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WELCOME

TO THE rescue

Some of you have spent a great deal of money on your cat or dog, and you have a wonderful pet. Some of you spent the same or more, and you have a lousy pet. I am convinced that getting a good pet is often the luck of the draw. Much like with children, genetics and upbringing are important, but they don't help explain how one from the same litter can be so drastically different from the next one.

Jolene and I have had six pets during our time together — two cats and four dogs. We reluctantly inherited the first cat, D.C., from Jolene's parents who went south for the winter. The other cat, Reggie, was adopted from the Animal Rescue League. Both were good cats, as far as cats go.

Our first dog, Roxy, was from a rescue league specific to the breed. It was delivered to us from Missouri, and the dog that showed up didn't look anything like the one on the website. But, that was OK, as we loved that little, chubby, tail-less dog anyway.

We adopted the next dog, Max, from a neighbor's friend who was moving out of the country. It was a purebred that he wrote a big check for. Our third and fourth dogs, Kobie and Layla, came from rescue leagues again.

These were all adult dogs when we got them, and all but one have since died. Jolene called them "short-term investments." Her words, not mine. The lone survivor is not fond of babies, so it was shipped off to Jolene's brother in Washington state for a simpler life once our grandson was born.

We didn't pay more than \$40 for any pet we had, including adoption fees. We may have paid more for the right pet, but we simply didn't see the need to do so, and we were happy to adopt rescue animals that needed a home. They certainly all had their quirks. In my experience, every pet does. For that matter, every human does, too.

Meanwhile, rescue animals have warmed the hearts of many pet-owners, and they continue to do so. We share a few of their stories in this issue in hopes that you may be inspired to open your home to a rescue pet as well.

Have a great month and thanks for reading. ■

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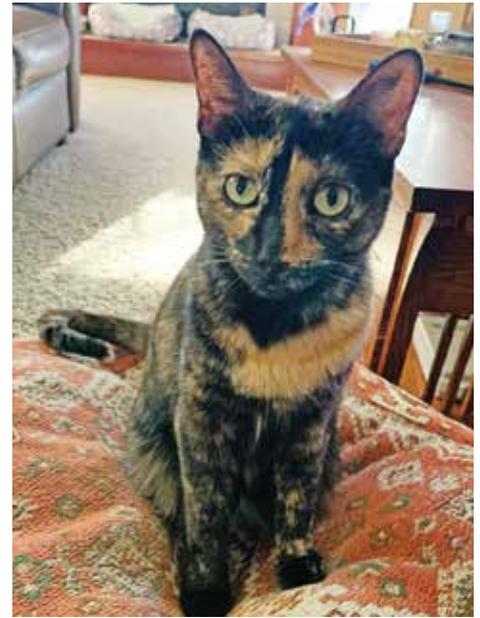
Residents share stories about the animals they rescued.



By Rachel Harrington

Abandoned. Abused. Neglected. The world is full of animals — big and small — that don't know the comfort of a full belly, a warm place to sleep, and the love of a caring owner. Some people seek out these needy animals when looking to add a pet to their family. Others come across them unexpectedly and are moved to rescue them. Whatever the case, rescued pets often give their humans as much love as they receive.

Heather Gornick has rescued a number of farm animals that are happily living out their lives at Double G Farm, set up in partnership with her neighbor.



Cindy and Tom Budler have adopted a number of rescue cats over the years. They currently have four, all with their own unique looks and personalities.

Cat rescues near and far

Cindy Budler is the epitome of a cat person.

“I’ve had cats my whole life, and I can’t imagine a household without them,” she says.

Her husband, Tom, says he never was a cat person until he met Cindy.

“She had just one cat when I met her,” he says. “He passed away soon after that, and she rescued two more cats. One of them was named Dude. He’s the one that really sold me, and he was such a great cat.”

The Budlers have rescued several cats over the years, and they currently have four living at their home. Two of them, Mia and Ranger, were adopted from the Animal Rescue League. Mia is almost 6 years old and Ranger is almost 3. Mia has alopecia on her belly and will lay on her back for hours. Ranger was feral when the Budlers got him from the ARL. He now likes to retrieve things and enjoys silly things like sucking on Tom’s earlobe. Their third cat, Paisley, came to them from Whiskers TNR of Warren County. She is about 4 years old.

“Paisley is quiet, but she likes to wake Tom up and sit on him at 4:30 in the morning.”

The fourth of their cats, Scout, came to them through a program in Honduras called Flight Angels.

“An American expat lady in Honduras founded an animal shelter in 2022,” Cindy says. “She had about 300 dogs and 200 cats. Many of them were in a bad way, and about 110 of them had to be euthanized. Another lady took over that shelter and founded the Flight Angels.”

They seek new homes for the animals at

their shelter in other places such as the United States since the island is so overpopulated with strays and not many people on the island spay or neuter cats.

The Budlers had heard about the Flight Angels program several times over the 10 years they have taken trips to Honduras. During a recent scuba diving trip on the Island of Roatan, they decided to take a kitten home with them.

“We were originally going to bring back one 9-month-old cat that had been spayed or neutered, but they asked if we would take two, so we did,” Tom recalls. “We had to get all their papers and get them cleared when we got back to the U.S. The program provided us with carriers and all that we would need for traveling with them. We had to have a no-kill shelter nearby or we wouldn’t be able to bring them back with us. Once we got back to the U.S., we had to take both kittens to a local shelter. We picked Scout up the next day to bring him home. He had a little trouble adjusting to the food and water here since he was used to water that wasn’t potable in Honduras.”

He will be a year old in April and is thriving with the Budlers. He has a wishbone pattern on his back. He likes to lick Cindy’s face and knead on her.

The Budlers say all their cats get along well and are very sociable with them and friends who visit often, and the cats even recognize everyone’s voices. They are not allowed outside unless the Budlers are with them, and Scout has not taken his first trip outdoors yet. They love their late-morning naps.

From one pony to a farm

About 20 years ago, Heather Gornick had a friend who was with an organization that busted puppy mills reasonably close to where she lived. Through her friend, Gornick got a taste for rescuing animals.

“I made a decision then that I would always choose to rescue animals instead of buy them,” she says.

During a neighborhood event in 2017, one of her neighbors brought a mini pony for the children to pet and ride.

“My autistic grandson, Liam, or, as I like to call him, ‘Jiggy,’ showed positive (behavior) stemming from his interaction with the pony,” Gornick says. “Because of that, I thought that perhaps I should get a mini pony.”

That same neighbor reached out to Gornick soon afterward with news that she knew of a farm family in Chariton rehoming all their animals out of necessity, and that they had a female miniature pony that needed to be adopted or it would be euthanized. Gornick took the opportunity. Later, she also adopted a second miniature pony.

A friend of Gornick who has a 20-acre farm just south of Highway 92 heard of her endeavors to rescue animals, and he told her that he was close to retirement and would be willing to work with her and provide a physical home for all the animals she rescues.

“We call it Double G Farm because both of our last names start with ‘G,’” Gornick shares. “We started rescuing animals that people were not lining up to take. The greatest number

FEATURE



From dogs to miniature ponies, goats and more, Heather Gornick has a passion for rescuing animals.

I've had at a time included 20 goats, four mini ponies, a cow and four chickens."

Gornick also rescues cats and dogs. She had a 6-year-old Newfoundland she adopted that lived to 13 years old.

"When she died, I must have talked a lot about her because my Facebook feed started showing me ads for other Newfoundland dogs that needed homes," she says. "The two same ones kept popping up that were in North Dakota. I decided I was meant to have them. I got Thelma and Louise when they were about 7 years old, and they are almost 11 now."

Double G Farm features a pond and a cabin that Gornick's friend lives in, but it is largely green space. It has four barns with power and heat, and it has several portable buildings they have erected for their rescue animals.

"When we take on what we call a new herd, we buy a new portable

building to house them in," she says. The chickens have their own coop with light heat for the winter months and a faint air conditioner for the summer months."

Gornick is often on the lookout for cast-off materials such as plywood and insulation to use in future portable buildings.

"We use an amazing veterinarian from Winterset that travels to the animals at our farm, which is extremely helpful," Gornick remarks.

She says their current rescue animals only use about 2 acres of the 20 that make up the farm, and that they have plenty of room to expand.

"I see my farm as a place for these animals to live the rest of their lives comfortably and well taken care of," she states. "I have learned a lot over the years. There is plenty of room to grow yet, but the pocketbook dictates how much we can do."

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Visit turns into much more

Quite often, the end of one sad story is the beginning of another beautiful story. Kelly Anderson lost her beloved rescue dog, Izzy, at the end of November 2024. Izzy was said to be 4 years old when Anderson and her former fiancé rescued her in 2019, though both Anderson and her veterinarian put Izzy at around 8 years old. Anderson says that Izzy was her “golden unicorn” dog. When she passed away, Anderson decided she would always choose to rescue pets.

“Just because they are in a rescue doesn’t mean they don’t deserve a loving home and are damaged,” she says. “It’s just more uniqueness to their story.”

Anderson says, after Izzy passed away, it was difficult to come home to an empty house with no pet routine anymore. She followed a dog rescue online because she knew one of the volunteers. Anderson was told about a female dog named Jackie that had been there for a year. The dog was part of a litter of puppies that had been unwanted and surrendered to the rescue when they were 4 months old.

“I thought about fostering Jackie or giving her a break from the rescue shelter for a bit, so I messaged the shelter, filled out paperwork, and drove down to pick her up,” Anderson recalls. “I had never met her before, and I only planned to have her for three to four days. The moment I walked into the shelter, she was waiting with a huge smile on her face, tail wagging like crazy, trying to run to me. Looking back, and as cheesy as it was, she chose me.”

Anderson says it was sweet watching the pup experience many “firsts” including a car ride, music from a radio, going over bridges, pup cups, and going to the store to pick out a toy. When the few days were up, Anderson decided to ask for a little extra time with Jackie. After a week and a half, she took Jackie back to the shelter with all her new toys, blanket, ornament painting and homemade dog treats. It was tough to say goodbye, and, for two weeks, Anderson thought about Jackie a lot.

“I called the shelter and said I wanted to come adopt her and bring her back home,” Anderson says. “So, the next day, Jan. 30, 2025, I went back, and the same thing happened — Jackie was ecstatic — and she came home.”

Anderson changed Jackie’s name to Piper after she wrote down four names she liked and called to her new pup with each one. Piper’s tail wagged the most when Anderson called her Piper, so that is what she chose.

Anderson enjoys how much energy Piper has, and she is happy sharing life with her. From standing on her back legs at the TV stand to sitting on the couch watching NFL football or crime scene shows to playing outside, Piper brings Anderson joy.

“Piper is very smart, likes to dig, enjoys hiding her bones around the house, and is right by my side no matter the distance I am going,” Anderson says. “She’s always near me, making sure I am safe.”

Anderson and Piper often visit Paws & Pints, do dog-friendly crafts, and play together. Piper likes playing with her friends at her Woof Pack Resort doggy daycare.

Anderson encourages others to consider rescuing dogs.

“Every dog deserves love and a home,” she says. “Some aren’t dealt it right off the bat. That doesn’t mean they aren’t sparkling diamonds.” ■



Kelly Anderson wanted to give a dog who had been in the shelter for a year a little break, so brought her home for a few days. However, she grew attached to the dog and brought her home for good. Piper enjoys having a home.

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'Queen of Faces'

Books with layers are always going to draw me in. This delightfully dark and gritty fantasy explores identity, power, resilience and the madness of survival all packaged in a riveting, magical story.

Set in a politically charged world where appearance and perception can be as dangerous as any weapon, we follow Ana, a girl on the brink of some terrible choices. She is stuck in a dying body with no real way out. Desperate, she lies her way into an even more perilous situation where she must navigate court intrigue, shifting loyalties and threats from every side.

Ana's journey is as much internal as it is external, grappling with who she is and what authenticity means in a world where people shift bodies as easily as outfits. She has to maneuver through complex political dynamics, learn how to find allies, build relationships and survive the unsurvivable.

This is a gritty, morally gray story with perfect pacing. Lord's prose is accessible and vivid — sometimes so sharp I felt torn to shreds by the end. I can't wait for the next one. ■ — Review by Julie Goodrich



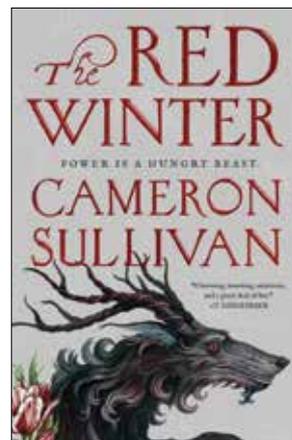
By Petra Lord
2/3/26
432 pages
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'The Red Winter'

Perhaps I am a bit jaded, but I wasn't sure I could take another werewolf story. I am delighted to say that I was very wrong in judging it so harshly. I know it is winter in Iowa, and we are all sick of it, but Sullivan plunges us into a frost-bitten landscape full of mysteries that is far more enchanting than any snow-bound story ought to be. This is a story within a story, within a story. It even has a fourth story in the footnotes, one of my very favorite tropes.

We open in the modern world with the immortal wizard Sebastian being reminded of an adventure from long ago. Ably abetted by his pet succubus, Livia, we learn of his sweet romance with a nobleman, their terrifying adventure in the French countryside, and how Joan of Arc really happened. Despite the gore and humorous asides peppered throughout, this really is an epic fantasy tale with enough romance to make all the BookTok people swoon.

Fast-paced, well-written and awash with magic, this book absolutely swept me away. If you are the audiobook type, I can't recommend the narrators highly enough. They were perfect. ■ — Review by Julie Goodrich



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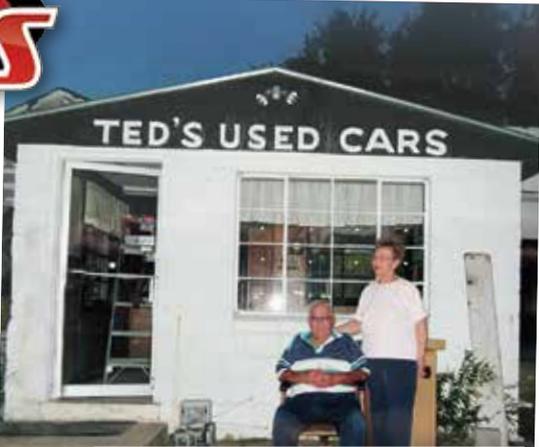
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MAYOR'S MOMENT

One of the City Council's long-term goals is to create a more balanced tax base. Today, about 84% of Norwalk's property tax revenue comes from residential property. Our goal is to bring that closer to 70% over the next 10 years by increasing commercial and industrial development. A more balanced tax base helps stabilize City finances and reduces the tax burden placed on homeowners.



Tom Phillips,
Mayor

We are currently working through an annexation process that supports this goal. A developer plans to purchase approximately 280 acres in the annexation area and develop a technology site that could eventually be valued at over \$500 million. This type of investment would significantly strengthen our commercial tax base.

As part of the agreement, the developer will pay for the water infrastructure needed to serve the site and will cover half of the paving costs along Delaware Street. The City is applying for a grant to help fund the remaining paving costs. Due to the heavy financial investment in public infrastructure being made by the developer, they have only requested a waiver of approximately \$500,000 in future sewer connection fees, if the City creates a new sewer district in the area. The waiver is in place of any city grants and tax increment financing (TIF) rebates, which are typical of large developments with long term investments. These discussions are carefully being conducted with the long-term financial benefit to Norwalk residents in mind.

If completed as proposed, this project would move us significantly closer to achieving our balanced tax base goal.

Last year, the Council reaffirmed its purpose statement: "Preserve and improve why people want to live and work in Norwalk." Thoughtful growth like this supports that purpose by strengthening our financial foundation while maintaining the quality of life residents expect.

There have also been questions in the community about data centers. Data centers are facilities that house computer servers that power services like cloud storage, streaming, online banking, and many of the apps and websites we all use every day. Communities often pursue data centers because they can add significant taxable value and strengthen the local tax base without adding large demands on schools or other city services. At the same time, some residents have concerns about energy use, water consumption, and environmental impacts. I want to assure you that the City Council and I are committed to protecting residents from increased water or electric costs and ensuring that any development meets environmental standards. Careful planning and strong agreements are essential parts of that process.

If you have questions about annexation, development, the budget or any other City issue, I invite you to join me at 9:00 a.m., on Saturday, March 14, at City Hall. I believe in open conversation. If I know the answer, I'll give you a straight answer. If I don't, I will find it and follow up.

Strong communities are built on open dialogue, responsible growth and sound financial decisions. That is the approach we are taking for Norwalk.

EMPLOYEE SPOTLIGHT!

Ryan Delaney, Firefighter/EMT



The City of Norwalk is proud to recognize one of our dedicated Firefighter/EMTs serving with the third division of the Norwalk Fire Department. Since joining the department in 2024, he has felt a strong sense of pride in serving the Norwalk community. In that time, he has earned several new certifications, gained valuable experience, and found what he describes as a second family within the firehouse.

One of the things he enjoys most about the job is the unknown of what each day may bring. He thrives on the physical challenges and the opportunity to provide fire and emergency medical services to the community. The sense of purpose and fulfillment that comes from helping others, along with the camaraderie among the crew, makes the firehouse feel like a family.

A particularly memorable moment in his time with the City was his pinning ceremony after completing his probationary year. It was an occasion made even more meaningful by sharing it with his dad and brother, who have also served in the fire service. Having his wife, Katie, and his son, Carter, there with him made the moment even more special.

Outside of work, he continues to serve as the Assistant Chief of Fire for the Saylor Township Fire Department, where he has served for nearly 22 years and met his wife. He enjoys biking long distances, hitting dirt trails with his son, playing pickleball, taking on home improvement projects, and flying both short trips around the metro and longer flights to discover new airport restaurants.

Rain Barrel/Garden Incentive

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!

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A FRESH take on St. Patrick's Day

What do parades, leprechauns, good luck, beer and anything green have in common? You guessed it, St. Patrick's Day. For most people, the celebration of this special day on the calendar either amounts to practically nothing at all, or it's all-out radical. I still remember the unique perspective I had when I was young being at the top of the tallest building in Chicago on March 17 and looking down to see the green dye that filled the river below. Chicagoans do it up big. But is there more to this special day than meets the eye? Who was St. Patrick, and what is the fuss all about? Let's explore this together...

Many of us probably give little thought to what people might think or say of us long after we're dead and gone. Does it really matter how I'm remembered 100 years, 500 years, 1,000-plus years from now? But what if what people knew about you and did in your honor all those years later was completely opposite the person you really are? Would it matter then? When it comes to Patrick's life and legacy, that is exactly what has happened, and, to top it off, his real-life story is even more exciting than the legend and how he's remembered today.

It all started in about 385 when Patrick was born in Scotland — yes, in Scotland, not Ireland. He was born to a Romanized family of Christians, but, in spite of his spiritual heritage, like many young people today, Patrick's heart wasn't impacted by that heritage until later. When he was 16, he was kidnapped by pirates from Ireland and forced to live as a slave watching over sheep. (If you're thinking this would make a great movie, this is just the beginning.) During those years of loneliness and isolation, he had no one to turn to, except God. (Ever been there?) God opened Patrick's eyes to the gospel of his childhood, and he jumped in without reservation, praying for hours on end and devoting his life to Jesus Christ. Six years later, he escaped and returned home to Britain where he studied for the ministry and became a local church pastor. But that wasn't the end. At the age of 48, he felt called of God to return to his captors in Ireland as a missionary where he served for the next 28 years of his life. During this time, history estimates that he founded 300 churches and baptized more than 100,000 people across Ireland. He died on — you guessed it — March 17, 461.

Patrick's life wasn't about four-leaf clovers, kegs of beer, luck or wearing green. (In fact they say his favorite color was blue!) If you want to truly commemorate St. Patrick's Day, remember that, like Patrick, you can trust God with your life. Psalm 31:15 says, "My times are in your hands." Also, believe that you can trust God to bring about His purposes even in the darkest of times. Romans 8:28 says, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose. And finally, be assured that God's presence is always with us if we've committed our heart and life to Him." Psalm 84:11 says, "For the Lord God is a sun and shield; the Lord gives favor and honor; no good thing does he withhold from those who walk uprightly." Happy St. Patrick's Day! ■

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



TAXING Social Security benefits: clearing the confusion

When the One Big Beautiful Bill Act (OBBBA) was passed in 2025, there was some confusion in messaging from the Social Security Administration about taxation of benefits.¹⁻² Here is an overview to help clarify any questions you have on taxing Social Security benefits.



What does OBBBA do and not do for seniors?

OBBBA does not change the rules for taxing Social Security benefits.

OBBBA does provide an additional \$6,000 deduction for taxpayers 65 and older (\$12,000 for a married couple) for tax years 2025–2028. However, this deduction has no direct relationship with your Social Security benefits. The deduction phases out at higher income levels: \$75,000–\$175,000 for single filers, \$150,000–\$250,000 for joint filers.

Taxation of Social Security benefits is based on income. That means the additional senior deduction should reduce the number of people who have to pay taxes on their Social Security benefits by reducing their taxable income.

According to the White House, 64% of Social Security beneficiaries did not pay taxes on their benefits before OBBBA, and the new senior deduction will increase that to 88%.³

How are Social Security benefits taxed?

The tax liability for Social Security benefits is based on your combined income, defined by the IRS as your adjusted gross income plus tax-exempt interest plus one-half of your Social Security benefits.

If your combined income exceeds a base amount of \$25,000 for single filers or \$32,000 for joint filers, you may owe federal income taxes on up to 50% of your Social Security benefits. If your combined income exceeds a higher base amount of \$34,000 for single filers or \$44,000 for joint filers, you may owe federal income taxes on up to 85% of your benefits.

Considering these rules, the only taxpayers for whom taxation of benefits will be completely eliminated by the new law are those whose combined income drops below the \$25,000/\$32,000 base amount.

Whether or not your Social Security benefits are taxed, the new senior deduction should reduce your tax burden to some extent. Unfortunately, it comes with a long-term effect on the Social Security and Medicare programs, which are funded in part by taxes on Social Security benefits. One estimate suggests that the new deduction will move the expiration date of the trust funds that help fund Social Security and Medicare up from 2033 to 2032, unless Congress takes action to strengthen the programs. ■

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HVAC preventative maintenance is essential

And the top 5 reasons why

For a small investment, you could save money, breathe cleaner air, enjoy increased safety and comfort in your home, and help the environment, all 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 preventative 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's also important to be aware that most HVAC manufacturers require proof of annual maintenance when a repair claim is submitted under warranty.

2. Improve your air quality: The EPA reports 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's 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 will 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 is 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 notate is that some companies extend priority service and special pricing for their clients that have a preventative maintenance plan in place. ■

Do you still have questions? Visit www.tripleahomeservices.com for additional information. Dale and Natasha love to answer questions. Give them a call at 515-868-2779.

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MEET Liz Anderson

Enjoys celebrating successes of her special education students

Liz Anderson was born in Minnesota and moved to Nebraska before settling with her family in Storm Lake. After graduating high school, she attended Iowa State University where she majored in elementary education. Anderson first student taught at the Norwalk Community School District and enjoyed her kindergarten teaching placements. She also student taught in a fifth-grade classroom in Des Moines.



Liz Anderson teaches special education for second and third grade students at Orchard Hills.

However, it was Anderson's first experience teaching in a classroom with students who had special needs that opened her eyes to another avenue of teaching. In 2001, Anderson was hired as a teaching assistant working with students who had learning disabilities. Once the school year ended, Anderson returned to Norwalk, and she worked to get a special education endorsement.

"I absolutely loved working with students who benefitted from specially designed instruction in a smaller classroom setting. I realized these students needed different ways to learn," Anderson says.

In 2002, Anderson was hired as a special education teacher at Oviatt Elementary School where she taught kindergarten and first grade special education for 21 years before transferring to her current position at Orchard Hills Elementary School. As of this school year, Anderson has been teaching in the Norwalk District for a total of 24 years. She currently teaches special education for second and third grade students.

"The best thing I like about teaching in Norwalk is being able to have a daily relationship with students, teachers, administration, support staff and families. I love being able to go into classrooms and interact with teachers and students as well as work in smaller settings," Anderson says.

As a special education teacher, Anderson works with students both individually and in small groups. She enjoys teaching her students how to read, understand math concepts and learn to write paragraphs. She also enjoys helping students with behavior needs and adaptive behavior needs.

"The best part about working with students is when a really hard concept, skill or goal is met, we get to celebrate together. The twinkle in their eyes, their bright smile, and their excitement for learning keeps me going each day," Anderson says.

As the school year begins to wind down, Anderson is looking forward to seeing students grow in their learning and emotionally. She is also looking forward to special days at the end of the school year when the school comes together to celebrate as an Orchard Hills family.

"As an educator, there are always challenges when trying to solve a problem or adjust to something new, but the rewards far outweigh the challenges. When things get tough, I just push myself to do what needs to be done and think about what I am thankful for," Anderson says. ■



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TURNING advocacy into action

Wright makes service a priority.

For Andrea Wright, volunteering has opened doors to new experiences and connections she may not have otherwise had — all while supporting missions she is passionate about.



She currently volunteers with several organizations. Wright serves as a co-troop leader for her daughter’s Girl Scout troop, sits on the board for 100+ Women Who Care–DSM, and volunteers with the National MS Society as a district activist lead (DAT) and ambassador.

Wright’s first trip to Washington, D.C., in 2024 with the National MS Society was particularly impactful.

“I was diagnosed with MS in 2017 and knew at the time that I wanted to find ways to give back to the MS community. It was because of their previous work that I had such a strong treatment plan with options that were not available only a few years prior,” she shares.

Wright became involved with the National MS Society through Bike MS rides in Iowa and later Kansas City. A few years ago, she was asked to serve as a volunteer DAT after consistently reaching out to legislators about bills and issues important to her and others living with MS.

In 2024, Wright was invited to attend the MS Society Public Policy Conference and participate in a “Day on the Hill,” where she spoke with Iowa legislators’ staff about issues impacting MS patients.

“It was in between one of my meetings as I sat in a hallway on Capitol Hill that it all hit me so hard, knowing my MS would impact my life in many not so great ways, but it was also taking me to amazing places I never thought I would be in my life,” Wright says. “To be able to be a part of something as big as sharing my voice in D.C., well that was so inspiring to me and one of the reasons I continue to go year after year.”

For Wright, volunteering is about making a difference and leaving a legacy.

“I grew up in a small community in central Minnesota, and volunteering was just something my family did in many different ways,” she says. “You could say I was born into it.”

After college, Wright began working full time in the nonprofit sector, where she had the opportunity to work alongside passionate volunteers. When opportunities arose for her to give her own time and talents, she was eager to do so for causes that mattered to her.

“Knowing that I helped move the needle in my community is what continues to encourage me to volunteer, knowing that the impact you made today would have a lasting impact, in some ways, for years to come,” she says. “I would encourage others to look around and find ways to volunteer that will help make an impact on something that is important to you. It is one thing to be upset about something; it is another thing to do something about it.”

Wright adds that volunteering does not have to involve large commitments or grand gestures. Often, it is the small actions that, over time, create the biggest impact. ■



Jason Siemens of Edward Jones presents the Neighbor Spotlight certificate to Andrea Wright.



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INVESTMENT

By Daniel Rundahl

THE MADNESS in March for 310,000 Americans

Each day, more than 10,000 Americans become eligible for Medicare — totaling more than 310,000 new beneficiaries every month. This milestone marks an important transition into retirement and a new phase of financial and healthcare decision-making. While this season of life can be exciting, it often arrives with complexity: unfamiliar coverage options, shifting income strategies, and an influx of marketing calls and mail. The choices can feel overwhelming, but, with preparation, they are manageable.



For many, retirement follows four decades of work, family responsibilities and diligent saving. It represents both freedom and uncertainty. Two of the most common concerns are the fear of running out of money and the uncertainty surrounding taxes in retirement. These are legitimate concerns, but they can be overcome.

1. Pause and prepare: Retirement is a life transition, not a financial emergency. Take time to assess your income sources, projected expenses, healthcare coverage and tax exposure. Medicare alone presents multiple pathways: original Medicare, Advantage plans, supplemental coverage and prescription drug plans — each with long-term implications. Thoughtful evaluation with balance to your emotional and logical brain can prevent costly adjustments later.

2. Seek qualified guidance: Professional insight matters. Just as you rely on a dentist for oral health or an attorney for legal counsel, retirement planning benefits from experienced specialists. Financial advisors, tax professionals and Medicare experts work within these systems daily. Their continuing education and field experience can help clarify options, identify risks and align strategies with your goals.

3. Build flexible income strategies: Many retirees aim to replicate a “salary-like” income from their savings. However, markets fluctuate. Those drawing income directly from volatile accounts faced added pressure with market losses. A diversified distribution plan — combining guaranteed income sources, conservative reserves and growth investments — can help reduce vulnerability during any downturn. In retirement, having a Plan A, B and C is not excessive; it is prudent. Like my father used to say, “Sometimes it is not on the right; it’s on your other right.”

4. Learn, adapt and adjust: Financial habits formed when working do not always translate seamlessly into retirement. Flexibility is essential. The familiar illustration of Charlie Brown repeatedly attempting to kick the football out of Lucy’s hands reminds us that routines without reflection can lead to further disappointment. Retirement planning requires adaptability, continuous learning, and the willingness to refine strategies when circumstances change.

I continue to value the “aha” moment: the moment when clarity replaces confusion and clients feel empowered about their future. Retirement is not a single decision; it is a coordinated strategy involving healthcare, income, taxation and legacy planning.

Education is the first step toward confidence. The questions to focus on are the Why and How questions — as much as the What and When. March’s madness for retirees should feel purposeful — not perplexing. ■

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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Upcoming in Norwalk Living magazine:

Celebrating heritage: What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing tammy@iowalivingmagazines.com.

Farmers market vendors: Do you enjoy selling your products at local farmers market. Tell us how you benefit from farmers markets and what tips you can share with others wanting to get involved. Email tammy@iowalivingmagazines.com.

Coffee and Camaraderie

First Tuesdays of the month, 10 a.m. to noon
Norwalk United Methodist Church, 1100 Gordon Ave.

All veterans and service members are invited for a morning of coffee and camaraderie, a morning of connection and community. Whether you're a veteran, active-duty member, spouse or caregiver, everyone is welcome. Enjoy coffee and come together to form new friendships and share stories and experiences.

Elks Annual St. Patrick's Day Celebration

Saturday, March 14, 5:30 p.m.
West Des Moines Elks #2752,
2060 N.W. 94th St., Clive

The Elks St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:30 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes, \$12 per serving.

Middlebrook Mercantile Events

4125 Cumming Ave., Cumming

- Friday, March 13, 6-9 p.m. Live Music: The Dan Medeiros Project
- Saturday, March 14, 6-9 p.m. Live Music: Steve E George and Bob Pace and the Dangerous Band
- Sunday, March 15, 2-5 p.m. Live Music: The Crowfoot Rakes
- Thursday, March 19, 6 p.m. Trivia
- Friday, March 20, 6-9 p.m. Live Music: Bradford Johnson
- Saturday, March 21, 6-9 p.m. Open Mic Night
- Sunday, March 22, 2-5 p.m. Live Music: Dan Jones and Friends
- Wednesday, March 25, 6-8 p.m. Music Bingo
- Friday, March 27, 6-9 p.m. Live Music: Sara Routh
- Saturday, March 28, 6-9 p.m. Live Music: Dick Danger
- Sunday, March 29, 2-5 p.m. Live Music: Dogtown Rhythm Band
- Thursday, April 2, 6 p.m. Trivia
- Friday, April 3, 6-9 p.m. Live Music: Damon Dotson
- Saturday, April 4, 6-9 p.m. Live Music: The Soul Searchers

St. Paddy's Marathon, Half Marathon, and 5K

Saturday, March 14

Iowa State Capitol, East Locust Street and Pennsylvania Avenue, Des Moines

Celebrate 10 years of the Des Moines St. Paddy's Race. A new 2026 finisher pint glass will be waiting at the finish line. Finisher medal provided for all marathon and half marathon runners. More information: <https://iowaruns.com/desmoinesstpaddys5k#acc-rqya205-0>.



Norwalk Easter Public Library Events

1051 North Ave., Norwalk

* Registration required. Register for events at <https://norwalklibrary.org/calendar/>

KIDS

- Spring Break: LEGO and Robots: Wednesday, March 18, 1:30 p.m.
- Tinker Club: Monday, March 23, 4:30 p.m.

TWEENS

- Tween Hangout: Mondays, March 16 and April 6, 3:45 p.m.
- *Tween Boba and Books: Tuesday, March 24, 3:45 p.m.
- *Tween Special: Cross-Stitch Pendants: Monday, March 30, 3:45 p.m.

TEENS

- Super Smash Bros. Tournament: Monday, March 16, 12:30 p.m.
- Teen Takeover: Hangout: Thursdays, 3:30 p.m.
- *Teen After Hours Spring Break Movie: Friday, March 20, 5 p.m.
- Books, Bites and Boba: Tuesday, March 24, 6 p.m.
- *Teen After Hours Dungeons and Dragons: Friday, March 27, 5:40 p.m.
- *Banned Books Dinner Club: Tuesday, April 7, 6:30 p.m.

ADULTS

- Play Create Connect: Tuesdays, except March 31, 1 p.m.
- *Indie Lens Pop-Up: To Be Announced: Thursday, March 26, 6 p.m.
- Brown Bag Book Club: Mother-Daughter Murder Night: Thursday, April 9, 12:30 p.m.

ALL AGES

- TLC Renaissance Faire Crafts: Friday, March 13, 1 p.m.
- Saturdays with Whiskers TNR: Saturday, March 14, 10 a.m.
- *Bursts and Blooms: Fun Paint Projects: Monday, March 16, 6:30 p.m.
- Spring Break: The Bad Guys 2 Free Movie: Friday, March 20, 1:30 p.m.
- *Jigsaw Puzzle Race: Saturday, March 21, 12:30 p.m. and 2:30 p.m.



Friendly Sons of St. Patrick Pre-Party and Parade

March 14 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 14, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Fat Tuesday, a live auction, food trucks and cash bar for an at-will donation. The parade is on Tuesday, 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 for more information.

Check for cancellations

Meat Raffle

Saturday, April 11

St. Thomas Aquinas Pastoral Center, 210 S. Wesley St., Indianola

The Indianola Noon Lions Club is holding its annual Meat Raffle and 50/50 raffle. Hundreds of items of meat will be raffled off in eight rounds with 15-plus items to win. Two rounds will have 75 items to win. Doors open at 5 p.m. with dinner at 5:30 p.m. and Meat Raffle starting at 6 p.m. Tickets are \$15 per person. Dinner includes Fareway grilled burgers, sides and drinks. Tickets are available from Noon Lions members and at Avitt Family Chiropractic, 215 N. Howard St., Indianola. A limited number of tickets will be available at the door. Funds raised go toward scholarships, Leader Dog and student activities. Bring lots of \$1, \$5 and \$10 bills, a cooler for winnings and snacks for your table.

The Ingersoll Shows

The Ingersoll, 3711 Ingersoll Ave., Des Moines

www.theingersoll.com

- **Church Basement Ladies:** March 26–29, April 2–5 and April 9–12. Matinee performances will have dining at 11 a.m., and the show beginning at 1 p.m. Evening performances will have dining at 5:30 p.m., and the show beginning at 7:30 p.m.

- **The Classic Stones Live:** Wednesday, April 15, and Thursday, April 16. Widely recognized as the most premier Rolling Stones tribute in the world, this eight-piece band recreates the raw energy, swagger and sound of The Stones in their legendary prime. From iconic saxophone lines to unforgettable backing vocals, every detail is meticulously performed in original tunings. Dining begins at 5:30 p.m. with the show at 7:30 p.m. both nights.

- **“Isn’t She Lovely,” a Mother’s Day Music Show starring Patricia Holly:** May 8 and May 10, offering both an evening and matinee option for families celebrating together. On May 8, dining will be at 5:30 p.m. and show at 7:30 p.m. On May 10, Dining is at 11 a.m. and show is at 1 p.m.

- **Shaun Johnson Big Band Experience - 90’s Country:** Two performances June 6. Matinee: Dining at 11 a.m. Show at 1 p.m. Evening: Dining at 5:30 p.m., Show at 7:30 p.m.

Tickets are available at www.theingersoll.com/events or at [Ticketmaster.com/TheIngersoll](https://www.ticketmaster.com/TheIngersoll).

Iowa Home Expo

Friday, March 13 to Sunday, March 15

Iowa State Fairgrounds Jacobson Center, 3000 E. Grand Ave., Des Moines

Whether you’re planning on upgrading your home or need a reliable contractor to fix your leaking roof, the Iowa Home Expo is the spot to find all local remodeling experts. The Iowa Home Expo hosts local and national exhibitors offering exclusive deals and discounts. Hours are: Friday, March 13, noon to 6 p.m.; Saturday, March 14, 10 a.m. to 5 p.m.; and Sunday, March 15, 11 a.m. to 4 p.m. More information available at <https://iowahomeexpo.com/>.

Give Life 5K

Saturday, May 2, 8:30 a.m.

Raccoon River Park, West Des Moines

Iowa Donor Network honors those who have given the gift of life, celebrates the lives of organ and tissue recipients, and recognizes those who continue to wait for a life-saving transplant at the annual Give Life 5K. This is a family-friendly event so, no matter your skill level, the event is open to everyone. Join us to honor and support those who have been impacted by organ and tissue donation and celebrate the gift of life by registering for the Give Life 5K today. Visit GiveLife5K.com.

Unmasking the Singer

Saturday, March 28

Val Air Ballroom, 301 Ashworth Road, West Des Moines

The Salvation Army’s Unmasking the Singer, sponsored by KDSM FOX 17 and Prairie Meadows, is already ramping up the excitement for 2026. This year, the event will be held on March 28, and there will be several audience-friendly changes to its format. The event is moving to the iconic Val Air Ballroom and will feature round-table seating for the main area — offering a more sociable atmosphere for the audience. Val Air also has a main stage as well as the old side stage, allowing for a set-up more similar to that of The Masked Singer on FOX.

Tables of eight start at \$250 and up. Individual table seats are \$50 and general admission is \$35. Light snacks will be provided, and beverages will be available for purchase. For more information or to buy tickets, visit www.bit.ly/UMTS2026.

Tori’s Angels 2026

Thursday, April 26, 5:30-8:30 p.m.

Glen Oaks Country Club, 1401 Glen Oaks Drive, West Des Moines

Celebrate 15 years of hope, helping Iowa children with life threatening illnesses by funding vital medical and travel expenses that are not covered by insurance, allowing them to pursue life-saving treatments and cures. For more information, contact Patty Reeve at 515-238-3829 or patty@torisangels.org. www.TorisAngels.org.

Iowa Craft Brew Festival

Saturday, June 6, noon to 4 p.m.

Water Works Park, 2201 George Flagg Parkway, Des Moines

The Iowa Brewers Guild is excited to announce the return of the Iowa Craft Brew Festival. The event is more than great drinks. It’s a chance to slow down and enjoy the moment. Built for catching up with friends, meeting new people, and stepping away from the constant scroll, the festival encourages attendees to log off, raise a glass, and enjoy an afternoon together in a relaxed outdoor setting. Each festival ticket includes unlimited samples, a commemorative tasting glass, and access to the festival grounds featuring shade tents, vendors, yard games, and a variety of Iowa-based food trucks. The festival highlights the best in Iowa craft beer while also featuring Iowa craft cideries, wineries, distilleries and a growing selection of Iowa-produced non-alcoholic beverages. One hundred percent of festival revenue supports Iowa’s craft beverage industry and the Iowa Brewers Guild’s Brewed in Iowa campaign, which raises awareness about the economic and community impact of local breweries across the state. Ticket information and purchasing: <http://www.iowacraftbrewfestival.com/>.

Check for cancellations

Bright Nights and Green Sights

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Explore ways to “find your true nature” at the Greater Des Moines Botanical Garden. For tickets visit <https://dmbotanicalgarden.com>.

• **Dome After Dark:** Friday evenings through March 27, 6-10 p.m. Extra evenings Saturday, March 14, and Tuesday through Thursday, March 17-19. Experience the Botanical Garden in a whole new light. Explore the warm tropical conservatory and renovated Gardeners Show House, illuminated for a magical after-hours escape.

• **NEW to Dome After Dark: Igloo Experience:** Cozy up with up to five guests for an enchanting igloo experience, complete with admission to the event and Flora concessions. Perfect for friends, family or date night. Visit <https://dmbotanicalgarden.com> to reserve an igloo.

• **Friday Dinner at Flora:** Fridays, 6-7:30 p.m. Reserve your spot now for a delicious three-course dinner at Flora, including admission to Dome After Dark. Each week a new, enticing menu showcases a variety of cuisines. Reserve a table online, <https://dmbotanicalgarden.com>.

• **Botanical Blues:** Sundays through March 29, noon to 4 p.m. Performances begin at 1 p.m. and 3 p.m. Your favorite Sunday Blues in Des Moines is here to keep away your winter blues every week. Each set lasts one hour, with a one-hour intermission in between. Settle in, grab a drink, and soak up the sound in Iowa’s only tropical music venue. Flora serves Sunday brunch beginning at 10 a.m. — perfect before the music starts. Concerts are held live in the conservatory, and guests are welcome to wander the indoor gardens during the show. Ticket info and lineups available at <https://dmbotanicalgarden.com>.

Des Moines Art Center Museum Highlights Tour

Saturdays, 1-2 p.m. • 4700 Grand Ave, Des Moines

Discover the vast variety of the Des Moines Art Center’s permanent collections during the Museum Highlights Tour. This tour offers a unique journey through the galleries, featuring a selection of timeless paintings, sculptures and more. Join knowledgeable guides to uncover the stories, techniques and inspirations behind the art on view, and experience the highlights of the Art Center in a fresh and engaging way. This guided tour is perfect for art enthusiasts of all ages. Free to all, no registration required.

Des Moines Community Orchestra

• **Spring Concert:** Sunday, May 10, 2 p.m., Drake University Sheslow Auditorium, 2507 University Ave., Des Moines. Guest conductor: Kara Mather Des Moines Community Orchestra; featured soloist: Dr. Kevin Allemagne, clarinet.

The Iowa Files: A History Series

Various dates, 3 p.m.

Online and in-person at the Community Room of the West Des Moines Public Library, 4000 Mills Civic Parkway

This joint West Des Moines Historical Society and West Des Moines Public Library program is free and open to the public, thanks to the generosity of West Des Moines Historical Society members, Bravo Greater Des Moines and the Friends Foundation of the West Des Moines Library. All programs are streamed on the WDMHS Facebook page and YouTube channel.

• **March 15: The Monuments Men and the Saving of Culture.** The Monuments Men (and Women) had a seemingly impossible job: save some of the world’s most precious cultural artifacts and art from the Nazis, who treated Europe as their private looting grounds. Presenter Ruth Ehler’s grandfather, Ralph Hammett, was one of the men. Ruth will recount stories of the amazing and frantic work that saved and returned treasures to their rightful owners and institutions.

• **April 12: Colfax, the Spring City.** In the 1870s, underground mineral water, which was a cure-all health craze at the time, was discovered in Colfax. The water sparked health resort and bottling industries which made Colfax a world famous destination at the turn of the 20th Century. Kevin Williams, Cofax Historical Society’s board president, will share information and pictures about this little-known boom in Colfax.

• **May 17: Villisca; Living With a Mystery.** On the morning of June 10, 1912, Josiah and Sarah Moore, along with their four children and two young overnight guests, were found brutally murdered in their home. Dr. Edgar V. Epperly has written dozens of articles and blog entries and appeared on CourtTV and other radio and television programs. He will be joined by filmmakers Kelly and Tammy Rundle, whose 2004 documentary explores the crime’s aftermath in a small town. ■

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SPRING SCHEDULE 2026

GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 10	2:00 PM	Girls A.D. Dickinson Relays	UNI-Dome
Mar 12	4:30 PM	2026 IATC - 4A	Lied Rec Athletic Center
Mar 24	3:00 PM	Simpson H	Simpson College
Mar 26	4:30 PM	JV/9 Inv.	Urbandale HS Frerichs Field
Mar 30	4:00 PM	Warren Co. Relays	Simpson College
Apr 2	4:15 PM	Hawkette Invite	Northview HS Ankeny
Apr 6	4:30 PM	NW HS Coed Meet	NW Warrior
Apr 9	4:00 PM	N.West Girls' Relays	N.West HS
Apr 11	8:30 AM	2025 Jim Duncan Inv.	Drake
Apr 14	4:30 PM	DCG HS Girls Track Meet	DCG HS Track
Apr 16	4:15 PM	Ron Werling Invite	Indianola
Apr 20	4:30 PM	NW HS Girls Track Meet	NW Warrior
Apr 23	8:00 AM	116th Drake Relays	Drake
Apr 24	8:00 AM	116th Drake Relays	Drake
Apr 25	8:00 AM	116th Drake Relays	Drake
Apr 27	4:30 PM	Winterset Meet	Winterset HS
May 5	4:30 PM	Little Hawkeye Conf.	Indianola
May 11	4:30 PM	Pella Dutch Coed Relays	Pella HS Pella HS
May 21	9:00 AM	4A State	
May 22	9:00 AM	4A State	
May 23	9:00 AM	4A State	

BOYS TRACK

Mar 12	4:30 PM	2026 IATC - 4A	Lied Rec. Athletic Center
Mar 24	3:00 PM	Simpson HS Classic	Simpson College
Mar 24	4:15 PM	Johnston Inv.	Johnston HS
Mar 26	4:00 PM	N.West Early Bird	N.West HS
Mar 30	4:00 PM	Warren Country Relays	Simpson College Bill Buxton
Apr 2	4:15 PM	Indian Relays	Indianola
Apr 3	4:30 PM	Winterset Husky Invite	Winterset HS
Apr 6	4:30 PM	NW HS Coed Track Meet	NW Warrior
Apr 11	8:30 AM	2025 Jim Duncan Inv.	Drake
Apr 13	4:30 PM	NW HS Boys Track Meet	NW Warrior
Apr 14	4:15 PM	Johnston Inv.	Johnston HS
Apr 16	4:00 PM	Waukee Invite	N.West HS
Apr 21	4:00 PM	2026 T/F Invite	Northview HS Ankeny
Apr 23	8:00 AM	116th Drake Relays	Drake
Apr 24	8:00 AM	116th Drake Relays	Drake
Apr 25	8:00 AM	116th Drake Relays	Drake
Apr 28	4:15 PM	Carlisle Inv.	Carlisle HS
Apr 30	4:00 PM	N.West Boys Relays	N.West HS
May 5	4:30 PM	L. Hawkeye Conference	Indianola
May 11	4:30 PM	Pella Dutch Coed Relays	Pella HS Pella HS
May 21	9:00 AM	4A State	
May 22	9:00 AM	4A State	
May 23	9:00 AM	4A State	

GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 6	10:00 AM	N.West Inv.	The Legacy GC
Apr 7	4:00 PM	Girls Quad	Ballard Golf & CC
Apr 9	2:00 PM	Newton Girls Golf Invite	Westwood GC
Apr 14	10:00 AM	NW Invite LHC Meet	Willow Creek GC
Apr 20	10:00 AM	Lamson Invite	Willow Creek GC
Apr 23	1:00 PM	Oskaloosa Girls Inv.	Edmundson GC
Apr 27	10:00 AM	Turk Bowman Invite	Veenker Memorial GC
May 4	9:00 AM	Dragon Invite	Jester Park GC
May 7	9:00 AM	2025 SE.Polk Inv.	Copper Creek
May 11	10:00 AM	LHC Conference	Pella Golf & CC
May 12	4:00 PM	Gilbert Girls Inv.	Ames Golf & CC

FOR ALL WARRIORS SCHEDULES

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



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NORWALK WARRIORS

GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 7	7:30 PM	DCG	NW HS
Apr 10	5:45 PM	Newton	NW HS
Apr 14	6:00 PM	Oskaloosa	Lacey Sports Complex
Apr 16	6:15 PM	SE Polk	SE Polk - Stadium Field
Apr 21	5:30 PM	Pella	
Apr 23	5:45 PM	Ames	NW Warrior Stadium
Apr 28	7:30 PM	Ankeny	NW Warrior Stadium
Apr 30	7:00 PM	N. Polk	N. Polk Stadium - Comet Field
May 4	5:30 PM	Pella Christian	Pella Christian HS
May 5	7:00 PM	DSM Christian	DM Christian Lions Field
May 8	5:00 PM	North Scott	Hy-Vee Multiplex
May 9	TBD	Soccer Classic	DCG HS Turf
May 9	11:00 AM	Independence	Urbandale HS Frerichs Field
May 12	7:00 PM	Indianola	NW Warrior Stadium
May 15	4:00 PM	Lewis Central	NW HS
May 15	7:30 PM	Wav-Shell Rock	NW HS
May 19	7:00 PM	ADM	ADM HS Tiger Stadium

BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	7:30 PM	Newton	H. A. Lynn Stadium
Apr 3	7:30 PM	Bondurant	NW Warrior Stadium
Apr 7	7:00 PM	DCG	DCG HS Turf
Apr 10	7:45 PM	Den-Schleswig	NW Warrior Stadium
Apr 11	2:00 PM	Spencer	NW Warrior Stadium
Apr 14	7:30 PM	Oskaloosa	Lacey Sports Complex
Apr 16	7:30 PM	Ank. Cen.	Ank. Cen. HS Stadium
Apr 21	7:00 PM	Pella	Pella HS Stadium
Apr 23	7:45 PM	Ames	NW Warrior Stadium
Apr 25	1:00 PM	Waukee	NW Warrior Stadium
Apr 28	7:30 PM	Ankeny	Ankeny HS
Apr 30	7:30 PM	DSM Lincoln	NW Warrior Stadium
May 4	7:45 PM	Pella Christian	NW Warrior Stadium
May 8	7:30 PM	Dowling Catholic	Dowling Cath. Stad.
May 11	5:30 PM	N. Polk	N. Polk HS - Comet Field
May 12	7:30 PM	Indianola	Indianola Stadium
May 14	7:30 PM	DSM Roosevelt	Mediacom Stadium

BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Mar 31	4:00 PM	Ank. Cen.	NW HS
Apr 2	4:00 PM	Boone	Boone - McHose Park
Apr 7	4:15 PM	Newton	NW HS
Apr 9	4:15 PM	Pella	Caldwell Park - Pella
Apr 11	10:00 AM	Johnston Inv.	Johnston HS
Apr 14	4:15 PM	Pella Christian	NW HS Tennis Courts
Apr 21	4:15 PM	DCG	Dallas Center - Grimes Oak View
Apr 24	10:00 AM	Dennis Hoefle	Ankeny Tennis Center
Apr 27	5:00 PM	DSM Lincoln	Brody MS - S. Tennis Complex
Apr 30	4:15 PM	Oskaloosa	Oskaloosa HS
May 5	4:15 PM	Indianola	NW HS
May 12	9:00 AM	LHC Tourn.	Caldwell Park - Pella

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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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UNDERSTANDING memory care

When families first consider memory care, they often focus on safety and medical supervision. While those elements are essential, quality memory care offers far more. At its core, memory care is about connection, dignity, structure and preserving meaningful moments for individuals living with dementia.



Choosing memory care is an emotional step. Families may feel uncertainty, guilt or fear about transitioning a loved one from home. Yet the right setting can improve quality of life for both the individual and their family.

What to look for in memory care

- Programs with purpose: Activities should be intentional, not simply scheduled to fill time. Purposeful programming connects to a resident's history, interests and abilities. Music, art, movement, storytelling and sensory experiences can support memory, reduce anxiety and encourage social interaction.
- Person-centered care: Strong memory care

programs tailor support to each resident. Care plans, dining approaches and daily routines are built around personal preferences and evolving needs. Family involvement is also key, ensuring communication and continuity of care.

- Thoughtful design: Effective memory care settings use natural light, simple layouts, contrasting colors and secure outdoor areas to reduce confusion and promote safe movement.
- Leadership and culture: A positive culture starts with engaged leadership and well-trained staff. Low turnover, consistent routines and visible interaction between staff and residents often reflect a healthy community environment.

What makes memory care different:

Memory care differs from traditional assisted living because it is specifically designed for people with Alzheimer's disease or other forms of dementia. Staff receive specialized training in communication, behavior management, redirection and de-escalation. They understand that resistance or agitation often stems from confusion or fear, not defiance. Structured programs have been shown to decrease agitation and anxiety when offered consistently.

- Socialization and belonging: Isolation can worsen cognitive decline. Memory care provides built-in opportunities for social connection through small group activities, shared meals and guided interactions. Even simple moments — morning coffee, music sessions or seasonal celebrations — can foster belonging and joy.

- Dining and daily support: Dining programs are adapted for cognitive changes. Staff monitor nutrition, provide cues or assistance when needed, and adjust meals to encourage participation. Support with daily activities such as bathing, dressing and mobility is available around the clock.

- A support system for families. Memory care offers more than resident services. It provides reassurance to families who may feel overwhelmed by caregiving responsibilities. Knowing a loved one is safe, engaged and supported can ease stress and restore family relationships. ■

Information provided by Ashley Bergman, Addington Place of Des Moines, addingtonplaceofdesmoines.com. Written by Discovery Senior Living, 3461 Bonita Bay Blvd., Suite 100, Bonita Springs, FL 34134.



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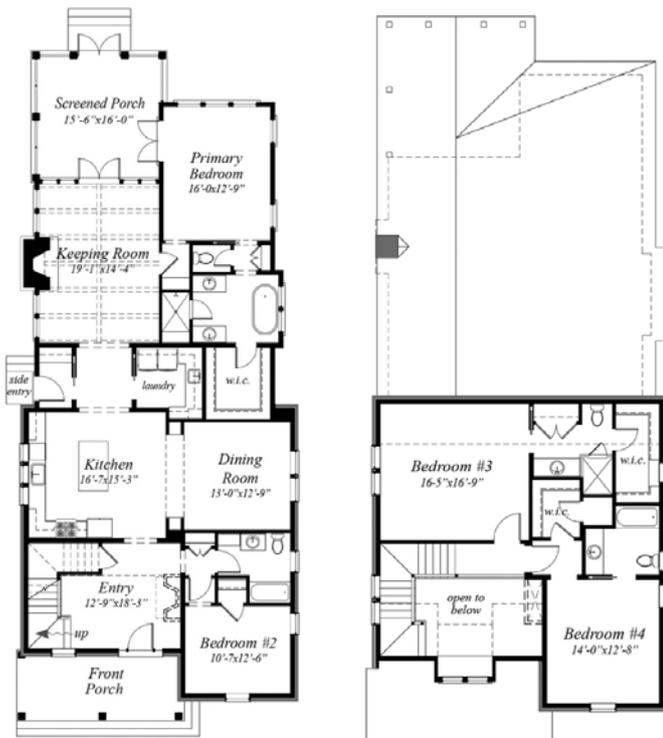
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EDGEWOOD Court

Shed dormers, a gable roof, and jack arches above the windows create street-front beauty and interest.

Inside, the kitchen island is almost like a table and it can double as a workspace. Placing the sink and kitchen appliances on the perimeter makes the island an oasis of functional space. Step into this spacious living room with its a warm and welcoming beamed ceiling, generous fireplace, and shiplap walls that continue from the kitchen.

French doors open into the living room or out to the yard from this expansive screened porch. A vaulted ceiling with a louvered end gable makes this perfect for comfortable indoor-outdoor living. ■



DETAILS

2,746 Sq Ft
 Floors: 2
 Bedrooms: 4
 Bathrooms: 4
 Foundation: Slab

SQUARE FEET

Main Floor: 1,961
 Upper Floor: 785
 Total Conditioned: 2,746
 Front Porch: 164
 Rear Porch: 219

DIMENSIONS

Width: 32'-6"
 Depth: 80'-3"
 Height: 28'-0"

HOUSE LEVELS

Upper floor: Ceiling Heights 9'-0"
 Main floor: Ceiling Heights 9'-0"

CONSTRUCTION

Wall Construction: 2x6
 Exterior Finish: Brick, Lap Siding
 Roof Pitch: 8:12

FEATURES

Kitchen: Island, L-Shaped
 Primary Bedroom: Tub, Double Sink, Shower, Porch, Private Toilet, Walk-in Closet
 Additional: Fireplace, Porch, Screened Porch

YOUR VEHICLE'S 'internal clock': Why timing matters

Think of your engine as a perfectly choreographed dance: your pistons and valves must move at exactly the right moment so they don't crash into each other. The timing belt or timing chain is the conductor that keeps them in sync.



If that "clock" breaks, the engine can literally destroy itself in seconds. Here's how to stay ahead of the curve and avoid a massive repair bill.

Is your vehicle a "belt" or a "chain"?

Most vehicles use one of two systems. Here's the quick breakdown:

- The timing belt (rubber): These are quiet and efficient, but they wear out like a pair of sneakers. You must replace them every 60,000 to 100,000 miles, or every 10 years (whichever comes first). Otherwise, the rubber degrades and will eventually snap.

- The timing chain (metal): These are built like bicycle chains and are designed to last the life of the vehicle. However, they have two main enemies: dirty oil and low-quality oil. If you skip oil services, the lubrication fails, causing the metal to wear down and become "loose."

Red flags you shouldn't ignore. The tricky part is that your vehicle doesn't always tell you there's a problem:

- If you have a chain: Listen for a metallic rattle when you start the engine. You might also see a check engine light or experience a decrease in power.

- If you have a belt: There is usually no warning sign at all. It works perfectly until the second it breaks — which is why following the manufacturer's schedule is vital.

Why professional service matters.

Modern timing systems are incredibly precise and require specialized tools and technical expertise. When you have this service performed, a specialist will also inspect "neighbor" parts like the water pump and

tensioners.

- Smart move: Replacing these parts at the same time as the timing system saves you from paying for the same expensive labor twice later on.

The bottom line. Staying on top of your timing system gives you three big wins:

- No surprises: You won't be stranded on the side of the road with a dead engine.
- Save money: A maintenance bill is only a small fraction of the cost of a full engine replacement.
- Better resale: Buyers pay more for a used vehicle when they know the major services have already been completed.

Don't wait for a breakdown. Ask your auto specialist to check your service history and inspect your vehicle for any "red flags" today. ■

Information provided by Chris Werner, owner and lead technician, Werner's Elite Auto, 506 1/2 E. Euclid Ave., Indianola, 515-259-0122, www.wernerseliteauto.com.



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WITH SPRING and summer approaching...

Are you planning for that special trip? Will you be traveling to spend time with family? Perhaps you will be traveling outside of the country.

Have you ever thought about what would happen if something unfortunate happened during the time you were away and you needed the services of a funeral home?

We don't like to think about these things, but, the truth is, they can happen. And when they do, having a plan in place can make a world of difference.

Perhaps a travel plan is something for you to consider: a plan that would take care of everything and bring your loved one back home if such an unfortunate situation occurred.

You might be surprised how affordable these plans are, and they can provide a great deal of peace of mind for those traveling.

Visit with your funeral home of choice and ask if they offer a travel plan.

Better to have a plan in place and not need it than to wish you had done something to prepare. ■



Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.

TALKING with a loved one about care at home

Starting a conversation with a family member about at-home support can feel uncomfortable. Many people worry about saying the wrong thing, creating tension, or being perceived as overstepping.

Yet when approached thoughtfully, these discussions can become productive, collaborative moments that help everyone feel more prepared for the future. Recent national surveys tell us 93% of older adults want to remain in their homes as they age, making conversations about at-home services and care increasingly relevant for families planning ahead.

A successful conversation often begins with the right conditions. Choosing a calm, familiar setting allows both people to feel at ease and focused. While moments of frustration or struggle might feel like natural openings, those situations can heighten emotions and defensiveness. A planned, unhurried conversation is more likely to lead to understanding.

Framing also matters. Rather than positioning at-home care as a response to decline, it can be helpful to focus on what it makes possible. Many people are more receptive when the discussion centers on quality of life, independence, and support rather than on decline and loss.

As you prepare for the conversation, consider these practical tips:

- Focus on benefits, not problems. Highlight how receiving supportive services at home — such as help with grocery shopping, cleaning, cooking, organizing, and/or pet care — can support daily routines, provide companionship, and help your loved one remain safely at home.
- Research options. Gathering information ahead of time can help address concerns, while researching together can empower your loved one and keep them involved in decisions.
- Address cost and logistics openly. To decrease uncertainty, discuss pricing, financial resources, scheduling, and how care would fit into existing routines.
- Offer reassurance and patience. Aging-related decisions often carry emotional weight. Let your loved one know you are there to support them, regardless of the timeline.
- Keep the door open. One conversation does not need to resolve everything. If your loved one is hesitant, suggest revisiting the topic later after they have had time to think.
- Providing reassurance is especially important. Life transitions can bring fear, grief, or resistance, even when support is needed. Consistent encouragement and listening can help build trust and reduce anxiety over time.
- Follow-up is just as critical as the first discussion. Checking in later reinforces that the conversation was about partnership, not pressure. If at-home care eventually is introduced, ongoing communication can help ensure the care plan continues to meet your loved one's needs. ■



Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit wesleylife.org/wellahead.

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WELLNESS By Chelsea Taggart

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Let's be clear: Sun damage is not a beauty hack. That "base tan" people chase before spring break or prom? It is actually skin trauma. UV exposure breaks down collagen, accelerates fine lines, triggers pigmentation and creates long-term damage that no highlighter can fix later.



If you care about youthful, smooth, even skin, SPF is your daily power move. Broad-spectrum SPF 30+ protects against premature aging, dark spots and loss of elasticity. And yes, you need it even when it is cloudy. Even when you are "just running errands." Even when you "don't burn." Protection now means better skin in five, 10, 20 years.

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Custom spray tanning gives you that flawless, camera-ready bronze without sacrificing your skin's health. Unlike laying out in the sun, a professional custom tan is tailored to your undertone, event and outfit. Whether you want soft golden warmth for prom or a deeper beachy bronze for spring break. No streaks. No orange. No peeling regrets.

Think of it this way: SPF preserves your skin. A custom spray tan perfects it.

This season, protect your collagen, skip the damage, and let your glow be intentional, not incidental. Healthy skin is always in style, and confidence looks better when it is built on smart choices. ■

Information provided by Chelsea Taggart, L.E, Vivid Life Spa, 1951 E. 18th St., Suite 105, Norwalk, 515-850-7848, vividlifespaspa.com.



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Information provided by Dr. Jesse Stumbaugh, Norwalk Chiropractic, 1300 Sunset Drive, 515-981-9208, www.norwalk-chiropractic.com.



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Those white spots are not just cosmetic flaws — they are early cavities. They represent permanent, irreversible damage to the enamel.

Red, swollen or bleeding gums are a warning sign that plaque isn't being removed effectively. Braces are a major investment of time and money. Protecting that investment requires daily effort at home.

Braces make teeth much harder to clean. Brackets and wires trap food and plaque in tight spaces that are easy to miss. When brushing is rushed or inconsistent, bacteria collect along the gumline and around brackets, producing acids that weaken enamel. High-sugar diets — sodas, energy drinks, sweet coffee drinks, and frequent snacking — are all too common for teenagers and dramatically increases risk of decay.

The good news? It is preventable. Use an electric toothbrush with a two-minute timer, clean daily with floss or a water flosser, and limit sugary drinks to assure you or your child ends treatment with the picture-perfect smile you've both dreamed of. ■



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

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Q: What is astigmatism?

A: Astigmatism is a common refractive condition that results in blurred vision. It is caused by an irregularity in the shape of the cornea or lens of the eye. Having an eye shaped in the front like the side of a football or the surface of a spoon instead of a sphere is an analogy often used to describe astigmatism. It usually causes blurriness at all distances and can lead to squinting and headaches.

Astigmatism is diagnosed during a comprehensive eye examination. Visual acuity assessment followed by refraction and keratometry are key in determining if someone has astigmatism. The refraction is the “which is better, one or two” part of the exam to determine a lens prescription, and keratometry is a procedure that measures the curvature of the cornea.

Blurred vision from astigmatism is most commonly addressed with the use of prescription eyeglasses. The glasses are made with cylindrical lenses that neutralize the effect of astigmatism resulting in clearer vision. Toric or astigmatism correcting contact lenses can also be used to improve visual acuity. Refractive surgery may in many cases be utilized to reshape the surface of the eye to lessen or eliminate astigmatism. ■

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



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WHY HEARING AIDS age quickly and when to replace them

No product lasts forever, including your hearing aids. Most will function well for three to seven years, so you'll likely need to replace them every five years on average.

Wondering why they have such a short lifespan? Several factors cause hearing aids to age quickly. Here are a few.

- **Hearing aids get a lot of daily wear and tear:**

Hearing aids are exposed to moisture, heat, dirt and earwax for hours a day. Even though they are made of durable material, this prolonged exposure to a harsh environment eventually causes damage.

- **Hearing aids need proper storage:** To extend your hearing aids' lifespan, keep them in a safe, dry place when you're not wearing them. Placing them in a storage case with a dehumidifier will help dry out any built-up moisture inside them.

- **Hearing aids require regular maintenance and cleaning:**

Bringing your hearing aids to your audiologist for routine checkups helps keep your hearing devices going strong. Your audiologist will check and replace any poorly performing parts and professionally clean your devices.

- **Certain hearing aid styles fade faster:** Behind-the-ear styles typically last longer than in-the-ear designs because more of the electronic



elements are outside the moist environment of your ear canal.

- **Hearing aid technology becomes obsolete:** Finding replacement parts for hearing aids older than five years can be challenging, as the manufacturer might not make them anymore. Similarly, the software used to program old hearing aids may no longer work, so if your prescription changes, reprogramming them could be impossible.

When to buy new hearing aids

Consider purchasing new hearing devices when:

- Your current hearing devices are five or more years old.
- Your hearing devices have visible damage.
- Your hearing devices have already been repaired previously.
- Your hearing loss worsens, or your current devices no longer sufficiently help it.
- Better technology for your type/extent of hearing loss and lifestyle is available.

Think it may be time to retire your current hearing aids? Contact your local audiology team to help you find new devices that fit your unique needs. ■

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

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RECIPE

STOP the sniffles with Sick Day Soup

(Feature Impact) Coughs and sniffles don't have to derail you for long – not with a fresh, homemade stockpot full of Sick Day Chicken Noodle Soup. Loaded with rotisserie chicken, celery and carrots, it's sure to warm you from the inside-out as a warm, comforting meal. Plus, with eight servings, this dish can help solve dinnertime dilemmas throughout the week by storing leftovers in the refrigerator and reheating on the stove.

Warm up your winter meals with more comforting ideas available at Culinary.net. ■

Sick Day Chicken Noodle Soup

Recipe adapted from Tastes Better from Scratch

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 8

INGREDIENTS

- 1/2 tablespoon butter
- 2 ribs celery, diced
- 3-4 large carrots, diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1/8 teaspoon crushed red pepper flakes
- salt, to taste
- pepper, to taste
- chicken bouillon cubes (optional)
- 4 cups dry egg noodles
- 3 cups cooked rotisserie chicken

DIRECTIONS

- In large stockpot over medium-high heat, saute butter, celery and carrots 3 minutes. Add garlic and cook 30 seconds.



Photo courtesy of Shutterstock

- Add chicken stock or broth and season with rosemary, thyme and crushed red pepper. Add salt and pepper, to taste. Taste and add chicken bouillon cubes, if desired, for flavor.
- Bring to boil. Add noodles and cook until al dente. Remove from heat once noodles are tender.
- Add chicken. Taste and adjust seasoning as desired.

Norwalk Area Chamber of Commerce

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WORKPLACE injuries



Most workplace injuries are governed by Chapter 85, the Iowa Workers' Compensation Act. It is generally held to be "the exclusive remedy" against an employer or co-employee.

A very narrow exception may exist where a co-employee is guilty of "gross negligence." Recently, the Iowa Supreme Court illustrated how narrow that exception can be. In the December 17, 2025, case of *Griffeth v. Kulper*, the Court held that the estate of a worker failed to sustain a claim where the co-employee did not have actual knowledge of the peril that caused the employee's death.

In the *Griffith* case, the employee had fallen to his death from a catwalk into a surge hopper located at a quarry. After the incident, the Mining Safety and Health Administration (MSHA) conducted an investigation and cited the quarry for numerous rule violations. It was discovered that, on the day of the accident, the catwalk gate was secured with a strip of metal wire instead of the standard retaining pins. This meant that it was less secure than it could have been.

The estate of the worker filed suit against the supervisor and the quarry's safety and environmental director, alleging gross negligence on their part. At the close of evidence, the jury awarded \$2.6 million dollars to the worker's wife, child and estate and \$200,000 to the worker's father.

On appeal, the Supreme Court noted that "gross negligence" cases carry a high burden of proof. Plaintiffs must prove three elements: (1) knowledge of the peril to be apprehended; (2) knowledge that injury is a probable, as opposed to a possible, result of the danger; and (3) a conscious failure to avoid the peril. The court concluded that, in this case, there was no evidence that the two co-employees had actual knowledge of the missing linchpins that left the gate unsecured. It noted that mere constructive knowledge was not enough. Therefore, the court determined that dismissal of the gross negligence claim was necessary.

In keeping with this holding, the court discussed similar cases including one involving an injury where a machine's safety features had been disabled; a hand injury at a meatpacking plant; an injury to worker involving a metal pole; and a worker who fell from a precipitous drop off beneath an aluminum mill. Conversely, the court observed that it had allowed such a claim where caustic chemicals injured a worker who had warned his supervisor about a hole in his protective suit and where a manlift collapsed in high winds where a supervisor admitted the method used was unsafe even on windless days.

Conclusion: Nearly all workplace injuries will be governed by Workers' Compensation law in Iowa. The gross negligence exception is extremely narrow. ■

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

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SPECIAL ADVERTISING SECTION

HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek

urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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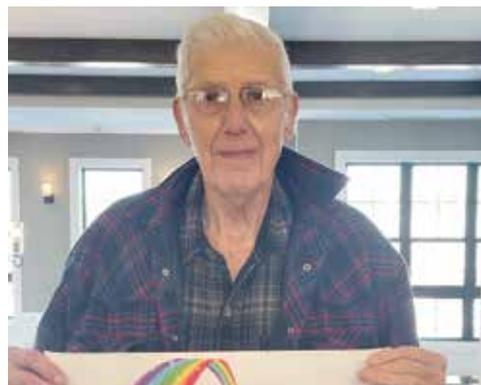
Norwalk Area Chamber of Commerce hosted a ribbon cutting for Cooper's Central Table on Feb. 18.



Ryan Cooper and Dan Obley at the Norwalk Area Chamber of Commerce ribbon cutting for Cooper's Central Table on Feb. 18.



Ryan Cooper and Jesse Bolstad at the Norwalk Area Chamber of Commerce ribbon cutting for Cooper's Central Table on Feb. 18.



Russ Dotts, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Linda Foster, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Phyllis Rourke, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Donna Zoss, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Richard White, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Jo Richey, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Kathy Dotts, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Emily Guentert, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Deb Workman, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.



Virginia Nevins, at Holland Farms Senior Living, wishes everyone a Happy St. Patrick's Day.

HAVE A Brady Day

from the staff of Holland Farms Senior Living.



Aubree Ellis



Angela Shultz



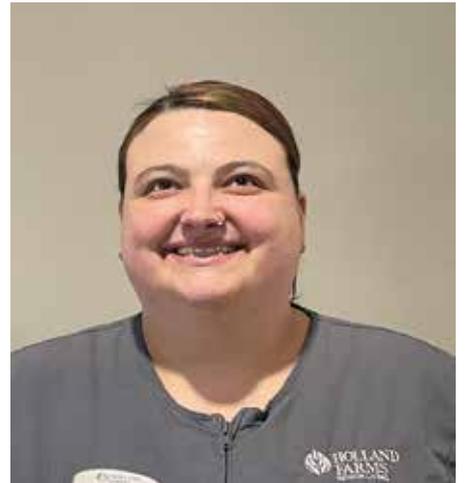
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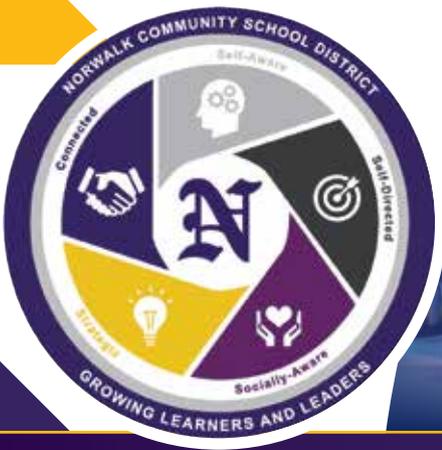
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CONGRATULATIONS



TO THE NORWALK ROBOTICS TEAM

Norwalk Robowarriors are pictured with Gov. Reynolds and first gentleman, Kevin Reynolds.



NORWALK COMMUNITY SCHOOL DISTRICT NEWSLETTER

MARCH 2026

CONGRATULATIONS TO THE NORWALK ROBOTICS TEAM, the RoboWarriors, on being selected by the Iowa Department of Education and the Governor’s Office to represent the state of Iowa at the U.S. Governor’s Cup in Washington, D.C.!

Hosted by the U.S. Department of Education and Experiential Learning, the event took place February 19–22 at DAR Constitution Hall in Washington, D.C.

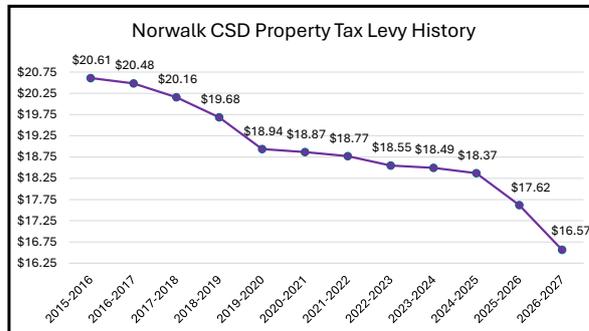
This is an outstanding honor and a well-deserved recognition of the hard work, dedication, and talent of the RoboWarriors students and coaches.



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).



*Maximum Property Tax Levy Rate for 2026-2027

RESIDENTIAL PROPERTY EXAMPLE

FISCAL YEAR	2025-2026	2026-2027		
<i>VALUE FROM PROPERTY ASSESSMENT LETTER OR ASSESSOR WEBSITE</i>				
	January 1, 2024	January 1, 2025		
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	\$ 17.62	\$ 16.57		
<i>ESTIMATED PROPERTY TAX</i>				
	CURRENT	PROPOSED	\$ CHANGE	% CHANGE
School	\$ 817.00	\$ 786.00	\$ (31.00)	-3.79%

* 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 figure. The actual amount billed may vary.



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