

# Living

# A wedding TO REMEMBER

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made their day special.**

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# WELCOME

## AN OLD RV, a friendly farmer and a moose head

Jolene and I were married in Clive on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.



Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun — until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremonies featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaaahh, the memories. Happy 30th anniversary, Jolene! ■

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# A wedding TO REMEMBER

Couple shares how they made their day special.

By Rachel Harrington

Few milestones are as momentous as a wedding. Family and friends often gather from near and far, the preparations may take months, and every detail is given thought. From the wedding attire to the decorations, music and venue, the couple makes countless decisions with one goal in mind: for theirs to be a wedding to remember. This month, two couples share the scrupulous planning they did so their special day would be exactly as they envisioned. If a wedding is in your future, we hope you find inspiration from their stories. Or, perhaps, their journeys will spark memories of your own.

Anthony and Ali Graham were married Sept. 23, 2023. The bride wore a gown from Schaffers, the same place her grandmother bought her wedding dress. It had a corset top with light beads and pearl buttons down the back. The white dress had an overskirt that Ali wore down the aisle and removed for the reception. Ali chose a cathedral style wedding veil. Photo by Lindsey Willis Photography



## A wedding and celebration of overcoming

Shauna and Brian Shogren have known each other for nine years. They first met when they worked together, and they began dating in May 2020. They soon faced hardship together when Shauna's sister was diagnosed in July 2020 with B-cell lymphoma, Brian was diagnosed with skin cancer in September 2020, and their daughter, Alleigh, was diagnosed with cancer in October 2020. Shauna's sister passed away in November 2020 but, before passing, gave her blessing on Shauna's choice of Brian.

In May 2021, when Brian was at the end of his immunotherapy, the couple were on a date night. He needed a watch, and, while in a jewelry store together looking for one, he asked Shauna to choose a ring she liked. She did but didn't think much of it. He finished his business of getting a watch while also getting the ring, and the two of them went to the Cheesecake Factory for their date night. As they waited, Brian asked Shauna if she wanted to be "stuck with him forever," and she said yes. He then gave her the ring she chose.

"Brian had never been married before, so I really didn't expect anything," Shauna shares. "The low-key way everything went down was so 'us.'"

The couple waited until everyone had been in remission for about a year before moving forward with wedding plans. Shauna chose Maren Lenhart as her maid of honor. She had become close to Maren, the stepmother of her daughter's friend, when Maren helped her through the grief of losing her sister.

"She became like a sister to me, so I knew I wanted her to be my maid of honor."

Before Shauna's sister passed away, Brian had discussed having her husband as his best man, and, even after her sister's passing, they stuck with that plan to honor them.

Next Brian and Shauna picked a date.

"We began dating on May 1, 2020, so we chose a date in 2024 that was the closest Saturday to our dating anniversary, which was May 4," Shauna shares. "Then we chose the location. We knew we wanted something local, so we chose the Wright Place here in Norwalk for both the wedding and the reception. From my experience planning my first wedding, I was aware of the expenses for everything wedding related, and we wanted something local for everyone and affordable. We loved that we could do both things in one place." The owner, Mary, also served as the director for them the day of the wedding, making sure the kids walked down the aisle at the correct time.

Their family spent a lot of time at Winn's



Shauna chose Maren Lenhart as her maid of honor. Maren had become like a sister to Shauna after the passing of Shauna's sister to cancer. Photo by Melissa Mickael

Pizza and Steakhouse in Norwalk over the few years they had been together and became friends with some of their staff, Olivia and Andrew. Shauna had also tasted their food at an auction event the restaurant catered in 2021.

"They have such a variety of food. Their event at the library sold me on wanting to use them to cater our wedding," Shauna explains.

Brian didn't mind what Shauna wanted to do for the wedding or how she wanted to decorate — as long as she featured Chicago Bears colors. So, while he gave his input along the way and helped with decisions, he let her plan what she wanted. She made a "playbook," playing off the football theme, to organize her plans for the wedding. As she chose her décor, she took her time. She used Etsy and Pinterest for inspiration and even for choosing her floral arrangements.

"I didn't want to use real flowers," Shauna says. "I found a lady named Kimberly F. with a company called Van Caron Collection on Pinterest who is based in Peoria, Arizona. We shared stories through messaging, and she had a similar cancer story, so we knew we wanted to use her. I chose silk flowers that she shipped to us."

Shauna's bouquet was a mix of orange and navy roses with white accents to fit the Chicago Bears theme. For the maid of honor and for her daughter, she chose similar bouquets but with navy and white flowers.

The couple only had a flower girl, ring bearer, maid of honor and a best man, choosing not to have other wedding party members.

"It was my second marriage, so instead of asking my dad to walk me down the aisle, I chose to have my kids walk me," Shauna shares. "The kids stood up with us as if they were in the



Shauna and Brian Shogren walk down the aisle after their ceremony. Brian left most of the wedding details up to Shauna — as long as the Chicago Bears colors were prominent. Photo by Melissa Mickael

wedding party after walking me down the aisle."

The dresses were orange and bought at Stacey's in Urbandale. Hair and makeup were done by Young&Co. Beauty in Norwalk.

Benjamin Gruwell Photography was chosen to take their wedding announcements photos. The announcements were custom designed by Percy Design Co. to look like a Chicago Bears game ticket. Shauna designed simple wedding invitations herself online and had the invitations shipped. For the wedding photos, a family friend was chosen but, the month before the wedding, had to cancel due to her work. When Shauna shared the new challenge with a co-worker, Melissa Mickael, she volunteered to take their photos.

The couple's three-tiered cake with chocolate for the bottom layer, strawberry in the middle, and champagne on the top came from Euphoria Cakes in Waukee.

"It was a Neapolitan cake without having to be Neapolitan," Shauna laughs, "and it gave guests options."

Maren's partner, Jason Collins, was the DJ for the wedding and reception, and the couple rented DJ equipment from Metro Rental on Hickman in Clive. Shauna and Brian created a playlist for him.

"We didn't want a regular DJ because everyone in our family is older, and we didn't



want any raves,” she says.

All their song choices reflected the hardships and victories their family had faced over the last few years.

Shauna says everyone attending their wedding knew their story. They had a memorial chair set up to remember those they had lost with a plaque that read, “We knew you’d be here today if heaven weren’t so far away.”

“It wasn’t just a wedding, it was a celebration” of second chances and cancer remissions, Shauna says.

## The wait is worth it

When you know who your forever person is, it doesn’t matter how long you wait for your wedding, because the wait is worth it. Ali and Anthony Graham dated for two years before they became engaged. Anthony chose a ring from Anglo Diamond in Clive for Ali, the same jeweler where her mom’s wedding rings were purchased. He took Ali on a vacation to Clearwater Beach, Florida, as a gift when she graduated from Mercy College of Health Sciences. In a romantic moment as they watched the sunset on the beach, he proposed.

After the proposal, Ali and Anthony set to

work planning their wedding. The first task they tackled was nailing down a venue.

“I really loved Carper Vineyard and Winery because it was local, and Tracy, the owner, was so nice,” Ali shares. “At the time we were looking, there were a bunch of weddings pushed back due to COVID, so a lot of venues were booked a year and a half to two years out.”

They toured the venue together and decided it was the place they wanted.

“We liked that the venue was family owned and local in Norwalk. Getting married in Norwalk feels unique, and Norwalk will always have a special place in our hearts. It is where we got married, bought our first house, and raised our kids.”

Once the couple decided on their venue, they asked Lindsey Willis Photography to serve as their photographer. She was to take their engagement pictures at Lake Red Rock, and she would also be the photographer for the wedding and reception.

“Pictures were very important to me because I would have them forever,” Ali says. “We have used Lindsey for years for family pictures, and I was so grateful to have her be a part of our special day.”

After tackling the first big items of a venue and photographer, Ali and Anthony set a date for their big day.

“I knew I wanted a fall wedding, and I loved the idea of having the day the same as the year, so we picked 9-23-23,” Ali says.

They selected close friends and family to be part of their wedding party. Ali’s maid of honor was her older sister, Cassandra Rudolf, and she had Anthony’s sister, who is also her lifelong best friend, Haley Polzin, as a bridesmaid. Anthony had his best friend of 15 years, Brian Thomas, as his best man, and he had his brother-in-law, Jack Polzin, as a groomsman. Their two sons, Hudson and Hayden Graham, were ring bearers.

“I’m so lucky that they were part of our special day,” Ali relates.

For their officiant, they chose their good family friend, Marty Wadle.

Ali went wedding dress shopping with her mom and sister, and she found the dress she said “yes” to at Schaffers, the same place her grandmother purchased her wedding dress. It had a corset top with light beads and pearl buttons down the back. The white dress had an overskirt that Ali wore down the aisle

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# FEATURE

and removed for the reception. Ali chose a cathedral-style wedding veil. Anthony and his groomsmen chose their wedding suits at Men's Warehouse. To distinguish the groom from the groomsmen, Anthony wore a vest with his suit and the groomsmen did not. The bridesmaids wore light pink dresses to complement the color scheme the couple wanted.

Once the major items were taken care of and scheduled, the couple began planning the smaller things. Their wedding décor included a lot of DIY projects including signs, koozies, etc. The color schemes were generally neutral colors of black, gold, white and cream. One of Ali's favorite décor items was their dog's picture on bar napkins, reading "Drink up! Love, Denver." The florals came from CamBam Flora, which designed the wedding bouquets, the wedding arch and all the centerpieces.

"My bouquet was a soft and romantic bouquet with a dusty pink rose, ivory roses, blush dahlias, baby's breath, and a mix of greenery. Our centerpieces were absolutely beautiful," Ali says.

The wedding cake was made by a friend of Ali's, Dena Johnston. She also made their other desserts. The cake had three tiers with a cake



The bride carried a soft and romantic bouquet with a dusty pink rose, ivory roses, blush dahlias, baby's breath and a mix of greenery, and the wedding party flowers and dresses carried through with the colors. Lindsey Willis Photography

topper that said, "The Grahams." Their florist added flowers to the cake, creating the perfect touch.

The rehearsal dinner was at Firecreek in West Des Moines, and both Ali and Anthony say it was a special night to have dinner with their close family and friends to start the wedding weekend off. The reception was held along with the wedding ceremony at Carper

Vineyard and Winery. The guests were treated with a buffet-style spread including a salad bar, bread, party potatoes, corn, ham, pulled pork and chicken.

"We used a sign that now hangs in our living room for our guest book instead of a traditional one so we are reminded of all our family and friends that enjoyed our special day with us," Ali states. ■

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## INVESTMENT

By Daniel Rundahl

# HOW ABOUT a Roth IRA?

As a financial advisor for over 20 years, there are many questions that we get from our clients about retirement, about saving, and about insurance. One of the most common questions that I receive pertains to whether a Roth IRA is a good choice as an investment and how can it be used to improve a retirement income platform. Here are five reasons we share with our clients.



- **Access.** A Roth IRA gives you the ability to access your contributions without incurring any type of penalty or income tax. You have already paid tax on those contributions, so pulling them back out, without accessing your gains, will allow you to utilize the benefit of its value immediately, regardless of your age.

- **Tax-free growth.** The Roth IRA is one of few investments that allows you the opportunity to grow your money without having to pay tax on gains. That means you don't pay any taxes along the way and will not have to pay additional tax in the future when you seek to take a withdrawal. As long as you follow the rules, like waiting five years from when you established the account and being over the age of 59 ½ before you pull money out, you will have access to 100% of the value without owing any additional money to "Uncle Sam."

- **Use for college.** The Roth IRA gives you money that can be used for college and for retirement. We tell people all the time, you can borrow money to go to college, but you cannot borrow money to retire. So, using a Roth IRA gives you some flexibility to be able to pull money out to send "Junior" to college without the burden of a long-term financial aid obligation. Your contributions are accessible without penalty. Your growth or interest will avoid a 10% penalty, but you will have to pay tax on that gain.

- **No Required Minimum Distributions (RMDs).** As of December 2022, under the SECURE Act 2.0, RMD age was increased to age 73 and 75 for withdrawals on any IRA or 401K. The Roth IRA has no requirements to draw money out at any particular age. So, you can allow this to grow all the way through your date of death. This will open up many opportunities for your legacy planning and for your golden years' income planning.

- **No tax consequences at your passing.** With taxes and inheritance being a big concern for many, securing a tax advantaged investment to pass on to the kids and grandkids is always important. The Roth IRA transfers, by beneficiary, to the next generation without income taxes needing to be paid. Your beneficiary will be subject to a 10-year RMD schedule if it is reinvested in an inherited-Roth IRA, but it will still never be subject to a 10% penalty or income taxation.

There are many savings vehicles available to everyone. A Roth IRA may be a great fit for you. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.



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# THINGS to consider if injured in a car accident

One of the trade-offs of our highly mobile society is the fact that sometimes auto accidents occur. Unfortunately, sometimes these accidents result in injuries to people who were not at fault for those injuries.

Usually (and hopefully) there will be an insurance company that will cover the claim for damages. This article discusses some of the issues that may arise in such a situation. Of course, it is not all-inclusive, and one should seek legal advice for such issues in a given case.

**Documentation:** Photographs of all vehicles involved in the accident are important. The severity of observable damage to the vehicles can make a difference in the value of a claim. It is also important to photographically document any bruises, cuts, lacerations or other physical injuries as soon as possible. Bedside photographs of hospital stays can also be helpful.

**Recorded statements:** Within days of an accident, an insurance company adjuster for the at-fault party will likely reach out to the injured person. The adjuster may ask the injured person to give a recorded statement about the accident and injuries sustained. Sometimes, that recorded statement will be used against the injured party if inconsistent with the injuries claimed. Not all injuries are immediately apparent in the aftermath of an accident. One should be aware that it is not required to give a recorded statement to the insurance company for the at-fault party. On the other hand, there is generally a duty to cooperate with one's own insurance company. If in doubt, one should seek legal advice.

**Medical treatment:** If there is an injury from an accident (no matter how minor), one should seek appropriate medical care. In addition to aiding recovery, such treatment will document the extent of the injury. From an adjuster's viewpoint, if there was no treatment, there was not much of an injury. It is also important to follow through with any treatment regimen prescribed by the medical professional. Adjusters may reduce the value of a claim for gaps in treatment or noncompliance with the treatment plan.

**Social media:** Postings on social media may be reviewed by an adjuster (or attorney for the insurance company if the case is in litigation). Perhaps the best policy would be to avoid posting anything that could conceivably be used to diminish the claim.

**Conclusion:** Where the evidence as to the cause, nature, extent and severity of damages is in dispute, a court may uphold the award of a reduced award. See *Cowan v. Flannery*, 461 N.W.2d 155, 159 (Iowa 1990). One should take measures to avoid an insurance company's ability to dispute the damages incurred. ■



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# GET THE MOST out of your auto service

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



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

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

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

and complaints filed with the local BBB or consumer protection agency.

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

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

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

- **Ask questions.** See if your shop offers a warranty on parts and labor and talk to the mechanic if you're confused about a repair.

- **Get a written estimate.** This should

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

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

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

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# SPRING into selling

## Why spring is the best time to list your home.

As winter fades away, and the days grow warmer, the real estate market springs to life. For many reasons, this season is considered the best time to sell a home. Buyer activity increases, homes look their best, and competition often leads to higher offers. If you've been thinking about selling, here's why spring is the ideal time to list your home.



Lush lawns, blooming flowers and longer daylight hours create inviting curb appeal. A neatly maintained exterior, a freshly painted front door, and vibrant landscaping can make a home stand out and leave a lasting impression.

### Ideal weather for showings

Unlike the harsh cold of winter or the sweltering summer heat, spring provides the perfect climate for house hunting. Buyers are more inclined to visit open houses and explore neighborhoods, increasing foot traffic and interest in your property.

### Higher offers and faster sales

Historically, homes listed in spring sell faster and for better prices than those in other seasons.

### Smooth moving timeline

Spring sales align well with summer moves, giving families time to relocate before the next school year begins. This makes the transition

smoother for both buyers and sellers, reducing stress and logistical challenges.

### Preparing your home for a spring sale

- Declutter and deep clean – A tidy, refreshed home appeals more to buyers.
- Enhance curb appeal – Maintain the lawn, plant flowers, and clean up the exterior.
- Stage for success – Bright, airy decor and natural lighting can make rooms more inviting.
- Price it right – Work with a real estate professional to determine the best listing price based on local trends.

If you've been thinking about selling, now is the time. Spring offers the best market conditions to maximize your home's value. Connect with a trusted real estate agent to list your home and make the most of this vibrant season. ■

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

### High buyer demand

Spring is the busiest home-buying season, with eager buyers looking to move before summer. Families want to settle before the new school year, and many buyers use tax refunds for down payments. With more buyers in the market, sellers often see faster sales and competitive offers.

### Peak curb appeal

Spring naturally enhances a home's appearance.

**It's Spring Time!**

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Buying or selling a home is one of life's biggest decisions, and I'm truly honored to help guide you through every step of the journey. My top priority is ensuring you feel fully supported—from a seamless transaction to clear answers and dedicated advocacy. I'm here to make your home-buying or selling experience smooth, stress-free, and enjoyable!

**Katie Stiles**

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**THE MOST** common types  
 of dementia explored



Dementia is a collective term for cognitive impairments severe enough to interfere with daily life. Believe it or not, more than 100 types of dementia exist. Dementia encompasses various conditions, each with distinct characteristics, and someone can even have more than one type of dementia simultaneously. Understanding the most common types of dementia can aid in early recognition and management of this condition. Some of the most common dementias include:

- **Alzheimer’s disease:** Alzheimer’s disease is not only the most well-known, but it’s also the most prevalent form of dementia, accounting for 60% to 80% of cases. According to Alz.org, it primarily affects individuals older than 65 and is characterized by memory loss, language difficulties and disorientation. As the disease progresses, individuals may experience mood swings, confusion, and significant behavioral changes. The exact cause remains unclear, but it involves the accumulation of amyloid plaques and tau tangles in the brain, leading to neuron damage.

- **Vascular dementia:** Vascular dementia is the second most common type, resulting from conditions that block or reduce blood flow to the brain, such as strokes. Symptoms often include impaired judgment, difficulty with planning, and reduced attention span. Unlike Alzheimer’s, memory loss may not be the initial symptom. Managing underlying vascular conditions, like hypertension and diabetes, can help reduce the risk of getting vascular dementia.

- **Dementia with Lewy Bodies:** Lewy Body Dementia involves abnormal deposits of the protein alpha-synuclein in the brain. Individuals with this type of dementia often experience fluctuating cognitive abilities, visual hallucinations, and motor symptoms such as tremors and stiffness. Sleep disturbances and sensitivity to certain medications are also common for those with Lewy Body Dementia. Lewy Bodies also cause Parkinson’s disease, and about one-third of people with Parkinson’s eventually develop dementia.

- **Frontotemporal Dementia:** Frontotemporal dementia (FTD) encompasses a group of disorders caused by progressive nerve cell loss in the brain’s frontal and temporal lobes. This leads to changes in personality, behavior and language. Individuals may exhibit inappropriate social behavior, apathy, or language difficulties. FTD often occurs at a younger age than other dementias, typically between 45 and 64 years.

- **Mixed dementia:** Mixed dementia is when more than one type of dementia occurs simultaneously in the brain. The most common combination is Alzheimer’s disease and vascular dementia. Individual symptoms may vary, reflecting the specific brain changes involved. Diagnosis can be challenging, as one type may predominate, masking the presence of another.

Recognizing the distinct features of these dementia types is crucial for accurate diagnosis and effective management. If you or a loved one are experiencing symptoms associated with dementia, consulting a healthcare professional is essential for proper evaluation and care. To learn more about dementia, visit The Alzheimer’s Association (Alz.org), Alzheimers.gov or consult your nearest memory care community for more information. ■

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.

# GET READY for tax time

Many Americans would rather visit the dentist than file taxes. While tax season may not be enjoyable, proper preparation can make the process smoother. Here are a few things you can do to ease tax season trepidation:



### Review last year's return

While your tax situation may change, reviewing last year's return can provide useful information. If using a professional tax preparer, expect a checklist or questionnaire to help with organization.

### Consider life changes

Major life events in 2024 — such as marriage, divorce, buying or selling a home, changing jobs, having a child, retiring or incurring high medical expenses — can affect your tax return. These may impact your filing status, income, deductions and tax credits.

### Gather essential documents

You'll receive some tax forms electronically or by mail in January or February, while others you may need to collect yourself. Key documents include:

- W-2 forms (wages from employers)
- 1099 forms (interest, dividends, Social Security, self-employment income)
- 1098 forms (mortgage interest, education payments)
- Receipts (medical expenses, childcare, charitable donations)

Keeping all documents in one place and making a checklist can help ensure you have everything needed.

Consider IRA or HSA contributions: If eligible, you can contribute to a traditional or Roth IRA or a Health Savings Account (HSA) for 2024 until the tax filing deadline, provided you haven't reached the annual limit.

Proper planning and preparation can make tax season less stressful and more manageable. ■

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

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# NORWALK

## SPRING SCHEDULE 24-25

### V BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 1	7:30PM	Newton	Norwalk High School
Apr 4	7:00PM	Bondurant-Farrar	Bondurant-Farrar
Apr 8	7:30PM	Dallas Center - Grimes	Norwalk High School
Apr 11	7:30PM	Denison	Norwalk High School
Apr 12	10:00AM	Spencer H.S	Norwalk High School
Apr 15	7:45PM	Oskaloosa	Norwalk High School
Apr 22	7:00PM	Pella	Norwalk High School
Apr 24	7:45PM	Ankeny Centennial	Norwalk High School
Apr 26	1:00PM	Ankeny	Norwalk High School
May 1	7:30PM	Des Moines Lincoln	James Cownie Complex
May 3	5:30PM	Ames	Ames High School
May 5	7:30PM	Urbandale	Norwalk Warrior Stadium
May 6	7:45PM	Pella Christian	Norwalk High School
May 9	7:30PM	Dowling Catholic	Norwalk High School
May 12	7:30PM	North Polk	Norwalk High School
May 13	7:30PM	Indianola	Norwalk High School
May 15	7:45PM	Des Moines Roosevelt	Des Moines Roosevelt

### V GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	7:00PM	ADM CSD	Norwalk High School
Apr 1	7:00PM	Newton	Newton HA Lynn Stadium
Apr 4	7:30PM	Bondurant-Farrar	Norwalk High School
Apr 8	7:30PM	Dallas Center - Grimes	DCG Stadium
Apr 15	6:00PM	Oskaloosa	Norwalk High School
Apr 17	7:30PM	Southeast Polk	Norwalk High School
Apr 22	7:00PM	Pella	Pella High School
Apr 24	6:00PM	Ames	Norwalk High School
Apr 28	7:30PM	Johnston	Johnston High School
May 2	TBD	Dallas Center - Grimes	
May 3	TBD	Dallas Center - Grimes	
May 5	7:00PM	Urbandale	Urbandale
May 6	6:00PM	Pella Christian	Norwalk High School
May 13	7:00PM	Indianola	Indianola Stadium
May 16	4:00PM	Multiple Schools	Norwalk High School

### V GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 1	4:15PM	Southeast Polk	Norwalk High School
Apr 8	4:15PM	Newton	Norwalk High School
Apr 10	4:15PM	Pella	Pella High School
Apr 14	4:00PM	Ames	Ames High School
Apr 15	4:15PM	Pella Christian	Norwalk High School
Apr 17	4:15PM	Ballard	Ballard High School
Apr 21	4:00PM	Waukee Northwest	Waukee Northwest
Apr 22	4:15PM	Dallas Center - Grimes	DCG Oak View
Apr 28	4:15PM	Urbandale	Norwalk High School
Apr 29	4:15PM	Indianola	Norwalk High School
May 1	4:15PM	Oskaloosa	Oskaloosa High School

### V BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 1	4:00PM	Ankeny Centennial	Ankeny Tennis Center
Apr 3	4:15PM	Boone	Norwalk High School
Apr 8	4:15PM	Newton	Newton
Apr 10	4:15PM	Pella	Norwalk High School
Apr 12	9:00AM	Multiple Schools	Johnston High School
Apr 15	4:15PM	Pella Christian	Pella Christian High School
Apr 21	1:00PM	Multiple Schools	Johnston High School
Apr 22	4:15PM	Dallas Center - Grimes	Norwalk High School
Apr 28	4:00PM	Urbandale	Walker-Johnston Park
Apr 29	4:15PM	Indianola	Indianola High School
May 1	4:15PM	Oskaloosa	Norwalk High School

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# NORWALK WARRIORS

## V BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 10	TBD	UNI	UNI-Dome
Mar 13	TBD	ISU	Lied Recreational Center
Mar 21	10:00AM	Oskaloosa	Norwalk High School
Mar 25	TBD	Simpson College	Simpson College
Mar 27	4:00PM	Multiple Schools	Waukee Northwest
Apr 1	4:30PM	Multiple Schools	Simpson College
Apr 3	4:30PM	Multiple Schools	Indianola Stadium
Apr 4	4:30PM	Multiple Schools	Winterset High School.
Apr 7	4:30PM	Multiple Schools	Norwalk Warrior Stadium
Apr 12	TBD	Jim Duncan Invite	Drake Stadium
Apr 14	4:30PM	Multiple Schools	Norwalk High School
Apr 17	4:00PM	Multiple Schools	Waukee Stadium
Apr 22	4:00PM	Multiple Schools	Northview Middle School
Apr 24-26	TBD	Drake Relays	Drake Stadium
Apr 29	TBD	Carlisle	Carlisle High School
May 1	4:00PM	Multiple Schools	Waukee Northwest
May 12	TBD	Pella	Pella High School

## V GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 14	3:15PM	ISU	Lied Recreational Center
Mar 25	TBD	Simpson College	Simpson College
Apr 1	4:30PM	Multiple Schools	Simpson College
Apr 3	4:15PM	Multiple Schools	Northview Middle School
Apr 7	4:30PM	Multiple Schools	Norwalk Warrior Stadium
Apr 10	4:00PM	Multiple Schools	Waukee Northwest
Apr 12	8:30AM	Jim Duncan Relays	Drake Stadium
Apr 15	4:30PM	DCG	Dallas Center-Grimes
Apr 17	4:15PM	Multiple Schools	Indianola Stadium
Apr 21	4:30PM	Multiple Schools	Norwalk High School
Apr 24-26	TBD	Drake Relays	Drake Stadium
Apr 28	4:30PM	Multiple Schools	Winterset High School.
May 1	4:15PM	Multiple Schools	Carlisle High School
May 1	4:30PM	TBA	Norwalk Warrior Stadium

## V GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 10	2:00PM	Multiple Schools	Westwood GC - Newton
Apr 21	10:00AM	WDM Valley	Willow Creek GC
Apr 24	1:00PM	Multiple Schools	Edmundson GC
Apr 28	10:00AM	Multiple Schools	Veenker Memorial GC

## FOR ALL WARRIORS SCHEDULES

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



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# HEATING and cooling preventative maintenance is essential

For a small investment, you could save money, breathe cleaner air, enjoy increased safety and comfort in your home, and help the environment while boosting your overall peace of mind.

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



**1. Save money:** Here are ways preventive maintenance benefits your bottom line.

- Prevent costly breakdowns
- Reduce energy bills
- Extend the life of your system
- Stay protected under warranty

Regular HVAC maintenance is said to reduce the risk of costly breakdowns by as much as 95%, and it can mean savings of up to 30% on your energy bill, according to the U.S. Department of Energy. It is also important to be aware that most HVAC manufacturers require proof of annual maintenance when a repair claim is submitted under warranty.

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

**3. Improve your comfort:** You depend on your HVAC system to keep you comfortable year-round. Regular maintenance helps your system produce and distribute the warm or cool air more evenly and steadily. It also reduces the odds that you'll come home one steamy sweltering summer day to find that your system is blowing warm air, or worse yet, not blowing at all.

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

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

It's easy to see that investing in a preventive maintenance plan gives you the comfort of knowing that, if something goes wrong, you've already taken steps to make the situation as painless as possible. An extra perk important to note is that some companies extend priority service and special pricing for clients who have a preventative maintenance plan in place. ■

If you have questions, or just simply want to speak to the experts about this or other comfort concerns, give us 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.

## LIBRARY offers variety of programs

Check out the fun activities offered.

The Norwalk Easter Public Library offers a variety of programs and services to help residents accomplish their goals, learn new skills, connect with the community and more.



“We have something for everybody’s needs and interests,” Jean Strable, director of the library, says.

One standout program is the library’s Community Fridge, a resource aimed at reducing food waste and helping neighbors in need. Patrons can donate labeled and dated leftovers or take what they need — a small but impactful way to support the community.

Food lovers can explore new cuisines at the Page to Plate Cookbook Club. Each month, participants bring dishes inspired by a specific theme; February featured Greek cuisine. Cooking is encouraged but not required, and registration ensures plenty for everyone to enjoy.

For those needing tech support, the library’s Tech Team provides personalized assistance with devices, from mastering new gadgets to navigating email and using the Libby app for borrowing digital audiobooks and eBooks. Appointments can be scheduled online or by phone.

The library also offers free notary services by appointment, helping residents handle important documents with ease.

Families, teens and individuals will find a packed schedule of events on the library’s calendar. Highlights include the PBS STEAM Trailer for kids, weekly Teen Hangouts, and the Jigsaw Puzzle Competition.

Adults can get organized with workshops like Five Basic Principles for Getting (and Staying!) Organized, presented by professional organizers. Wellness-focused offerings, such as Forever Fit exercise classes and healthy cooking inspiration from the library’s cookbook collection, encourage healthier lifestyles.

For those seeking a new challenge, the library offers access to Transparent Language, where users can learn one of more than 100 languages for free, including American Sign Language.

Students can benefit from Brainfuse HelpNow, an online resource providing live tutoring in core subjects like math, science and writing. The service aligns with Iowa state standards, offering valuable academic support.

Parents of young children can kickstart early literacy with the Scribbles’ Challenge, designed to help kids read 1,000 books before kindergarten. Participants earn free books, a book bag, and a Scribbles stuffed animal, thanks to support from the Norwalk Rotary.

For job seekers, Brainfuse JobNow offers live interview coaching, resume reviews, and test preparation to help residents take their careers to the next level.

The library also provides services such as printing, copying, faxing, scanning and laminating at affordable rates.

Whether you want to learn something new, get organized or give back to the community by donating snacks for teen and tween programs, the Norwalk Easter Public Library has something for everyone.

To learn more about these programs and services, visit [norwalklibrary.org](http://norwalklibrary.org), call 515-981-0217, or email [libraryhelp@norwalk.iowa.gov](mailto:libraryhelp@norwalk.iowa.gov). ■



## Stay Safe From Shingles

1 in 3 people will get shingles.  
Prevention is possible.

Shingles can cause a painful skin rash and lead to serious health problems, such as long-term nerve pain and vision loss. Shingles stays dormant in your nervous system after you recover from chickenpox. Your risk of shingles increases with age.

The shingles vaccine is the best way to protect against the virus and its complications.

The shingles vaccine is recommended for:

- Adults 19 and older with weakened immune systems.
- Adults 50 and older.

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about the  
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vaccine.

Source: [cdc.gov](http://cdc.gov) 2/25



## MAYOR'S MOMENT

### ENVISION 2035: A PATHWAY TO NORWALK'S FUTURE

As I mentioned before, the City Council and I recently met for strategic planning to guide Norwalk's future growth. We focused on how to manage that growth and set six major goals for the next 10 years. In my March and April articles, I'll explain these goals and why we chose them.

During our planning session, we reviewed key trends, analyzed results from the 2024 citizen survey, conducted a SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis, and assessed our past goals. We also started planning for 2035 and reaffirmed the City Council's purpose: **Preserve and improve why people want to live and work in Norwalk.**

To push ourselves, we set **BHAGs** (Big Hairy Audacious Goals)—ambitious targets that may not be fully achieved but will drive meaningful progress.

Here we go:

**Balance our Tax Base** – Right now, 86% of our property tax revenue comes from residential areas. Our goal is to bring that down to 70% over the next 10 years by increasing commercial and industrial development.

Norwalk used to be mostly a bedroom community with little business growth, but that has changed. Over the past eight years, our commercial tax base has grown 140% and our industrial tax base has grown by more than 900%. However, because housing development is still booming, our overall tax balance has only shifted by 1–2%.

To help create a better balance, we recently annexed 2,900 acres to the south and west of Norwalk, with much of it planned for light industrial and commercial use. (Stay tuned for next month's article for more details.) Council member Brian Baker is leading this effort to strengthen and diversify our tax base.

**Walkability/Connecting Neighborhoods** – Based on feedback from our citizen survey, we're making sidewalks a priority. Residents have raised concerns about sidewalk conditions, so we're working to repair and maintain them. We've also heard that gaps between sidewalks make it harder to walk between neighborhoods. To fix this, we'll start adding new sidewalks where needed. Council member George Meinecke is leading this effort to improve walkability in our community.

**How Norwalk is Viewed (Maintaining Norwalk's Small-Town Feel)** – The City Council is committed to preserving what makes Norwalk a great place to live and work. We want to celebrate the unique character of our neighborhoods and the sense of pride residents have in their community. By identifying what makes each neighborhood special, we can enhance those features, create more opportunities for people to connect and keep Norwalk a welcoming and vibrant place. Council member Jason Brown is leading this effort to keep Norwalk's small-town feel alive.

### Stormwater Homeowner Grant Program

Have you ever thought about adding a rain barrel or rain garden to your property? What about soil quality restoration to reduce the need for irrigation and improve your lawn's water retention capability? If you answered yes, the City of Norwalk may have just what you need to get started!

The City's Stormwater Homeowner Grant Program promotes the installation of Stormwater Best Management Practices (BMPs) in order to improve water quality, reduce runoff, and minimize the impacts of stormwater on local storm sewers and ecosystems.

The program may help cover the cost of materials and/or contractor labor to install BMPs. The City of Norwalk may provide up to a 50% match on BMP installation with a maximum reimbursement of \$1,500. Rain barrels are eligible for a maximum reimbursement of \$75 with a limit of per address.

To learn more, visit: <https://tinyurl.com/4v34ctxz> or email us at [eklimowski@norwalk.iowa.gov](mailto:eklimowski@norwalk.iowa.gov).



Tom Phillips, Mayor



### Round Up for Your Norwalk Library

During the week of March 31–April 5, customers can choose to Round Up at the Register for the Norwalk Library. It is an easy way to donate a little to support the events and activities at the library. Friends of the Library will have a table to greet and answer any questions. The Round Up funds go to the Library Foundation.

### CHAIR-ISH THE LIBRARY April 11, 6–9 pm

This favorite fundraiser is back featuring great auction items including repurposed chairs and tables by local artists and experiences such as a hike with alpacas at Rusty Stars Alpaca Farm and a show at the Des Moines Playhouse...plus lots of other fun surprises! All will be auctioned off to support the library. Your ticket will include chair-cuterie from Whip It Good catering and a beverage from Top It Off Liquid Catering Company. Musical entertainment features Sara Routh. **Get your ticket now at <https://givebutter.com/c/Chairish>**

### Jigsaw Puzzle Competition\*

**March 15, 1–2:30pm for Family/Teen session; 3–4:30pm for Adults Only**

Up to 8 teams per session will compete to finish their 500-piece jigsaw puzzle we provide in 1 hour (or less)! New challenges added to bring this competition to the next level. Full team & competition details can be found online when you complete your required registration.

### Heartland History: Warren County

**March 25, 1–2 pm**

Discover the people, places, & moments that have shaped Iowa into what it is today. Local author Elodie Opstad sheds light on people lost to time but worthy of remembering through her collected works in "This Is the Place: Glimpses of Warren County." Light refreshments will be provided and copies of the book will be available for purchase at the event.



# MARCH 2025

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

## EMPLOYEE SPOTLIGHT!

### Officer Will Cork, Police Department

If you've been out and about in Norwalk in the middle of the night over the last year or so, chances are Officer Will Cork was on duty, keeping watch over the community. As a Patrol Officer assigned to the overnight shift, Officer Cork has been with the Norwalk Police Department since 2023, bringing with him a wealth of experience—and some impressive accolades!

Originally from just outside Tuscaloosa, Alabama, Officer Cork earned his bachelor's degree in criminal justice in 2021 before attending the Alabama Law Enforcement Academy – Tuscaloosa, where he graduated as the academy class Honor Graduate. He began his law enforcement career with the Tuscaloosa Police Department but found himself drawn to Iowa after vacationing in Des Moines with his wife. That visit sparked a new adventure, leading him to join Norwalk PD, where he attended the Iowa Law Enforcement Academy – Sioux City. Not only did he graduate as an Honor Graduate again in the academy class, but he also took home the Top Shot Pistol award—clearly, he knows his way around a badge and a firearm!

No two nights on the job are the same for Officer Cork—exactly the way he likes it. “There's no such thing as a ‘typical’ day in law enforcement,” he says. “Whether it's taking someone to jail, driving fast

with lights and sirens, or being there for someone on the worst day of their life, this job gives you the chance to truly help people.” But what makes the job even better? His fellow officers. “We may be a dysfunctional family sometimes, but we have each other's backs, no matter what. And that's the best family I know.”

When he's not patrolling the streets of Norwalk, Officer Cork enjoys scuba diving, spending time outdoors, watching football, being involved at his church, and making memories with family. He's also an avid traveler—having visited 49 out of 50 states and six different countries (and if you're wondering which state is missing, you'll have to ask him yourself!).

The best advice Cork has ever received? “Nothing worth doing is easy. Be willing to do the hard things, work harder than anyone else, and give your best every day. You may not be the best in the world, but you can be proud that you did YOUR best.”

We're lucky to have Officer Cork as part of the NPD family—keeping the community safe, one overnight shift at a time!



## Where do Your Tax Dollars Go in Norwalk?

Do you know how your property tax dollars are spent? In Iowa, property taxes play a vital role in funding essential community services such as roads, public safety, schools, emergency management, and more. Out of every dollar in property taxes, only about 36 cents directly support your City government and its wide range of services. The remainder is distributed among Warren County, the Norwalk Community School District, the State of Iowa, and other taxing entities.

While the cost of running a city like Norwalk is similar across states, the way those costs are covered can vary. Some states have lower property tax rates but offset them with other taxes and fees that fund infrastructure, public safety, and essential government services.

\*For questions, please reach out to Norwalk's City Manager, Luke Nelson at: [lnelson@norwalk.iowa.gov](mailto:lnelson@norwalk.iowa.gov)



## IMPORTANT LINKS FOR NORWALK!

Fieldhouse Party Rental Available!



Mommy and Me Dance

March 29 from 7-9pm  
Volunteers needed!



Fall Baseball & Softball Programs

Late registration fee applied after March 15



Spring Adult Fitness Programs



NEW PROGRAM

Bump, Set, Spike Volleyball Clinic  
Ages 2nd - 5th grade



City State Bank Norwalk Fieldhouse

View amenities, hours, rates and more.





## FOSTERING leads to adoption for McClures

Communication key in providing support to kids.

As an elementary school teacher, Michelle McClure has seen a few of her students enter the world of foster care, and it affected her.

Deep down, she knew this sudden disruption in their lives could be lessened. So, she and her husband, Alex, looked into becoming a foster family six years ago.

"I was affected by not only the students, but also their biological families as well," McClure says. "I knew that I wanted to support my students during this time and believed that I could also support the biological families, so I began talking to my husband about foster care."

The decision was a monumental one for the family, and the parents knew they would need to involve their own kids in the process.

McClure says she and her husband read stories about foster care to their children as well as talked to them about the possibility of other kids coming into their home. In order to qualify, the parents had to take classes.

"The process to become a foster parent takes about six to nine months once you fill out the required beginning paperwork," she says. "It all starts with fingerprints and background checks, then a three-month class — one night per week with additional homework — and lots of home visits."

Six additional training classes were taken, and, after their completion, a final home study took place. Then, in January 2019, it happened. They were licensed. A new life would soon begin.

The McClures have supported 11 children and their families in the six years since. Many of the children they have taken care of have been babies or toddlers, which meant plenty of hours cuddling, reassuring and playing with them to help build a healthy relationship in those important first few days following placement. It also meant refocusing on their own children.

"We also make it a point to spend extra time with our other children in the home since it is also a big adjustment for them," McClure says. "If possible, I try to get a routine as much as possible. Since the children are so young, I also like to send a text to the biological family with a photo when they first arrive at my house, introducing myself and letting them know that their child has arrived safely. During the first few weeks of the removal, I try to send a text with a photo and a little update every day that they do not have a parent visit."

One placement ultimately led to the McClures adopting the child.

However, the family continues to communicate with the biological mom.

"We continue to have a relationship today, and our daughter is able to know first hand that her mom loves her and cares deeply about her and her well-being." ■



Michelle and Alex McClure went through the process to become foster parents and made sure their children were involved and prepared.

## A PASSION for classic cars

Memories inspire Harbert's latest rebuilds.



Bill Harbert is the proud owner of a red 1950 Ford truck.

Bill Harbert has been a fan of classic cars, partly because he grew up in the 1960s.

"It was a time when people had fast cars," he says, adding Corvettes were his favorite. "Corvettes are really classy, almost ahead of their time."

His passion has led him to buy four Corvettes over the years. He doesn't buy them for speed, but rather for how classy they are.

Harbert's third Corvette, which he completely restored, was a red and white 1956 convertible. The previous owner had bought it in pieces, with the intention of restoring it, but never had the time. It had been sitting in a barn for years in pieces just south of Norwalk.

Harbert bought the project and restored the car to pristine condition. When he and his wife, Julie, went to car shows, he took special measures so the paint wouldn't chip. They would put it inside a trailer for the drive.

Harbert spent several years searching for his fourth Corvette — one manufactured the same year he graduated from Lincoln High School. He found a white 1970 Corvette Stingray Coupe with a T-top about a month ago. He is currently installing an air conditioner, but says not much else needs to be done, so he's planning to enjoy driving it in the summer.

One of Harbert's favorite memories was learning to drive as a young boy in his dad's 1950 Red Ford F1 Pickup truck. He would drive around the farm with cattle and farm animals that were running in the pasture.

"I was trying not to hit them," he says.

Harbert's daily driver is a sentimental purchase. It's a red 1950 Ford truck that reminds him of his childhood. It is the same model as his dad's. He rebuilt it in his garage, which is equipped with a lift, and upgraded everything under the hood with late model parts, including a V8 engine, air conditioning, power steering, power brakes and automatic power windows. He has put 12,000 miles on it driving around town.

"It's a blast to drive. It floats down the road," he says.

The painted door on the truck has its own story. The original owners had a landscaping business, and had trees painted on it. When new owners bought it, they liked the painted trees so they just added a business name they made up, "Twin Pines Diner & Taxidermy, Rabbithash, Kentucky."

Harbert, a firefighter with the Des Moines Fire Department, retired after 36 years of service. Julie worked for Meredith Printing for 27 years, and Concrete Paving Association for 18 years before retiring. They enjoy traveling, camping, car shows and driving around town. ■



Bill Harbert recently bought a 1970 Corvette Stingray Coupe. Photo by Bill Harbert

# WHAT'S in a name?

Have you ever wondered what your name means? Some people know what it means and others have no clue. It seems like, today, parents name their children based on current popular names, after a family member or a famous person, or just by their own personal likeness of a name. It hasn't always been this way, however. Back in the day, parents carefully researched the meaning of names and chose one based on a characteristic they hoped to see in their child or a preferred future they hoped one day their child would enjoy. Some parents decide simply by the sound of a name or how it fits with their last name. How did you name your children?



I was recently drawn to wondering if the people in the Bible even had a last name. Turns out, not really. Most of the time only the first name is identified. Other times a description has been added to their name as a form of identification like, "Simon, Son of Jonah"; "Aaron, the Levite"; "Matthew the tax collector"; or "Joseph of Arimathea." These descriptions identify a family of origin, a tribe, an occupation and a location.

When we think about Jesus, or Jesus Christ, we might be led to believe that these are his first and last names. But, in Jesus' case, the name "Christ" isn't a last name, it is another descriptive word describing who he is. Think of it this way, Jesus' name means, "Jesus, who is the Christ / Messiah." This complete name/title means "Jesus is the Christ who is the promised Messiah, the anointed one who saves His people from their sins." Wow, now that says a lot, doesn't it?

You might recall from the record of Jesus' birth in the gospel of Matthew that, when Jesus was born, an angel had told Joseph that Mary was going to give birth to a son and that, "You are to name him Jesus, because he will save his people from their sins" (Matt 1:21). The name "Jesus" was both a name and a future prediction of what he would do in his life. And guess what? That's exactly what he did. Jesus died on the cross for the sins of the world, was buried, and he rose again so that a world full of sinners could have forgiveness of their sins and eternal life in heaven. Jesus' resurrection completes the work that he did while here on earth by proving his claim to be the Son of God, the only one worthy enough to pay the price for all of our sins. Acts 4:12 reminds us that, "There is salvation in no one else, for there is no other name under heaven given to people by which we must be saved." So, Jesus' name is so much more than meets the eye. For anyone to have their sins forgiven, they must put their faith in the person and name of Jesus himself and in him alone. I hope if this isn't something you've done, you'll consider Jesus' offer of eternal life. After all, the Bible says, "salvation is in no one else."

So, back to your name. If you're not sure what your name means, why not do a little research and find out what it means? You may be as surprised as I was. My name comes from Germanic descent and means "bright fame." Isn't that ironic? I'm not all that bright, and I'm certainly not famous. I guess maybe I have a way to go if I'm going to live up to my name. ■

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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# KROGMEIER helps people and animals alike

Stays busy with volunteer work

Kathy Krogmeier met the love of her life, John, at a place that's also a love of her life — the Blank Park Zoo. Krogmeier started volunteering there in 1986, and her husband recently retired after 35 years of service as a zookeeper.



The two had the first wedding reception ever held at the zoo.

One of Krogmeier's favorite experiences at the zoo is being a "Barnabuddy."

"That means I get to be 'enrichment' for the Giant Aldabra Tortoises, which is bringing something different to their day," she shares. "Baths, neck and shell rubs, and I've even started using happy classical music when I'm with them."

Krogmeier explains that Barnaby is the largest tortoise at the zoo, weighing more than 500 pounds, and is between 90 and 100 years old. That's where the name for the "Barnabuddies" program comes from.

She also enjoys volunteering at Blank Park Zoo during its summer Zoo Brews.

"It's adults only, and I'm usually perched at the Giant Aldabra Tortoises or the Chilean Flamingoes exhibit," she says. "I often have great conversations with people who have lots of questions and want to know more about the animals."



Jason Siemens of Edward Jones presents the Neighbor Spotlight certificate to Kathy Krogmeier.

While the zoo keeps her busy enough, Krogmeier is active in numerous other organizations as a volunteer.

At the Iowa Genealogical Society, she serves on the Collections team. She explains it like this:

"Let's say Great Aunt Susie was an avid genealogist her whole life, but she has passed away, and no one in the family is interested in the boxes of family information she has acquired," Krogmeier says. "The Collections team puts that information into a usable format and makes it available for patrons to use at the library."

She's also on the Jewelry Sale team, investigating some of the jewelry donations prior to the fundraising sale each year.

"Yes, we are taking donations," she says.

Krogmeier's work at the Iowa Genealogical Society connected her with her most recent volunteer role as a researcher with Final Salute — an organization that accepts unclaimed ashes from funeral homes and the medical examiner's office for burial. As a researcher, Krogmeier uses her genealogy skills to discover information about that person, document what she finds, write a summary on their life, and attempt to track down a living relative so the coordinators may let them know a burial is scheduled.

Additionally, Krogmeier is involved with Friends of Warren County Conservation alongside her husband, promoting conservation efforts and activities throughout the county. She surveyed frogs and toads for the DNR for about 10 years as well, but now she and John do acoustic bat surveys. She recently helped Polk County Conservation look at images captured on their camera traps along the Des Moines River.

The list of Krogmeier's activities goes on — hosting people visiting Iowa with Iowa Sister States and Iowa International Center, usually from Japan; helping a friend write a book on the history of Boy Scout Troop 72 in Humboldt; volunteering on the board of several professional organizations and more.

"Why do I volunteer? It makes me feel good inside — either by doing something enjoyable, useful or meaningful," Krogmeier says. "Volunteering can make you feel good that you've made an impact on our environment, another person's life, or helped an organization in need to provide services. Generosity of your time and talent can make you feel useful. And don't we all want to be useful?" ■

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## Upcoming in Norwalk Living magazine:

**Foreign Exchange Students:**  
Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by March 20 to be included in the April issue.

## VITA offers income tax help

Get your taxes done for free with the Volunteer Income Tax Assistance program. Boost your family's income with the earned income tax credit or child tax credit if you qualify. Some guidelines apply. Learn more by visiting [www.extension.iastate.edu/humansciences/vita](http://www.extension.iastate.edu/humansciences/vita).

## Staley's Chicken Dinner

Sunday, March 16, 10:30 a.m. to 1:30 p.m.

St. John the Apostle parish in Norwalk

Everyone is invited to this fried chicken feast featuring Staley's Fried Chicken, along with all the fixings, drinks and pie for dessert. Cost is, adults, \$13, children ages 6-12, \$6, and children 5 and younger eat free. A balloon artist will entertain the kids. A silent auction and 50/50 raffle will also be held. Tickets can be purchased in advance at the parish office. For more information, contact Gary and Mary Haselton at 515-321-3873 or the parish office at 515-981-4855.

## Middlebrook Mercantile events

Various dates

Middlebrook Mercantile, 4125 Cumming Ave., Cumming

- Friday, March 14: 6-9 p.m., live music with Robert Deitch
- Saturday, March 15, 5-8 p.m., live music with Other Brothers
- Sunday, March 16, 2-5 p.m., live music with Kevin Burt
- Thursday, March 20, 6-9 p.m., Trivia
- March 21-23, Thanks for Cumming Weekend featuring music from Cumming artists all weekend

- Friday, March 21, 6-9 p.m., live music with Corbett Reeves
- Saturday, March 22, 5-8 pm., live music with Ryne Doughty
- Sunday, March 23, 2-5 p.m., live music with Josh Sinclair
- Friday, March 28, 6-9 p.m., live music with Casey Joe Collins
- Saturday, March 29, 5-8 p.m., live music with Molly Nova and the Hawk

- Sunday, March 30, 2-5 p.m., live music with Great Ceasars Goat

## Jam Making and Food Dehydrating Workshop

Saturday, April 26 from 9 a.m. to 1 p.m.

Learn all the basics of water bath canning, making jam and dehydrating food at a Food Preservation Workshop. The workshop, offered at the Warren County Historical Museum, 1300 W. Second Ave., Indianola, is part of the Iowa State University Extension and Outreach Preserve the Taste of Summer program. Cathy Drost, a health and human sciences educator in food and health with ISU Extension and Outreach, will lead the workshop. The cost of this hands-on workshop is \$25. Participants can register for the workshop at: <https://go.iastate.edu/I9XX8A> until April 18 or until spaces are filled. To learn more or to ask questions, contact Bethany Cecot at 515-961-6237 or [bcecot@iastate.edu](mailto:bcecot@iastate.edu).



## Meet the author

Tuesday March 25, 1:30 p.m.

Norwalk Easter Public Library

Elodie Opstad has recently published a new book "This is the Place," which contains stories from Warren County's history. The book is available at Page Turners bookstore in Indianola and on Amazon. She is donating proceeds from the book to the Warren County Historical Society.

## Contra Dances and Storytelling

Saturdays, March 15, April 19 and May 17

First United Methodist Church, 307 W. Ashland Ave., Indianola

Indianola Community  
Contra Dances are from 7-10 p.m. Storytelling will be held from 5:30-6:30 prior to the dances.

## WCHS Soup Supper and General Meeting

March 26, 6 p.m.  
Warren County Historical Society

The Warren County Historical Society's Soup Supper and General Meeting will include officer election and strategic planning with Genna Thompson. The soup supper is a freewill offering event. The public is invited to share ideas and suggestions for developing the historical society's current facilities, resources and property management.

## Coffee and Camaraderie

First Tuesdays of the month, 10 a.m. to noon

Norwalk United Methodist Church, 1100 Gordon Ave.

Calling all veterans and service members: Join us for a morning of coffee and visiting, a morning of connection and community. Whether you're a veteran, active-duty member, spouse or caregiver, everyone is welcome. Join us for coffee and come together to form new friendships, share stories and experiences, and enjoy the camaraderie.



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## African Violet Show and Sale

March 28 and 29  
Wesleyan Church,  
2025 Lower Beaver Road,  
Des Moines

The Evening African Violet Club of Des Moines invites the public to its 2025 African Violet Show and Sale. This is a nationally sanctioned show and sale that will have judges from the African Violet Society of America. Club members' plants and supplies will be available. The sale hours are Friday, March 28, noon to 6 p.m., and Saturday, March 29, noon to 5 p.m. The judging of violets, gesneriads and floral design will take place on Saturday, 10 a.m. to noon. Educational exhibits and AVSA promotional information will also be displayed. The Evening African Violet Club of Des Moines meets monthly from February to November on the third Saturday of the month at 2 p.m. at the Debra Heights Wesleyan Church. The public is invited.

## Playhouse Summer Classes

Various dates

Des Moines Playhouse, 831 42nd St., Des Moines

The Des Moines Playhouse offers students from kindergarten through high school more than 30 different classes and camps this June-August to fill the long summer days and keep minds active. A complete list of classes and registration is available at [dmplayhouse.com](http://dmplayhouse.com). Theatre arts education at The Playhouse provides students with the opportunity to explore, create, imagine and express themselves, all within a safe, nurturing environment. Every class at The Playhouse is unique and led by the theatre's professional teaching artists. For more information on summer theatre camps and other Playhouse educational offerings, contact The Playhouse education department at 515-974-5365.

## Iowa Deer Classic

March 21-23  
Iowa Events Center,  
730 Third St.,  
Des Moines  
[iowaeventscenter.com](http://iowaeventscenter.com)

The latest in archery equipment, hunting gear, accessories, clothing, blinds, tree stands and lots more. Bring your antlers for official measuring, bring your bow for 300 and 3D shoots, attend seminars and more.

## Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information. ■





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## WELLNESS

By Jen Penisten

### WHAT IS laser hair removal?

Laser hair removal is a popular cosmetic procedure designed to permanently reduce or eliminate unwanted body hair. The process uses concentrated laser beams, which target brown hair follicles to inhibit hair growth. The laser emits light that is absorbed by the pigment in the hair, converting to heat, which damages the follicles and prevents further growth.



One of the key advantages of laser hair removal is its precision. The laser can target dark, coarse hairs while leaving the surrounding skin unaffected. It works best on individuals with light skin and dark hair, but modern advancements have improved its effectiveness for all skin types. It can be used to treat various areas of the body, including the face, legs, underarms and bikini line.

The procedure is generally safe when performed by a trained professional. Most patients experience minimal discomfort, described as a slight sting or snapping sensation. The treatment duration varies depending on the area treated, ranging from minutes to an hour.

Although the results are long-lasting, multiple sessions are typically required for optimal results. This is because hair grows in cycles, and the laser is most effective on hairs in the active growth phase.

Laser hair removal offers a convenient alternative to traditional methods like shaving, waxing or plucking. It can save time and reduce skin irritation, making it a sought-after option. ■

Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, www.vividlifespaspa.com.

## HEALTH

By Dr. Jesse Stumbaugh

### REVITALIZE your recovery

Have you recently been in a car accident? You're not alone. Many people suffer from lingering pain and discomfort after such events. Chiropractic care can be the key to a faster, more effective recovery.

**Why choose chiropractic?** Chiropractors specialize in diagnosing and treating musculoskeletal injuries, particularly those affecting the spine, neck and back. After a car accident, you may experience whiplash, herniated discs or muscle strains. These injuries can lead to chronic pain if not addressed promptly.



**Personalized treatment plans.** Chiropractors use customized treatment plans tailored to your specific injuries. Check for chiropractors that offer hands-on adjustments, therapeutic exercises, and advanced techniques like non-surgical spinal decompression therapy to promote healing and restore mobility.

**Holistic approach.** Chiropractic care alleviates physical pain and enhances overall well-being. By improving spinal alignment, chiropractors help reduce inflammation and enhance the body's natural healing processes.

**Don't let pain control your life.** Schedule a consultation today and take the first step toward regaining your health. Let chiropractic help you recover fully and return to a pain-free life. Begin your journey to wellness. ■

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

## THE SAFETY of topical fluoride

As debates continue about removing fluoride from city water supplies nationwide, it's important to highlight one undeniable fact: The topical application of fluoride remains a safe and effective way to protect teeth. Regardless of where you stand on fluoridated water, fluoride applied directly to the teeth — whether at the dentist's office or through at-home products — plays a vital role in oral health.



Unlike ingested fluoride, which passes through the body, topical fluoride works by strengthening enamel on contact. Professional fluoride treatments at the dentist help remineralize weakened enamel, reducing the risk of cavities. Fluoride toothpaste and mouth rinses provide daily reinforcement.

Decades of research affirm that, when used as directed, these applications pose no significant health risks. The American Dental Association and Centers for Disease Control and Prevention both support the use of topical fluoride to prevent decay. With cavity rates on the rise in some areas, maintaining access to effective fluoride treatments remains crucial.

For those seeking alternatives, ingredients like hydroxyapatite — a naturally occurring mineral — offer another option for enamel remineralization. However, unlike fluoride, hydroxyapatite does not prevent demineralization, meaning it cannot protect teeth from acid attacks in the same way. Additionally, its long-term safety and efficacy are still being studied. ■

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

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## WHAT DOES 'legally blind' mean?

The term "legally blind" is often misused. Some people use the term to describe their vision if they feel they are visually disabled without glasses or contact lenses (unable to drive a car, for example). Others may think it means total blindness (complete lack of form and light perception).



Most government agencies and healthcare institutions agree that legal blindness is defined as one of the following:

- Reduced central vision of 20/200 or less in your better eye with the best glasses or contact lens correction possible.
- A field of vision limited to 20 degrees or less.

As long as your vision can be corrected to better than 20/200 with glasses or contacts, you are not considered legally blind. Also, if your best corrected vision in one eye is worse than 20/200, but you can see better than 20/200 with corrective lenses with your other eye, you are not considered legally blind.

The four main causes of legal blindness in the United States are macular degeneration, cataracts, diabetic retinopathy and glaucoma. The visual impact from these diseases can be greatly lessened or even treated fully if caught soon enough. Visiting your local eyecare provider regularly is your best defense. ■

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

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**FITNESS** By Dani McManus

**Q: How important is my posture?**



**A:** Maintaining good posture is essential for overall health and well-being. Proper posture involves aligning the body correctly, which helps distribute weight evenly across the muscles, joints and bones. This simple practice offers numerous physical, mental and emotional benefits that can significantly enhance daily life. One of the most significant advantages of good posture is its ability to reduce strain on muscles and joints. When the body is properly aligned, the spine is supported, preventing unnecessary tension in the neck, back and shoulders. This can help alleviate and prevent chronic pain, especially in the lower back and neck, areas prone to discomfort from poor posture habits.

Good posture also improves breathing by allowing the diaphragm to function effectively. When sitting or standing upright, the lungs have more space to expand, leading to deeper, more efficient breaths. This can increase oxygen levels in the body, promoting better energy levels and reducing fatigue. Additionally, proper posture can boost confidence and mental clarity. Standing tall with a straight back can make you appear more self-assured, which can positively influence social and professional interactions. Good posture also improves focus and concentration by promoting better blood circulation to the brain, which helps enhance cognitive function. ■

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

**WHAT to know about 're-grief'**



When children have someone significant in their life die, it can be difficult to know how to best support them. It's natural to want to "fix it," but this is one of those things we cannot fix.

Children will continue to grieve as their development and understanding of the world changes. When the death occurs, the child understands only as fully as their cognitive development allows. As they age, and their development changes, their understanding changes, too. They may have new questions or wonderings and may express their grief in new ways. This is called "re-grief" and can sometimes catch their adults off guard.

While our fundamental understanding of death may not change after adulthood, our understanding and experience of grief can change over time, too. Whenever a new life milestone occurs (i.e., we get married), we understand the world in a different way (as a newly married person). This can also have an impact on our grief. Remember, there is no time limit on grief.

How to help? 1. Listen, compassionately. "It makes sense you feel that way. Do you want to tell me more about it?" 2. Answer questions honestly — and repeatedly if asked — in consistent, developmentally appropriate ways. 3. Encourage creative and physical activities (that they enjoy) to get feelings out of their bodies. 4. Encourage sharing memories and, if you knew their person, share memories you have. They may learn something new about them, and what a gift that is. ■

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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**PEACE of MIND**

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There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

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# WHEN to purchase new hearing devices

Hearing aids are sophisticated devices that receive daily use in harsh environments where they are subject to moisture, heat, dirt and earwax. Even though they are built to precise standards, at some point, they will need to be replaced. Figuring out when is the key to uninterrupted communications.



No product lasts forever. Over time, mechanical problems can develop or the technology may simply become obsolete. However, there are steps you can take to prolong the life of your hearing equipment. Cleaning on a regular basis can help prevent problems from occurring. Use a soft, dry cloth and avoid liquids, which might cause damage. Change the wax filter and clean the microphone and any other dirty areas with a soft brush. Be sure to take your hearing devices to a licensed audiologist periodically for check-ups; these can detect issues

such as power loss, dirty contact vents and plugged vents.

Servicing and repairs can add up over time. Eventually, these costs will outweigh those required to purchase new hearing devices. You should consider new hearing devices when:

- Your current hearing devices are 5 or more years old.
- Your hearing devices have visible damage.
- Your hearing devices have already been repaired

previously.

• Your hearing loss worsens or is no longer helped by your current equipment.

• Newer, better technology for your type/extent of hearing loss is available.

If any of these factors apply to your situation, make an appointment with your audiologist as soon as possible. ■

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

.....

## Wondering when the right time is to purchase new hearing devices?

.....

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## RECIPE

# SAVORY pork chili fresh from the slow cooker

*(Family Features)* If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit [Culinary.net](http://Culinary.net) to find more family-friendly dinner inspiration and step-by-step recipe videos. ■

## Barbecue chili

Recipe courtesy of "Cookin' Savvy"  
Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for serving
- corn chips, for serving

### Directions

- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.



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# HOW chamber events drive business growth

At the Norwalk Area Chamber, we know that business growth doesn't just happen in boardrooms — it happens on golf courses, at networking events, and in the moments when professionals connect

beyond the office. That's why we're excited to invite you to our upcoming Norwalk Area Chamber Golf Outing on June 17. Save the date. This isn't just a day on the greens; it's a prime opportunity to build relationships, support local businesses and invest in the continued success of our community.

Chamber-hosted events like our golf outing are about more than just a great round of golf. They create a setting for conversations, new partnerships and business deals. Whether you're playing a full 18 holes or simply joining us for lunch, these events provide a relaxed, engaging



way to connect with potential clients, business partners and industry leaders.

## Why this matters for your business

In today's fast-paced world, personal connections remain one of the strongest drivers of business success. Our chamber events are designed to help members foster these relationships in ways that extend far beyond a single interaction. By participating in events like our golf outing, you're not just gaining visibility, you're creating opportunities.

- Strengthen your network – Meet fellow business owners, community leaders and decision-makers in a setting where relationships grow organically.

- Boost your brand – Sponsorship and participation put your business in front of a valuable audience.

- Support local growth – Proceeds from our events go toward chamber initiatives that strengthen our local economy.

## How you can get involved

The best way to maximize your chamber membership is to engage with the community. Whether through participating in our golf outing, attending networking events, or getting involved with our educational series, there are countless ways to connect and grow. If you want to learn more about the chamber, visit [norwalkchamber.org](http://norwalkchamber.org) and sign up for the next open house event or email [info@norwalkchamber.org](mailto:info@norwalkchamber.org). We would love to have you as a part of our chamber community.

So, mark your calendar. Early bird registration for our golf outing opens on March 25. Gather your team and prepare for a day of great golf, valuable connections and community impact.

We can't wait to see you there. ■

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

THE NORWALK AREA CHAMBER OF COMMERCE

# GOLF OUTING

SAVE THE DATE

## JUNE 17, 2025

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# CHAMBER Banquet

The Norwalk Chamber Annual Awards Banquet was held Jan. 17 at Wilson's Orchard & Farm.



Mel Guanci presented a plaque to outgoing board member Lorie Williamson



Shawn Halloway presented the Student of the Year award to Henry Groos



Amy Gage presented the Teacher of the Year honor to Abigail "Abby" Schmailzl



Mel Guanci presented the Chamber Business of the Year award to Middlebrook Mercantile, accepted by Robert Wilke



Dan Obey presented the Chamber Member of the Year award to Chad Stevens



Luke Nelson presented the Citizen of the Year award to Robin Leaper



Travis Stanley presented the Community Footprint award to Kate Baldwin



Mel Guanci presented a plaque to outgoing board member Jon Niemeyer



Mel Guanci presented a plaque to outgoing board member Tim Stephany



# CHAMBER Breakfast

Norwalk Area Chamber Breakfast was held at Holland Farms on Feb. 20.



Renee Wulf and Megan Clewell



Jean Strable and Tanya Apana



Tricia Rivas and Jeff Longman



Mayor Tom Phillips and Brent Highfill



Amanda Reid Raper and Lucinda Sperry



Emily McLain and Dillon Coates



Kali Lucas and Kelsy Porter



Scot Meuler



Tina McCullough and Rich McCullough



Ryan Trampel and Ken Tague



Sonia Roberts



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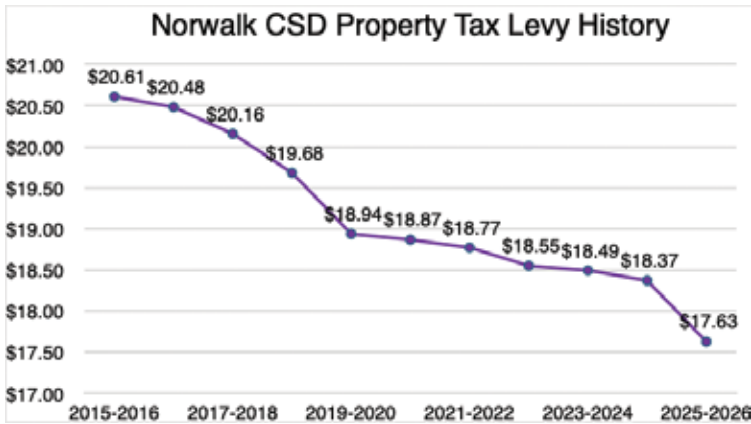
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# UPCOMING BUDGET YEAR STATEMENT

Property taxpayers within the state will receive a school, county and city budget year statement in their mail in late March from their County Auditor, per chapter 24.2A of the Code of Iowa.

This mailing is to alert taxpayers of upcoming public hearings on the proposed property tax asking of their specific school, county and city (unless they are a rural resident).



## RESIDENTIAL PROPERTY EXAMPLE

FISCAL YEAR	2024-2025	2025-2026		
<i>VALUE FROM PROPERTY ASSESSMENT LETTER OR ASSESSOR WEBSITE</i>				
	January 1, 2023	January 1, 2024		
January 1 Assessed Property Value	\$ 100,000.00	\$ 100,000.00		
Calculated Taxable Property Value	\$ 46,343.00	\$ 47,432.00		
<i>PROPERTY TAX RATES FROM MAILING</i>				
	CURRENT	PROPOSED		
All School Funds Tax Rate	\$ 18.37	\$ 17.63		
<i>ESTIMATED PROPERTY TAX</i>				
	CURRENT	PROPOSED	\$ CHANGE	% CHANGE
School	\$ 851.00	\$ 836.00	\$ (15.00)	-1.76%

\* This estimator is not meant for use with agricultural classed property.  
 \*\* This is an estimate of taxes to be paid (for Norwalk CSD only), not an exact figures. The actual amount billed may vary.



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## “What’s in a Name?”

Find out by turning to this month’s Norwalk Living Faith Column by Senior Pastor Rob Jones

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