec 10	5:00PM	Multiple Schools	Norwalk High School
Dec 14	9:00AM	Multiple Schools	Northview Middle School
Dec 21	9:00AM	Multiple Schools	Boone High School
Jan 9	5:30PM	Multiple Schools	Nevada High School
Jan 11	10:00AM	Multiple Schools	Carlisle High School
Jan 14	5:30PM	Multiple Schools	Pella High School
Jan 18	10:00AM	Multiple Schools	Waukee Northwest High School
Jan 25	9:00AM	Colfax-Mingo	Colfax-Mingo High School

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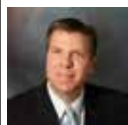
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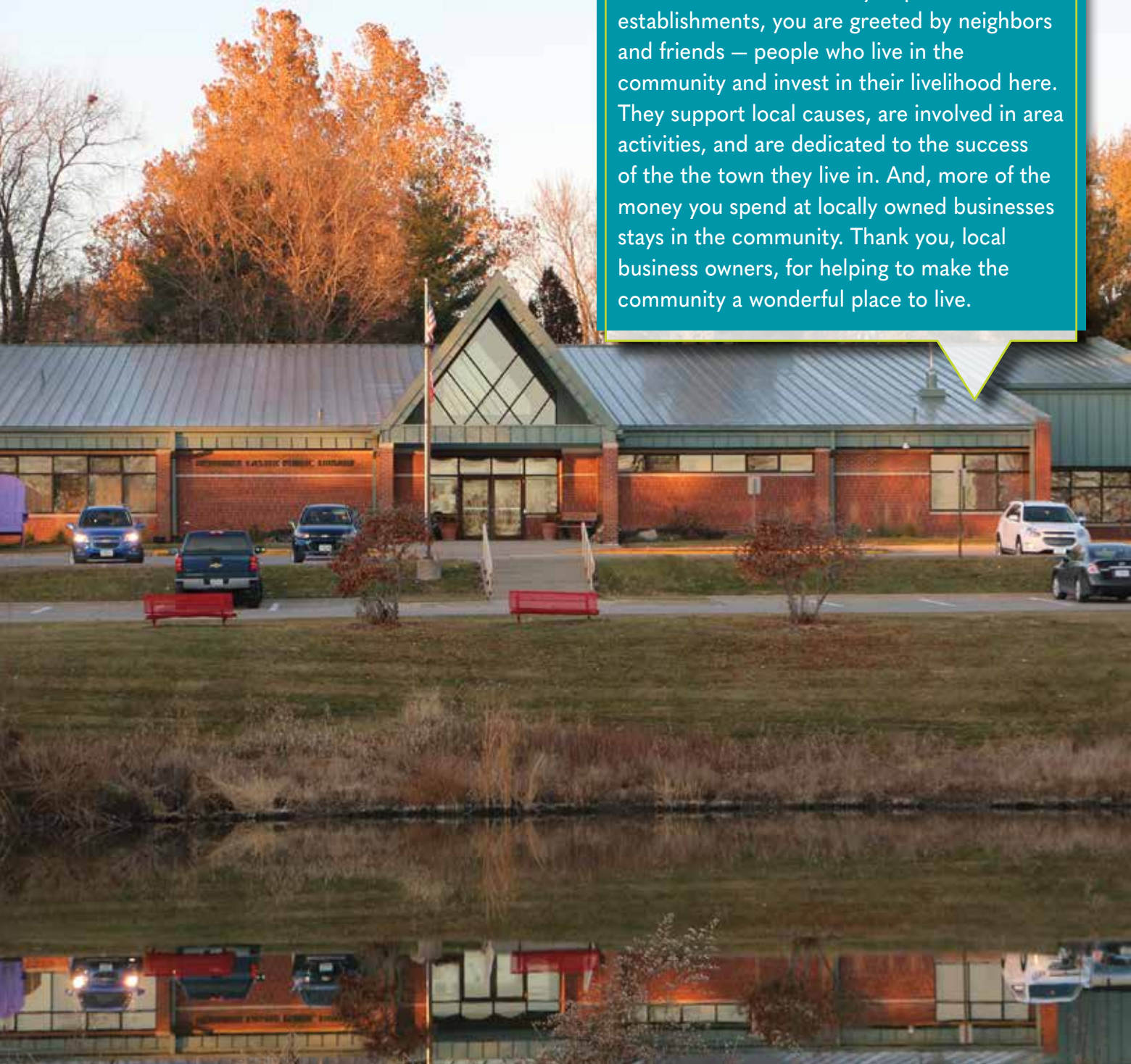


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# Locally owned NORWALK

Norwalk Living magazine salutes locally owned businesses. When you patronize these establishments, you are greeted by neighbors and friends — people who live in the community and invest in their livelihood here. They support local causes, are involved in area activities, and are dedicated to the success of the the town they live in. And, more of the money you spend at locally owned businesses stays in the community. Thank you, local business owners, for helping to make the community a wonderful place to live.







*Locally owned*  
NORWALK

**OWNER:** Tony Onset  
**ADDRESS:** 802 Sunset Drive, Norwalk  
**PHONE:** 515-981-0649  
**WEBSITE:** [www.tedsusedcarsandautorepair.com](http://www.tedsusedcarsandautorepair.com)



Ted's Used Cars and Auto Repair has been a trusted family-owned business since 1966. Originally founded by Ted and Donna Onstot as a used car dealership and water hauling service, the business started at a gas station on Main Street and North Avenue. After selling the station, Ted relocated the business to 802 Sunset Drive.

When Ted retired, his son Tony took over the family business. A graduate of Lincoln Technical School, Tony expanded the operation by adding a towing service alongside complete auto repairs. Today, Tony and his

wife, Missy, are joined by their son, Anthony, ensuring that the family legacy of quality service continues. In 2007, Tony built the building as it stands today.

Ted's Used Cars and Auto Repair offers a full range of auto services, including oil changes, maintenance, tire services, towing, A/C and heating repair, engine diagnostics, and a used car lot. Known for their dedication and expertise, the team provides not only top-notch automotive care but also the small-town, reliable service that Norwalk residents appreciate.



At Ted's, you're more than just a customer — you're part of a tradition of trust and excellence that spans over half a century.



## NORWALK FAMILY DENTISTRY

*Locally owned*  
NORWALK

**OWNERS:** Dr. Donna Grant, Dr. Maureen Winslow and Dr. Elizabeth Fleck  
**ADDRESS:** 1101 Chatham Ave., Norwalk  
**PHONE:** 515-256-9000  
**WEBSITE:** [www.nfdsmile.com](http://www.nfdsmile.com)



NORWALK FAMILY  
DENTISTRY

Norwalk Family Dentistry is proudly owned and operated by an all-female team: Dr. Donna Grant, Dr. Maureen Winslow and Dr. Elizabeth Fleck. Deeply rooted in the Norwalk community, they have chosen to live, work and raise families here. Dr. Grant has led NFD since 1992, while Dr. Winslow, a Norwalk native, returned to join NFD after dental school in 2005. In 2016, Dr. Fleck relocated here from Nebraska as NFD expanded to meet the community's needs.

With 16 dedicated team members, many also Norwalk residents, NFD provides top-notch, compassionate dental care. Their commitment to the community goes beyond patient care; they

are always finding a way to make a positive impact and give back locally. They annually support countless school, civic, ministerial and athletic programs. NFD has also given back by providing free dental services to people in local communities through Donated Dental Services, Mission of Mercy and Smile Squad.

Voted Norwalk's favorite dentist for six years in a row, they were also honored as the Norwalk Chamber Business of the Year in 2017. Dr. Grant received the Norwalk Chamber Member of the Year award in both 2003 and 2019. They have personally dedicated themselves to this community and professionally strive to provide the highest quality dental services while making every patient feel at home.



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## FINANCE

By Charles M. Ochanpaugh, CFP®

## UNDERSTANDING risk

Few terms in personal finance are as important or used as frequently as “risk.” Generally, when financial advisors or the media talk about investment risk, their focus is on the historical price volatility of the asset or investment under discussion.



Every investment carries some degree of risk, including the possible loss of principal, and there can be no guarantee that any investment strategy will be successful. That’s why it makes sense to understand the kinds of risk as well as the extent of risk that you choose to take and to learn ways to manage it.

Types of risk to be aware of when investing include:

- **Market risk:** This refers to the possibility that an investment will lose value because of a general decline in financial markets due to one or more economic, political or other factors.

- **Inflation risk:** Sometimes known as purchasing power risk, this refers to the possibility that prices will rise in the economy, so your ability to purchase goods and services would decline.

- **Interest rate risk:** This relates to increases or decreases in prevailing interest rates and the resulting price fluctuation of an investment, particularly bonds. There is an inverse relationship between bond prices and interest rates. As interest rates rise, the price of bonds falls; as interest rates fall, bond prices rise.

- **Reinvestment rate risk:** This refers to the possibility that funds at maturity have to be reinvested at a lower rate of return than that offered by the original investment.

- **Default risk (credit risk):** This refers to the risk that a bond issuer will not be able to pay its bondholders interest or repay principal.

- **Liquidity risk:** This refers to how easily your investments can be converted to cash.

In general, the more risk you’re willing to take on (whatever type and however defined), the higher your potential returns, as well as potential losses. This proposition is probably familiar and makes sense to most of us.

Risk is not necessarily a bad thing when it comes to investing. Understanding your own risk tolerance and your comfort level of market ups and downs helps balance the risk versus reward equation. You can potentially help offset the risk of any one investment by spreading your money among several asset classes. Reducing risk through diversification helps smooth the edges of market drops while still taking advantage of market returns. ■

Information provided by Charles M. Ochanpaugh, CFP®, trust and investment officer, City State Bank Trust & Investments, 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.



## KEEP your senior loved ones safe this winter

Winter is a magical time of year, but it also brings challenges, especially for older adults and those with memory loss. Here in Iowa, icy sidewalks, freezing temperatures and limited daylight create potential hazards, from slips and falls to increased isolation. For seniors, winter means navigating new risks. Those with memory loss due to dementia face an even greater risk, especially if they exhibit unsafe behaviors like wandering. Here are some common winter dangers to keep in mind for the seniors in your life.



### Increased risk of falls

Icy sidewalks and roads can turn even a short walk into a risky situation. Falls are among the leading causes of injury in older adults, and icy conditions elevate this risk. Those with memory loss may underestimate the dangers involved in walking or driving in icy or snowy conditions, leading to accidents or getting lost in winter weather. To reduce risk, seniors should wear shoes with good traction, replace worn cane tips and stay indoors on particularly icy days when possible.

### Hypothermia and cold-related illnesses

As we age, our bodies become less efficient at regulating heat, making seniors more vulnerable to hypothermia. Those with cognitive troubles can be in even greater danger of cold-related illnesses. The National Institute on Aging advises seniors to dress in layers, wear gloves and hats, and keep indoor temperatures above 68 F to prevent cold-related illnesses.

### Social isolation

Winter often brings shorter days and reduced outdoor activity, which can increase feelings of loneliness — especially for seniors living alone. Social isolation, linked to depression and cognitive decline, is a common concern during these colder months. Engaging in group activities or simply spending time with others can greatly improve mood and overall health during winter.

### Home maintenance and safety risks

Winter maintenance, like shoveling snow or handling heating systems, can be both physically taxing and risky. Tasks such as clearing driveways or using space heaters may lead to overexertion or even injury. If the senior you love suffers from memory loss due to dementia, things like space heaters and heated blankets can cause even greater fire risk if people forget to turn them off.

### Stay safe and enjoy winter without worry with a respite stay

With the right planning and support, winter can be a season filled with warmth, connection and peace of mind. If you need a helping hand ensuring your senior loved one is safe this winter, consider a respite stay at a senior living community near you. Many communities can offer temporary stays for seniors, providing safety, community and comfort during the year's coldest months — and peace of mind for you. ■

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](http://www.HollandFarmsLiving.com).



## Stay Warm & Cozy this Winter!

As the cold weather approaches, now is the perfect time to plan ahead. You or your loved one can enjoy comfort, safety, and warmth at Holland Farms this winter.

**WINTER STAY SPECIAL**  
Move in by December 31, Stay 3 months, get the 4<sup>th</sup> month, FREE!  
No long-term commitment required!

Winter stays are available for those in carefree living, assisted living and memory care.

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\*Restrictions apply, see website for details.



# HONORING OUR LOCAL VETERANS

**VETERANS DAY IS MONDAY, NOVEMBER 11, 2024**

## AARON MARTINEZ

**Norwalk**

**Military branch:** Army • **Rank:** SFC Retired • **Service:** 1999-2014

**How can Americans best honor veterans:** "American civilians can honor veterans by developing authentic relationships with them. It can also be helpful to introduce them to new connections and networks that can assist them while adjusting to the climate of the cultures and communities. They can also direct them to events, programs and activities that can create opportunities to merge the two communities. Also just listening and learning from each other an experience can stimulate a new common grounds to stand on. I have run a nonprofit for many years called Struggle Beyond the Decade. SBTD was developed to helping with the education and R&D of programs and activities that aimed to mitigate suicide and trauma. While in the field, I traveled and filmed four seasons of documentaries while on my journey. These documentaries became a movement which sparked awareness and motivation in the nonprofit communities nationwide."



## MEGAN FREED

**Norwalk**

**Military branch:** U.S.

**Army**

**Rank:** E5/Sergeant

**Service:** 2007-2012



## J.W. ERIE

**Norwalk**

**Military branch:** U.S. Air Force • **Rank:** SSgt • **Service:** 1979-1992

**How can Americans best honor veterans:** "We don't ask people to worship the U.S. flag, but we do ask them to honor and respect that flag which we all served under."

## SHERRY (BOULEY) FLEMING

**Norwalk**

**Military branch:** U.S. Navy • **Rank:** RM3

**Service:** 1970-1973

**How can Americans best honor veterans:** "I believe people don't join the services to be honored. Although, I do feel the veterans of foreign wars have given all Americans something invaluable and should be respected for that service. Some of the ways that can be done is to be respectful of all Americans and teach our children that standing for the National Anthem and the presentation of the Colors is simply a tiny way to say thanks for the freedom we all enjoy. The veterans will see and appreciate it!"



*Thank you  
for your  
service!*



## STANLEY GUSTAFSON

**Norwalk**

**Military branch:**

**Marine Corps**

**Rank:** Lt. Colonel

**Service:** 1966-1991





**ROBERT HILL**  
Norwalk  
**Military branch:** U.S. Army Intelligence  
**Rank:** E-6  
**Service:** 1965-1968 stationed in Korea



**ALAN STULTS**  
Norwalk  
**Military branch:** U.S. Army  
**Rank:** SP-4  
**Service:** 1971-1974



**DUANE BOWER**  
Norwalk  
**Military branch:** USMC  
**Rank:** Sergeant  
**Service:** 1964-1970



**JEREMY ROTH**  
Norwalk  
**Military branch:** U. S. Marine Corps  
**Rank:** Sergeant  
**Service:** 1992-1998

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**JESSICA QUINTANILLA**  
Norwalk  
**Military branch:** Army  
**Rank:** O3 / Captain  
**Service:** 2004-2009



**DONALD HEYER**  
Norwalk  
**Military branch:** U. S. Navy  
**Rank:** RM2 (radioman 2nd)  
**Service:** 1951-1955

## CHRISTOPHER WHITE

Norwalk  
**Military branch:** Army National Guard  
**Rank:** Colonel • **Service:** 1984-2014  
**How can Americans best honor veterans:** "Listen to veterans' stories to help build a more accurate and complete picture of military life and experience."



## BEN KORF

Norwalk  
**Military branch:** U.S. Marine Corp  
**Rank:** E-5 Sergeant • **Service:** 2006-2010  
**How can Americans best honor veterans:** "Just thank them for their service. We love the recognition!"

## TREVOR TOMKINS

Norwalk  
**Military branch:** Army National Guard  
**Rank:** First Sergeant • **Service:** 1990-2018  
**How can Americans best honor veterans:** "We don't need the recognition. It's nice to be appreciated, but not with most that I know did it for. People can honor us by understanding the difference of Memorial Day and Veterans Day, and who should be referenced and honored on each of those days."





## MAYORS MOMENT

### Voting

For those of you who got out to vote, thank you. We live in a representative republic and voting for the candidates who most align with your values, is a great way to get a candidate into office that will be the best voice for you. To all the candidates that ran for office this election cycle, thank you for running and being willing to spend your time representing the people of your district.

### Community Survey Results

The results of the Community Survey, that was conducted over the summer, should be available to the public soon. There were a lot of positives in the results I've seen and also some things we, as a city, need to work on. In November, the City Council and myself are going to be meeting to create a new 10-year strategic plan. The results of the Community Survey is just one of the things we are looking at to drive our strategic plan. Please know, your input on these surveys is very important and is taken into consideration. As the City's new 10-year strategic plan is solidified, I plan to share it with all of you and let you know exactly how the data from the survey was used to create this plan.

### Assistance Available

As we approach the season of giving, there are two items I'd like to bring to everyone's attention.

The first is, if you find yourself struggling financially this season, please know there are resources available to help you put food on your table, keep a roof over your head and keep you warm. The following are a few of the resources available.

- **Norwalk Food Pantry**, operated by the Norwalk Ministerial Association, is located at New Life Lutheran Church, at the corner of Highway 28 and Wakonda Drive. The food pantry is open Wednesdays. For more information, call 515-285-5965.
- **IMPACT Community Action Partnership** in Warren County is an organization that offers energy, food, and disaster assistance and can help you with navigating your basic needs. Call their office at 515-518-4770 to learn more.
- **MidAmerican Energy** has the I CARE program. The I CARE program is a way for you to help families in your local area with financial assistance for heating bills and/or energy efficiency weatherization efforts. For every \$1 donated, MidAmerican Energy contributes an additional 25 cents. When you donate, one-time or monthly, your contribution is directed to a community action agency in your area (*IMPACT Community Action Partnership in Warren County*) that distributes the funds to those customers in need of financial help.
- **MidAmerican Energy Low Income Home Energy Assistance Program** is available to assist eligible low income households with a number of energy related items. To enroll, call 515-281-3861.
- **City of Norwalk Water Department** will work with residents on their water bills. They can assist by extending your payments out to allow you to get caught back up. The only thing they ask is that you contact the water department before you miss any payments. You can call them at 515-981-0228.

On the flip side, if you've been blessed this year and find yourself in a position to pay it forward, I encourage you to reach out to any of the programs listed above. Give them a call and they'd be more than happy to make sure your donation helps someone who needs assistance.

### Snow Ordinance Reminders

Ready or not, the snow is on its way! I know how easy it is to forget between seasons what to do or where to get information when the snow starts flying, so here are a couple reminders of where you can quickly find information.

Know when the snow ordinance gets activated. The City posts the activation of the snow ordinance to our website ([www.norwalk.iowa.gov](http://www.norwalk.iowa.gov)), our Facebook page (City of Norwalk, Iowa – City Hall), and through the Norwalk Alert system. City staff also updates the outgoing message on the phone system (515.981.0228 option 8), as well as notifies the media.

I strongly encourage everyone to sign up for the Norwalk Alert system so you can receive notifications as to when our snow ordinance goes into effect and is lifted. You can sign up for these alerts by going to [www.norwalk.iowa.gov](http://www.norwalk.iowa.gov) and clicking on "Alerts Sign-Up".

**Please Note: Per City ordinance, sidewalks must be cleared within 24 hours after the end of a snow event.**

Should we receive A LOT of snow, the Norwalk Fire Department (NFD) asks you to take a few minutes to clear the snow from the fire hydrant, should you have one in your yard. They would be incredibly appreciative if you were able to clear around the hydrant as well. In the event of a fire, it's much quicker for the NFD to hook up the hoses rather than spending time trying to locate the fire hydrant and dig it out.

**Important Reminder:** it does not matter how much snow falls to determine if the snow ordinance will be activated. Once the snow ordinance is activated, there is absolutely **NO PARKING** on the street during this time. Regardless of how many times the snow plow has gone by your home, there is still **NO street parking until the snow ordinance is lifted**. The police will ticket and tow vehicles left in the street during an active snow ordinance.

As I wrap up this month's Mayor's Moment, I would like to wish you all a Happy Thanksgiving. I hope you enjoy your time spent with family and friends. And during this holiday of giving thanks, please consider picking up some extra items the next time you are at the grocery store and making a donation to the Norwalk Food Pantry. You just never know, your simple act of kindness could be the one thing that makes a difference for a Norwalk family to have a Happy Thanksgiving.



Tom Phillips, Mayor



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**NOVEMBER 22**

**JOIN FOR A DAY OF FESTIVITIES!**

**Free Play All Day until 6:30pm!**

Senior Coffee and Games 10 am-11 am

Ribbon Cutting & Speakers 4 pm

Giveaways 5:30 pm - 6:30 pm

Movie on the Courts 7 pm - Inside Out 2

# city of norwalk newsletter NOVEMBER 2024

City of Norwalk, Iowa - City Hall X @NorwalkCH @NorwalkIACityHall

## Family Bingo Night

**Program days/times:** December 1, 5 - 7:00 pm  
**Location:** St. John the Apostle Catholic Church  
**Cost:** \$.50/card or 3 cards for \$1.00  
**NO REGISTRATION REQUIRED**

Join us with bingo fun and tasty treats. Bring munchies or snacks to share with all and we will provide the beverage. All ages are invited to participate. Bingo callers will be the Norwalk Lions Club Members.



### Travel with Transparent Language

**Wednesday, Nov. 13 & Dec. 6 | 10:30-11:30 am**

Are you traveling this holiday season or planning future trips? Want to learn a new language in the new year? Learn the basics of a new language with library staff & the free Transparent Language database/app. (which is like Babbel and Rosetta Stone, but free!) Classes will be held in the computer area.

### Used Book Sale

**Thursday, Nov. 14 & Friday Nov. 15 | 10 am-6 pm,  
Saturday, Nov. 16 | 10 am-5 pm**

Get some cozy reading material for chilly winter nights at the Fall Used Book Sale. All proceeds go back to the Norwalk Easter Public Library Foundation in support of future initiatives such as the 2025 Summer Reading Program. Donations can be dropped off at the library.

### Trivia Night\*

**Thursday, November 14 from 7-8 pm & 8-9 pm**

Adults can join us for an exciting evening of brain-bending fun with a wicked twist at our Trivia Night

held at City State Bank community room! Whether you're a trivia buff, a Wicked fan, or just looking for a good time with friends, this event is perfect for everyone. \*Registration is strongly recommended; register at <https://norwalklibrary.libcal.com/event/13097646>

### Get Lit Book Club: Wicked

**Tuesday, November 19 from 6:30-8 pm**

All readers are welcome for open discussion of Wicked by Gregory Maguire. Copies of the book are available for checkout at the front desk. This event will be held in the City State Bank community room.

### Howlidays at the Library

**Tuesday, December 3 from 3-6 pm**

Library mascot Scribbles is inviting some of his favorite canine friends - Spot and Bluey - and Santa Claus to the library! Meet and take your own photos with them and enjoy refreshments, crafts, and other activities at this free event.

### Upcoming Closures:

**Monday, November 11** The Library Board of Trustees meeting has been rescheduled to Monday, November 18, at 6:30 p.m.

**Wednesday, November 27** at 5 p.m.

**Thursday, November 28 & Friday November 29**  
Closed all day

## IMPORTANT LINKS FOR NORWALK!

See Basketball  
Program  
Details Here!



We Are Hiring  
Referees!

At least 14 years old  
Pay: \$15/game  
No certification required



Women's Indoor  
Volleyball League  
Registration Open!



{YEL} Robotics  
and Chess  
Registration



Youth Winter  
Tennis Lessons



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Norwalk  
Fieldhouse

View amenities, hours,  
rates and more.



## EMPLOYEE SPOTLIGHT!

### Joey Stabenow, Library

I graduated from UNI in 2018 with a degree in elementary special education. I am originally from Marshalltown but bought a house this year in Indianola. I have been working at the Norwalk Easter Public Library for 2 years. Prior to working at the library, I was an elementary school educator and worked with adults with disabilities!

Outside of work, I like to take my dogs on walks, kayak, do puzzles and read! I currently live with my partner of 10 years, Glenn, and my 3 animals: Belle (cat), Ellie (dog) and Rico (dog).

When I was younger, my parents used to take me to the library every week which fostered my love for reading. I always wanted to grow up to work at a library and here I am today! Everyone (patrons and employees alike) is so nice to work with! I love being able to talk about books with people and recommend some of my favorites!





# HOME and ride sharing

The concept of “sharing economy” is becoming more popular than ever. Companies like Uber and Lyft allow people to utilize their personal vehicles to provide a ride service similar to a taxi service. Similarly, there are now homeowners renting out their properties to vacationers via companies such as Airbnb. The concept continues to grow and gain acceptance as many people enjoy the convenience. For those of you who are considering providing these services, the benefits and risks should be taken into consideration when deciding if it is the right decision for you.



**Ride-sharing services:** Providing transportation for others in your car.

#### Advantages

- Flexibility: Drivers can choose which fares to accept and work as much or as little as they like.
- Accountability: Services allow drivers to rate their riders. Also, customers must create an

account with personal information to request a ride. So, unlike a taxi, each ride can be traced to a specific customer.

- Extra income: Some drivers are full-time; some drive around their regular work or school schedules or drive for extra income during retirement.

#### Disadvantages

- Risk: Income can be irregular, and drivers may have limited or no access to programs and benefits, such as worker's compensation. Services typically have liability insurance when transporting a passenger. Your personal auto policy might not cover you, for example, if you get in a crash after dropping the passenger off.
- Legal considerations: The legality of the services is in question. Cities have cited drivers for operating an illegal taxi service.
- Cost: Repair costs from the wear and tear on your car.

**Home-sharing services:** Renting out a room or your home.

#### Advantages

- Flexibility: Depending on the service you use to list your property, you have control over

which visitors and when you allow them.

- Extra income: Renting out vacation properties/extra rooms generates extra income.

#### Disadvantages

- Financial risk: Most homeowners policies and renters policies don't cover significant commercial activity, which could hurt you if your guests cause damage, steal something, sustain an injury or participate in illegal acts.
- Safety: There's no way around it — they are strangers in your home, which carries a risk.
- Fees: Part of what the customer pays goes to the listing company.

An experienced insurance agent will be able to help you understand the potential risks from an insurance perspective on these sharing economy opportunities. ■

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](http://laneinsurance.com) or give us a call at 515-981-4614. Information provided by Mike Lane, Lane Insurance Agency Inc., 1225 Sunset Drive, Norwalk.

## Don't wait until you've had a loss to ask AM I COVERED?!

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## THE R410a refrigerant phase-out and what it means for HVAC systems

As of January 2025, new HVAC units will no longer be using R410a refrigerant to provide cooling services for your home. New units will now feature either R-32 or R454-B refrigerant. As a homeowner, you may have some questions regarding the new EPA regulations on HVAC refrigerants and what it means for you and your home's unit.



### Why is R410a being phased out?

To reduce emissions and work toward a more sustainable way of living, the EPA has made the decision to phase out R410a due to its high levels of hydrofluorocarbons, which are known to have a negative effect on the ozone layer.

This refrigerant shift is in an effort to help optimize efforts on the reduction of our carbon footprint while utilizing more eco-friendly materials and retaining the necessary comfort in our homes.

### Do I need to replace my unit if it uses R410a refrigerant?

You'll eventually need to make the shift toward a unit that uses either R-32 or R454-B, but for now, you can keep your current unit running to effectively cool your home during the summer months. These units will continue to be serviced until the remaining R410a stock has been depleted.

### What are the benefits of R-32 and R454-B?

Both refrigerants aim to be more energy efficient and offer zero effects on the ozone layer. R-32 offers lower toxicity and improved thermal conductivity and refrigeration capacity. R454-B offers more heating efficiency than R-32 and even requires less refrigerant in comparison to R410a.

### When should I get a new HVAC unit?

While R410a is no longer being produced as of 2025, you may want to be on the lookout for a new unit that works with the new recommended refrigerants. There's no immediate rush for a replacement, just know that there's a finite amount of R410a left, so it's best to get ahead of it and begin the search for your new unit.

New HVAC systems are being designed with the updated refrigerants in mind. Whether you have an old unit that needs to be replaced soon, or you plan on moving into a new home, you'll want to consider finding an HVAC unit that works with R-32 or R454-B as not all systems are configured for the refrigerant change.

### What if I have more questions?

Whether you're considering updating your current system for the new refrigerant regulations, or you're moving into a new home and need to outfit it with the right system for your family's comfort, an HVAC professional can assist with the refrigerant transition. ■

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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**LEGAL** By Ken Winjum

## DON'T click away your rights



We have noticed recently that some insurance company adjusters are attempting to settle personal injury claims within days of an accident. This might make sense in a minor accident with no apparent injuries. However, where a significant injury or hospitalization is involved, such a settlement may be premature.

In this world of downloadable apps, e-signatures and digital communication, it is possible that a person may unwittingly agree to a settlement before becoming aware of the seriousness of his or her medical condition or the rights being given up. It seems we are conditioned to agree to long document forms without ever reading the words contained in them.

In this environment, it is the liability insurance adjuster's goal to obtain a signed release of the company's insured party in exchange for a payment to the injured party as quickly as possible. For the sake of "convenience," such releases are often presented digitally whereby a simple "click" can extinguish an injured party's claim.

One should be very careful before ever agreeing to accept payment from an insurance company that promises to pay for an injury shortly after an accident. By accepting such payment, the injured party will have essentially settled the case and closed off any opportunity for full compensation. Unfortunately, it may be difficult to "undo" a misinformed acceptance of an early settlement proposal.

Iowa Code Chapter 507B contains specific rules concerning how insurance companies are to fairly settle claims. For example, an unfair claim settlement practice may include "not attempting in good faith to effectuate prompt, fair, and equitable settlements of claims in which liability has become reasonably clear." The focus of the statute is on whether the company is in violation with such frequency as to indicate a general business practice. Enforcement is handled by the Insurance Commissioner.

In *Bates v. Allied*, 467 N.W.2d 255 (Iowa 1991), the Supreme Court of Iowa held that 507B does not create a private cause of action against an insurance company that commits an unfair claim settlement practice. The Court explained that while an insurer has a fiduciary relationship with its insured, it has an adversarial relationship with a third-party claimant. Therefore, a tort victim, as a third-party claimant, cannot compel a tortfeasor's insurer to negotiate and settle a claim in good faith anymore than he could compel the tortfeasor to do so himself.

In conclusion, it should be understood that the insurance company for the at-fault party has an adversarial relationship with the injured person. It is crucial for an injured person to read and understand all documents sent by an insurance company before signing or "clicking" agreement to the terms. ■

Information provided by Ken Winjum, The Winjum Law Firm, P.L.C., 1220 Sunset Drive., Suite 103, Norwalk, 515-981-5220, [www.winjumlaw.com](http://www.winjumlaw.com).

# INSPIRING community through beautification

Carla Kuehl-Purdum makes a mark on Norwalk's outdoor spaces.

When Carla Kuehl-Purdum's youngest daughter joined the Girl Scouts, she and her troop planted the planters at Norwalk City Park to earn a horticultural badge.



Kuehl-Purdum enjoyed being part of the project so much that she asked the city if they could do it again the following year, even though the girls wouldn't need a badge.

That was in 2012, and ever since, she's continued the project, teaching young girls how to plant and care for annuals throughout the year.

"It's been very fulfilling," Kuehl-Purdum says.

After leaving her career in early childhood education, Kuehl-Purdum looked for other ways to get involved. She joined the Ackworth Garden Club, which does a lot of community service. When they needed someone to volunteer and coordinate a project at Brownie Park, Kuehl-Purdum knew she'd be a great fit.

"I thought, oh my gosh, that sounds perfect for me," she recalls. "I'm already helping out with City Park, and Brownie Park is on the other side of the library."

Since getting involved with Brownie Park, she's made it an enjoyable space for the community, adding features like animal prints in the sidewalk, hopscotch and checkerboard games, and a whimsical sidewalk poem, all designed to make Brownie Park more engaging and family friendly.

In 2019, a fellow community member envisioned a magnolia arboretum at the park, marking its new name as Brownie Park Gardens and Magnolia Arboretum — the only official arboretum of its kind in Iowa. It's now proudly listed on the Magnolia Society International's registry. With donor plaques on trees and a well-maintained landscape, the arboretum has become a local landmark for plant enthusiasts and visitors alike.

Her primary goal for volunteering is to create beautiful, engaging environments in Norwalk's parks while educating the public on conservation through interactive elements.

"I get a kick out of watching folks enjoy the parks," she says. "Hopefully, it brightens their day and is a destination they want to return to often to relax, play, read and spend time in nature. Maybe it will even inspire them to volunteer."


In one noteworthy project, Kuehl-Purdum worked with volunteers to "Save Our Ash," a humorously titled project focused on saving a Purple Ash tree near the Norwalk Easter Public Library. Thanks to a grant from the Warren County Master Gardeners, they secured professional treatment to protect the tree from the invasive emerald ash borer.


As a member of the Friends of Warren County Conservation Board, Kuehl-Purdum collaborates closely with organizations that share her passion for conservation. Her involvement in local projects such as the Warren County Conservation Directional Pole in Brownie Park reflects her vision of interconnected communities through accessible green spaces.




Jason Siemens of Edward Jones presents the Neighbor Spotlight certificate to Carla Kuehl-Purdum.

Thanks in part to Kuehl-Purdum's tireless work, Norwalk's parks are not only beautiful, but also serve as a testament to the power of collective community effort and education. ■


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## EVENTS IN THE AREA

Check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### Upcoming in Norwalk Living magazine:

**Holiday recipes:** Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Nov. 15 to have it included in our December issue.



**First cars:** Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Dec. 5 to be included in the January issue.

### Warren County Economic Impact Celebration

Tuesday, Dec. 3, 5-7 p.m.

Principal Black Box Theatre, 701 N. C St.

Join Warren County Economic Corporation to reflect on a year of economic growth across Warren County and honor outstanding businesses that have contributed to the community's success. Connect with fellow Warren County business and community members and celebrate economic achievements together. Attendance is free, but RSVPs are required to secure your spot. Register online at <https://lp.constantcontactpages.com/ev/reg/wfr8f63>.

### Leadership Training

Dec. 9 application deadline

The Warren County Leadership Institute (WCLI), formed in 1993, is an initiative of Warren County Economic Development Corporation (WCEDC) and is an integral part of fulfilling WCEDC's mission. The Institute's primary objective is to train and inform leaders so they can create the best future for themselves, their families, their communities and their county. WCLI features eight leadership sessions during which expert facilitators and Warren County leaders share important leadership skills and educate about the local communities and industries.

Each class selects a project that benefits Warren County. Participants work together to fundraise and complete the project. Application deadline is Dec. 9. For more information and registration link, visit [www.wcedc.com/leadership](http://www.wcedc.com/leadership).



### Artist Avenue Fine Arts Pop-Up

Saturday, Nov. 23, 10 a.m. to 6 p.m.

The Sagewood, 117 East Salem Ave., Indianola

This special event features more than 12 area artists, including potters, painters, photographers and jewelers. The event is held in conjunction with Indianola Main Street Home for the Holidays. For more information, search for Artists Avenue Indianola Fine Arts Sale on Facebook.

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### Indianola Home for the Holidays and Lighted Parade

Saturday, Nov. 23, 4-8 p.m.

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Indianola Downtown warmly invites you to Home for the Holidays. You're sure to find your holiday cheer as the Square is transformed with the dazzling sights and sounds (and smells) of the season. Ask Santa if you are on his Nice List, take a horse-drawn wagon ride, join in on a carol or find a treat just like your grandma used to make. Plus, there will be shopping opportunities.

The lighted parade will wrap up this festive evening with a bow. This energizing mobile display of lights and creativity is organized by the Indianola Chamber of Commerce. ■

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# FUNDRAISER brings awareness to mental health

Weekly Weebs Podcast of Norwalk helps others.

For the fourth consecutive year, the Weekly Weebs Podcast is spearheading Nerdvember, a month-long fundraiser dedicated to raising awareness for mental health and suicide prevention.

What began as a collaborative initiative with several organizations soon evolved into an independent effort, with the Weekly Weebs team proudly leading the cause. The name “Nerdvember” was coined as a playful nod to the podcast’s anime and nerd culture focus, but the heart of the fundraiser lies in a deeply personal mission to support mental health causes.

The Weekly Weebs Podcast members — Tyler French, Cole Huerter, Zach Higgins and Zach Wichhart — are united by a commitment to make a difference. Mental health struggles and suicide prevention hold personal significance for each team member, having all experienced, either directly or indirectly, the effects of these issues.

As French explains, “Suicide is something that affects everyone, from the people you see every day to celebrities like Robin Williams.”

Each November, Nerdvember focuses on raising funds for two organizations: Mission22, which supports military veterans, and The Trevor Project, a lifeline for LGBTQ+ youth. These communities are particularly vulnerable to mental health challenges, and the Weekly Weebs team chose to focus their efforts here as part of their broader goal of fostering a safer and more understanding world for all.

The campaign kicks off annually in late October or early November with an in-person event called the Giveback Kickback. At this gathering, guests are treated to an arcade setup, games and food. This year’s event added a kids’ costume contest, welcoming the younger fans to take part.

Nerdvember’s grand finale is a 12-hour livestream on Facebook Live and Twitch at the end of November. During the stream, the Weekly Weebs team interacts with fans, conducts interviews with celebrities, plays games, shares personal stories and raffles off prizes. This virtual event is both a fundraising opportunity and an open dialogue about mental health.

The messages from the Weekly Weebs Podcast members reflect the event’s personal impact.

“If we change even one life for the better, all the work is more than worth it,” French says.

For Wichhart, a former military member, Nerdvember is an opportunity to support fellow veterans.

“I want to make sure the people who were willing to die for me don’t end up dying to thoughts of suicide,” he says.

Higgins, too, adds a personal touch.

“As a Christian, I believe nothing is more valuable than the life God gives us,” he says. “Jesus Christ saved my life. If I can convince even one person to believe in the value of their own life, I believe my purpose is fulfilled.”

Nerd culture and mental health advocacy might seem like an unlikely pairing, but the Weekly Weebs team uses their platform to promote a message that resonates with fans and supporters alike.

As Huerter says, “Nerdvember is a great way for us to have our voices heard not just as nerds, but as people who know the struggles of going day by day and finding something to look toward to keep our spirits up.” ■



The Weekly Weebs Podcast members, Tyler French, Cole Huerter, Zach Higgins and Zach Wichhart

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## RECIPE

# BRING the taste of takeout home

*(Family Features)* Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour. Using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy, provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at [SuccessRice.com](http://SuccessRice.com). ■

## Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

### DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.

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# MEET Grant Hobin

Orchard Hills music teacher

Grant Hobin first fell in love with music through the sound of his mother's voice. She not only sang lullabies to Hobin and his sister, but she would also sing along with Motown hits on the radio.

After graduating high school, Hobin attended Simpson College, where he studied music education. He decided to interview with the Norwalk Community School District because he had heard from several friends that it was a good district to work for. Now, Hobin teaches music at Orchard Hills Elementary School. He has worked with the district since August 2020, and his family relocated to the Norwalk community last summer.

"When I interviewed at Orchard Hills, I was struck by the friendliness of the teachers, how nice the kids are, and how spacious and beautiful the music room is. I have found that the staff at Orchard Hills are always there for each other during hardships and celebrations," Hobin says.

Hobin likes working with students in second and third grade because they are open to new experiences. With his students, Hobin has the opportunity to play xylophones, sing, dance and play games.

Last year, Hobin and his class participated in many music activities involving American Sign Language. His third-grade students worked with an art teacher to help create winter artwork for the winter music program. The third-grade concert also included a song where parents had the opportunity to join in singing with the students.

"Many people are under the impression that there are musical people and non-musical people. Nonsense," Hobin says, "The greatest reward is helping students find their own musical voice. It is one of the best feelings in the world to see my students have a great time playing or singing a game I taught them."

This school year, Hobin is looking forward to the songs and games they experience in the music classroom every day. In addition, his third-grade students will once again present a winter program with a snowy weather theme. His second-grade students will also put on a concert featuring music and dance from around the world.

"I am a happy dad who loves his family and friends," Hobin says, "Teaching in one of the most spacious and well-designed general music classrooms in the state is a joy. I am grateful that the district put so much effort into making our music classroom a great place for children to learn." ■



"When I interviewed at Orchard Hills, I was struck by the friendliness of the teachers, how nice the kids are, and how spacious and beautiful the music room is," Grant Hobin says.



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## HEALTH

By Dr. Maureen Winslow

### NOTHING hurts, so I must be OK?

It's a common misconception that cavities or problems with teeth result in tooth pain. Tooth pain can range from slight temperature sensitivity to throbbing toothaches. Sensitivity to temperature can indicate a problem with your teeth but most often is not a major issue and can be improved with over-the-counter sensitivity products. However, once a tooth starts aching, it usually indicates a problem that needs a lot more work than a simple filling.



Routine checkups are key in detecting small cavities or cracks in teeth early, before they start hurting. Intervening on these problems before they cause pain is key to maintaining a healthy mouth without major dental interventions such as root canal treatment, or worse: extraction. Many people delay treatments until a tooth is bothering them. Unfortunately, by this time treatment can either be very costly or it may be entirely too late to save the tooth.

We encourage patients to visit their dentist for recurring appointments two to four times per year depending on the health of their mouth. Often, people reason that they will save money by opting out of dental insurance or not visiting the dentist, but in the long run, it is more important (and with good oral care, usually cheaper) to preserve teeth and keep them for a lifetime. With regular dental cleanings and exams, tooth problems can be detected in the earliest stages, ultimately saving time, money and toothaches. ■

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

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## HEALTH

By Dr. Jesse Stumbaugh

### WHAT IS nonsurgical spinal decompression?

If you have lasting back pain and other related symptoms, you know how disruptive to your life it can be. You may be unable to think of little else except finding relief. Some people turn to spinal decompression therapy — either surgical or nonsurgical. Here's what you need to know to help decide whether it might be right for you.



Nonsurgical spinal decompression is a type of motorized traction that may help relieve back pain. Spinal decompression works by gently stretching the spine. That changes the force and position of the spine. This change takes pressure off the spinal disks, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. As a result, bulging or herniated disks may retract, taking pressure off nerves and other structures in your spine. This, in turn, helps promote movement of water, oxygen and nutrient-rich fluids into the disks so they can heal.

Doctors have used nonsurgical spinal decompression in an attempt to treat:

- Back or neck pain or sciatica, which is pain, weakness or tingling that extends down the leg
- Bulging or herniated disks or degenerative disk disease
- Worn spinal joints (called posterior facet syndrome)
- Injured or diseased spinal nerve roots ■

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

## HOW COMMON are eye injuries from air guns?

Air guns are a known threat to unprotected eyes. Findings suggest these guns are harming more eyes than ever. Eye injuries from airguns have risen by 50% since 1990. This is likely due to their increase in popularity over the past few decades. Since 2010, the number of people admitted to the hospital for eye injuries from air guns has increased by a whopping 600%. In fact, for most children, eye injuries that led to a hospital admission were caused by air guns. Unfortunately, this eye damage can be long-lasting. In one study, three out of 10 young patients who suffered air gun injuries still had poor eyesight after treatment, with visual acuity worse than 20/50.



Of course, the vast majority of those who suffered air-gun-related eye injuries were those not wearing eye protection. Ballistic eyewear is designed for use with air guns and other weapons. Ballistics means the movement of objects that are shot or forced to move forward through the air.

The moral of the story is to wear eye protection with air guns and encourage others to do the same. ■

Information provided by Dr. Jonathan Anderson, O.D., Optometric Associates of Warren County, 1228 Sunset Drive, Suite A, Norwalk, 515-981-0224.

## WELLNESS

By Jen Penisten

## IMMUNE system support

Cold and flu season is always a stressful and discouraging time. Missed workdays, childcare issues, missing out on holiday family time — and the list goes on.

What can we do to support our immune systems during this time? Tri-Immune is a vitamin injection consisting of vitamin C, glutathione and zinc.

This blend works synergistically to help nourish your body's immune defenses. Glutathione is an amino acid that helps protect cells and promotes optimal function of the white blood cells.

Zinc is a mineral that plays a big role in the function of the cells in the immune system process. Vitamin C also provides antioxidant effects and supports how cells work in the innate and adaptive immune system. Providing this in injectable form rather than a pill provides better (think 75% or more, versus as low as 5%) and faster absorption.

A healthy whole-food diet, adequate hydration and exercise are also great ways to support your immune system so it can respond effectively to viral and bacterial outside "threats."

Even if we still end up getting sick, this can reduce the amount of downtime that one experiences with the illness as well.

Other vitamins that can be greatly helpful are vitamin D, folate, B6, vitamin E and vitamin A.

Make sure to speak with your primary care provider or pharmacist to make sure these are safe to add based on your individualized needs. ■



Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, [livin-vivid.com/life-spa](http://livin-vivid.com/life-spa)

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# WHEN WAS YOUR LAST EYE EXAM?

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# WHAT TO KNOW about sudden sensorineural hearing loss

Sudden sensorineural hearing loss (SSHL), also known as sudden deafness, is characterized by a rapid loss of hearing. Nine out of 10 individuals with SSHL experience it in one ear only.<sup>1</sup>



Unlike gradual hearing loss, SSHL occurs instantly or over a few days and is considered a medical emergency, making prompt diagnosis and treatment crucial to help prevent permanent damage.

## Recognize the symptoms

The hallmark of SSHL is a sudden drop in hearing ability. Often, individuals may first notice a pop in the ear or struggle to understand group conversations, especially in noisy environments.

Other signs of SSHL include dizziness, balance problems and tinnitus, or ringing in the

ears. In one study, 77.4% of patients with SSHL also experienced tinnitus.<sup>2</sup>

## Diagnosis, treatment and recovery

A health care professional may conduct an audiogram or other tests to confirm an SSHL diagnosis and determine the best course of treatment. This may include corticosteroids to reduce inflammation as well as antibiotics if the SSHL is due to an infection.

Approximately two-thirds of people with SSHL will have full or partial recovery of their hearing.<sup>3</sup> Factors that affect the likelihood of recovery include the time from presentation of symptoms to treatment — those who receive treatment early have better outcomes — and hearing loss severity — those with mild cases are more likely to recover than those with severe ones.

## Exploring the link to COVID-19

Some research has suggested that COVID-19 could potentially lead to SSHL as a rare

complication, possibly due to the virus's impact on the inner ear and auditory pathway. One study published in 2024 found that young adults who recovered from COVID-19 were at a 3.52 times higher risk of SSHL than individuals who never had COVID-19.<sup>4</sup>

If you or someone you know experiences symptoms of SSHL, seek medical attention without delay, as early intervention can improve the chances of recovery. ■

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

1. Pietrangelo, A. (2018). Sudden sensorineural hearing loss. Healthline. <https://www.healthline.com/health/sensorineural-deafness#causes> 2. Wen, H et al. (2014). Prognostic factors of profound idiopathic sudden sensorineural hearing loss. European Archives of Oto-Rhino-Laryngology. <https://pubmed.ncbi.nlm.nih.gov/23771280/> 3. Leung, M et al. (2016). Sudden sensorineural hearing loss: primary care update. Hawaii Journal of Medicine and Public Health. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4928516/> 4. Sidharthan, C. (2024). COVID-19 linked to increased risk of hearing loss in young adults, study finds. News Medical Life Sciences. <https://www.news-medical.net/news/20240828/COVID-19-linked-to-increased-risk-of-hearing-loss-in-young-adults-study-finds.aspx>

## Sudden Hearing Loss Is a MEDICAL EMERGENCY



Whether your hearing loss happens fast or gradually over time, seek help from an audiologist ASAP.

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



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# CELEBRATING Norwalk's growth

The Norwalk Chamber is excited to welcome 15 new members who have joined over the past four months, each bringing something unique and valuable to our community. Our chamber is focused on fostering connections that empower businesses and uplift Norwalk as a whole. Each new member adds depth to our local economy, making Norwalk an even better place to live, work and thrive.



Recent new members include Absolute Storage, which offers secure solutions for personal and business storage needs, and Fairfield by Marriott, which provides lodging for visitors and enhances Norwalk's appeal as a destination. Kwik Star has joined us, adding convenience and resources for residents, along with the Cumming Barbershop, offering a traditional barber experience to our local communities.

We're also pleased to welcome American Family Insurance - Mike Richey Agency Inc., offering insurance solutions that support residents' peace of mind, and Domino's, a recognizable brand now serving Norwalk with fresh pizza and delivery options. Businesses like Dunn Industrial Condominiums provide spaces for businesses that have outgrown their existing space and they are ready to upgrade. In2It Digital brings specialized services that expand our business community's options for marketing needs, while Ember Market adds a boutique shopping

experience to Norwalk.

New partnerships with companies like InfoMax Office Systems and Manchester Leasing Services, Inc. further enhance resources for business owners. Metronet joins us with high-speed internet solutions, while Xcite offers a range of protein drinks that support health and wellness. We also welcomed the Independent Advocate, which plans to bring important local news stories to our growing community and partnered with us to host the recent candidate forum.

Through events like our recent luncheon at the City State Bank Fieldhouse, we aim to create a welcoming space where these new members can connect with others, exchange ideas and find opportunities to grow. Each business's success strengthens our local economy, builds resilience and helps shape Norwalk's future.

As our chamber community expands, we remain committed to supporting each of our members and fostering a collaborative, vibrant business environment. By working together, we're building a stronger Norwalk that meets the diverse needs of its residents and visitors. Thank you to our new and returning members for joining us on this journey. We look forward to a year filled with growth, collaboration and community success in 2025. ■

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

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## Why Become a Member?

- ✓ Bring Awareness to Your Business
- ✓ Connect with Local Professionals
- ✓ Opportunities to Support Your Community
- ✓ Referrals from the Chamber Business Directory
- ✓ Dual Membership with the Greater Des Moines Partnership



Connect with the  
Norwalk Area  
Chamber and  
Join Today!



# HERE to tell about it

Gustafson writes book to tell of his Vietnam experiences.

Stanley Gustafson has some stories to tell.

Spending 26 years in the United States Marine Corps (USMC) will do that. Sure, he had a successful life outside the USMC, serving as an attorney and a state representative in the Iowa Legislature, among other things, but it was his time in Vietnam in the late 1960s that will be forever emblazoned in his mind. And now a book.

Gustafson, 82, has written a book titled “My Tour In Vietnam,” sharing a few of those very stories that live on so starkly in his memory bank.

One of them is a recounting of a night in January 1967. It was 2:30 in the morning. In the darkness of the night, with the enemy just a few feet away, a Marine sat hidden as he called in the mission, whispering in his handset, “50,” or the number of Viet Cong he thought were

there. The enemy unknowingly passed by him and three other hidden Marines, who soon realized that number was wrong. At least 150 of them had been past their location. The mission was quickly changed. Three artillery batteries were needed now, not just one.

Gustafson was the recipient of that message. He told his fellow Marine that he would give him a 10-second warning before the artillery would begin hitting the target.

“When I called to give that warning, he had already keyed his handset, as I’m sure it was in his pocket and he needed both hands to fire his weapon,” Gustafson says. “The four Marines had already begun firing.”

Gustafson was mortified.

“I wondered what they were doing, in the middle of nowhere, surrounded by 150 VC, and it was just the four of them,” he says.

The rounds the Marine had requested came in, though, and they hit the target. Fifteen minutes later, the mission was over. They has escaped. Barely.

Fast forward decades later. Gustafson and his wife, Betty, were at a Marine Corps ball in Des Moines. He relayed the harrowing account, minute by minute, then returned to his seat. But it wasn’t over. A gentleman named Larry Brandow, who happened to be sitting at the table, got Gustafson’s attention. What he would say would leave Gustafson flabbergasted.

Brandow leaned in.

“I was the guy who called that mission in.” ■



Stanley Gustafson

## COMMUNITY

By Lindsey Giardino

# NORWALK Girls Rugby Club steadily builds

Building a community and growing the sport

With the recent momentum from the Olympics and the U.S. Women’s Rugby Team securing a third-place finish, the time is ripe to shine a spotlight on the Norwalk Girls Rugby Club, led by volunteer coaches Jena Clemons and Bryant Reynolds.

Founded in the fall of 2019, the Norwalk Girls Rugby Club came to life after Clemons witnessed her niece playing rugby for East High School the prior year. Clemons, interested in growing the sport locally, reached out to Iowa Youth Rugby, which helped establish the club. From there, volunteer coaches like Clemons and Reynolds stepped in to lead the team, with hopes of someday seeing rugby become a sanctioned high school sport in Iowa.

This year, the Norwalk team hosted two tournaments for the first time in the program’s history. To fund these events, the team fundraised through various activities.

Currently, Norwalk Girls Rugby has a roster of about 15 players, which is an increase from their early days when they fielded as few as seven. Through word-of-mouth and encouragement from current players, the team has grown steadily. Some former players have even gone on to play rugby in college, a testament to the impact the program has had on their lives.

For Clemons, the impact of the sport goes beyond just athletic achievement.

“You’re creating a bond with these kids and a bond with the community,” she says.

Reynolds, who also serves as the Iowa Rugby Union President and has been playing rugby for more than a decade, is equally passionate about the sport’s growth, especially for women. With the growing popularity of women’s rugby, bolstered by the success of the Olympic team, Reynolds and



The Norwalk Girls Rugby Club is one of about 10 girls rugby teams across the state.

the Union are actively working to expand opportunities for girls and women in the sport.

His 2-year-old daughter is his motivation, as he hopes she can play one day herself.

“This is me putting my words into action and giving back to help grow women’s sports,” he says.

For Clemons and Reynolds, rugby is more than just a game — it’s an outlet for mental health and personal growth.

“With rugby, there’s a spot for everyone,” Clemons explains. “Whether you’re fast or slow, big or small, there’s a place for you on the field.”

She adds, “It’s a huge outlet. I think every young adult needs to be a part of something. It grows who they are and creates well-rounded adults.” ■



# OUT & ABOUT

# RUN

# Norwalk

RUNorwalk was held  
Oct. 26.



Cole Poots, Danielle McManus and Sam Devries



Aspen and Mel Guanci



Isabel and Stella Livermore



Dr. Gabrielle Magee and Tanya  
Apana



Lucy Evans and Paisley Buske



Dan Obley, Chief Greg Staples and Amanda Reid-Raper



Jerry Bassett and Kim Bassett



Hans, Amber and Annika Decker



Marilyn Rodriguez, Hannah Lee-Malcom, Alexandra  
Else-Keller and Hailey Wright



# OUT & ABOUT

## RIBBON Cutting

Norwalk Area Chamber of Commerce hosted a ribbon cutting for Cumming Barbershop on Oct. 2.



Joan Miller and Richard White



Tim Stephany, Mel Guanci and Amanda Reid-Raper



Leonard Warford, Jennifer DeVaughn and Dan Obley



Kathy and Bryan Bassman



Chris Cataldo, Dan Obey and Mark Miller



Karly, Bodie, Brock and Kambrie DeVaughn



Michelle and Jeff Miller



Duane and Melanie Bower



Randy York, Leonard Warford and Larry Giles



# TRANSPORTATION BY THE NUMBERS

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NORWALK COMMUNITY SCHOOL DISTRICT NEWSLETTER

NOVEMBER 2024

## 1590 STUDENTS

are registered for bussing



21 77 passenger school buses 9 Suburban/Vans



Norwalk CSD uses an online routing software, Tyler Technology, and a parent app, My Ride K-12, to track bussing for students. Students have bus passes and scan on and off the bus.

**29** The Transportation Department has 29 drivers/substitutes, a secretary, and a mechanic.

## 40 ROUTES RAN DAILY

*This includes: Special Education, specialized out of town to Winterset, Woodward and Granger. (This does not include all of the transportation for activities, which happens almost daily.)*



Norwalk bus drivers and students participating in bus safety and evacuation training as part of National School Bus Safety week in October. >>



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