

NORWALK *Living Weekly*

WWW.IOWALIVINGMAGAZINES.COM

 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN NORWALK

NORWALK BUSINESSES WISH EVERYONE A HAPPY ST. PATRICK'S DAY.



Julie Van Brocklin at Auburn Moon Boutique



Dr. Brandon Miller at True Roots Chiropractic



Mary Romanelli, Nikki Huetter and Steph Bintner at Bellflower



Judy Evans at Gregg Young Chevrolet



Heylee Eighmy and Kelley Davis at Fareway



Carol Sisney at Norwalk United Methodist Church

NORWALK WEATHER FORECAST

THURSDAY HIGH 38 | LOW 28
Partly sunny and cold



FRIDAY HIGH 57 | LOW 47
Thick cloud cover, warmer



SATURDAY HIGH 65 | LOW 22
Showers and a heavier t-storm



SUNDAY HIGH 38 | LOW 23
Partly sunny, Much colder



MONDAY HIGH 40 | LOW 20
Times of clouds and sun



Start your morning off right with an update from **thedailyumbrella**

Free local news, weather, events, career opportunities and the morning chuckle. **Subscribe at TheDailyUmbrella.com**

FROM THE PUBLISHER

BEFORE YOU START POLISHING YOUR HALO...

I generally avoid giving press to survey results, as they are often ploys from public relations companies to avoid purchasing advertising and gain free publicity for their clients. Even so, this one was too good to pass up.

Are you ready? Of the 50 states, Iowa ranks No. 46 in sinfulness. That means 45 other states have greater problems than Iowans with issues like anger and hatred, jealousy, excesses and vices, greed, lust, vanity and laziness. The study was issued by WalletHub, a website that offers credit scores and reports. Just keep that in mind.

What defines sinful? WalletHub says they examined the aforementioned issues using many relevant metrics, which are too lengthy to list here. For the study, all 50 states were compared across 47 indicators of immoral or illicit behavior, from violent crimes per capita to excessive drinking to



the share of the population with gambling disorders. Each metric was graded on a 100-point scale, with a score of 100 representing the highest level of sinfulness. Of course, one person's sin may be another's virtue, but please play along.

What are the most sinful states, according to the study? Nevada, California, Texas, Florida and Louisiana, in that order.

And the least sinful? Idaho, Wyoming, Vermont, South Dakota and good old Iowa.

But before you start polishing your halo, you should know that

all is not virtuous in the Hawkeye state. In the excessive drinking metric, Iowa ranked No. 4. That's not exactly something to say cheers to, unless, of course, you are in the excessive drinking industry.

Overall, though, we Iowans fared well in this survey. Our more-sinful neighbors may call us flyover country, but we don't mind. We have room to breathe, lower stress levels and faith in our Midwestern values. And we are quite trusting, so much so that we even believe survey results that make us look good.

Cheers!

Have a great week, and thanks for reading.

Shane Goodman

President and
Publisher

Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



NORWALK
Living Weekly

A publication of Big Green Umbrella Media, Inc.
Address: 8101 Birchwood Court, Suite, D, Johnston, IA 50131
Website: www.iowalivingmagazines.com



News contact

Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact

Martha Munro
515-321-5246
martha@iowalivingmagazines.com

COFFEE & CHAT

The public is invited to the weekly Coffee & Chat at the Library Meeting Room on March 11 from 10-11 a.m. This free, drop-in event is geared for adults, but all library visitors are welcome to attend. Coffee & Chat is a safe, welcome space for members of the community to connect with others while enjoying a hot beverage. This program was designed with these visitors in mind: new Norwalk residents, a seniors social hour, new/growing Norwalk businesses, parents and caregivers, English language learners, and any individual of any age seeking connection.

A variety of beverages will be served, including coffee, hot tea and seasonal options of hot cocoa or cider, purchased locally. Stay for a few minutes, the whole hour, or until the coffee gets cold — while supplies last. The library will also have on hand adult coloring, brain games, cards and board games, and brochures/handouts of local businesses and organizations. ■

COMMUNITY LECTURE: HOW TO BE A HEALTH COACH

Kim Robinson-Gilchrist, M.S. will offer a free community lecture, “How to be a Health Coach: Alternative Options in Health Care for Nonprofessionals and Professionals” on Saturday, April 2 at Luana Savings Bank conference room, 9321 Market Place Drive, Norwalk. Wellness foods will be served. Registration is required, and seating is limited. Register by contacting Robinson-Gilchrist, 515-410-4959, or gilchristinstitute@aol.com. ■

EASTER AT FELLOWSHIP

Fellowship Community Church invites you to join its Easter at Fellowship to celebrate the resurrection of Jesus Christ. The church will hold three identical Easter services Friday, April 15 at 7 p.m. and Sunday, April 17 at 8:30 a.m. and 10:30 a.m. Fellowship is located at 225 North Ave. in Norwalk. A free continental breakfast will be available before the Sunday morning services. There will be special Easter activities during the service for K-fifth grade, and quality childcare for pre-K and younger will be available. For more information, visit their website at www.fellowshipnorwalk.org/easter or call their office at 515-981-0699. Connect with them on their social sites at @fellowshipnorwalk on Facebook and Instagram and @fellowshipnrwk on Twitter. ■

THE VOTE IS THE EMBLEM OF OUR EQUALITY BY KATHY WILSON

March 15, 6:30 - 8 p.m.
Library Meeting Room

On Aug. 26, 2020, Americans marked the 100th anniversary of the 19th Amendment giving women the right to vote. In this program, historian Kathy Wilson investigates why women had to fight for decades to get the right to vote, why black and minority women were excluded from the national suffrage movement, and why we still struggle with women’s rights today. About the Speaker: A professional historian and educator, Kathy Wilson believes learning about the past can be fun as well as interesting. To prove that point, she draws on more than 20 years of experience to create programs that engage and entertain as well as educate her audiences. Wilson received her BA in History from Bemidji State University in Minnesota, before traveling to England where she completed her Masters at the University of York. She is a former PhD candidate at the University of Iowa and specializes in 18th and 19th-century British-American cultural history. ■

GARDENING

TAKE A COLOR-THEMED APPROACH FOR MORE ATTRACTIVE ARRANGEMENTS

By MELINDA MYERS

Growing dahlias is a must for anyone who loves cutting and arranging flowers. But there are hundreds of beautiful dahlia varieties to choose from, and that can be overwhelming. To make the selection process easier, choose compatible colors that will look good together in the garden and in arrangements.

The combination of peach and burgundy is both striking and sophisticated. Peach-colored flowers add a fresh and soothing feel to the garden. Dahlia American Dawn is a blend of peach, mango and papaya with plum-purple highlights. Good partners include other varieties in the same warm, sunset tones, such as dinnerplate dahlia Belle of Barmera, decorative dahlia Great Silence and ball dahlia Maarn.

Planting dahlias in a perennial garden ensures non-stop color from July into October. The fluttering, melon-colored blooms of HS Date work particularly well, due to this variety's maroon foliage and open growth habit. Complete your peach and burgundy theme with the dark-hued flowers of Rip City. These large, velvety flowers are almost black in the center and soften to wine-red toward the petal edges. Add ball dahlia Jowey Mirella for blooms that are smaller in size yet equally striking.

For another eye-catching color combination, narrow your selection to dahlias with purple and hot-pink flowers. Historically, purple was associated with royalty, spirituality and knowledge. While pastel purple evokes a sense of calm and serenity, deeper tones add drama and excitement. Dinnerplate dahlia Lilac Time is an heirloom variety with fluffy, lavender blooms that can measure eight to ten inches across. Be sure to also include flowers in juicy grape and violet hues such as dahlias Thomas Edison, Cartouche and Purple Taiheijo.

Complement these moody purples with vivid pink dahlias. Burslesca is a cute little pompon dahlia with tightly rolled petals that reveal hints of peach, burgundy and violet. Fascination's rose-pink, semi-double flowers



Photo courtesy Longfield Gardens

contrast beautifully with the plant's dark foliage, and the blossoms are irresistible to bees and butterflies. Ball dahlia Rocco is an all-star variety that is long lasting in both garden and vase.

If you prefer pastels to brights, choose dahlias in shades of pale yellow, soft pink and cream. The enormous flowers of dinnerplate dahlia Café au Lait are a must. Complement them with ball dahlias such as peachy Linda's Baby or buttery Boom Boom yellow. Decorative dahlia Fluffles have taffy-pink petals that fade to white, while Milena Fleurs are a mélange of pink, peach and pale butterscotch.

When you start with flowers in compatible colors, designing floral arrangements becomes so much easier. You'll have all you need to quickly create a centerpiece for any gathering, an impressive bouquet for your own home, or an informal handful of blooms to share with friends.

For more tips about cut flowers, read the Longfield Gardens article [How to Design a Cutting Garden](http://www.longfield-gardens.com) (www.longfield-gardens.com). ■

ART EXPLORERS

March 19, 10:30 - 11:30 a.m.

Library Meeting Room

A series of programs dedicated to fun, open-ended art experiences for young children. Each month, a different variety of art stations especially designed for children ages 1-4 is offered (but open to children of all ages and their caregivers.) The activities at the Saturday and Monday sessions each month will be identical, so choose whichever works best for you. Dress for mess, as there will be paint and other potentially messy activities. ■

INDY VENDOR FAIR

The Indy Winter Vendor Fair is held March 19, 9 a.m. to noon at the Odd Fellows Hall, 1202 S. Jefferson Way, Indianola. Hosted by Whip It Good Catering, the fair features a variety of vendors offering crafts, freezer meals, soups, baked goods, candles, fresh-baked breads, gifts, clothing and much more. For more information, email whipitgood515@gmail.com. ■

COMMUNITY CHAT

The next monthly Community Chat is March 12, 9-10:30 a.m. It is held the second Saturday of the month at City Hall for Norwalk residents to visit informally with city representatives. ■

OPALS SENIOR LUNCHEON

Everyone age 55 and older is welcome to OPALS Senior Luncheon April 1, 11:30 a.m. to 1 p.m. at Luana Savings Bank, 9321 Market Place Drive, Norwalk. Come and socialize with the Parks and Recreation staff and enjoy a potluck-style lunch. Water is provided. Bring a side dish or dessert to share. Each event will have a different speaker. Speakers will be announced prior to the event. Pre-registration is required. Call 515-981-9206. ■

WE WILL RUN YOUR NORWALK NEWS ITEMS FOR FREE.

Email your news and events by Tuesday at 5 p.m. to: tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

HIRTA TO BEGIN SERVING NORWALK

HIRTA began operating a vehicle exclusively in Norwalk on March 1. Initially, HIRTA will provide transportation on Tuesdays and Thursdays from 7 a.m. to 4 p.m. A one-way trip in town is \$2.50.

To guarantee a ride, schedule at least 24 hours in advance. Rides can be scheduled by calling 1 (877) 686-0029 or by emailing erides@ridehirta.com. Riders can also contact HIRTA to set up the Amble App to schedule, pay or cancel their trips on their smartphone.

For instruction on how to use the service, visit www.RideHIRTA.com/TravelTraining.

The Transportation Security Administration federal mask mandate for public transit requires riders and drivers to wear a mask through March 18. Failure to comply will result in denial of boarding or removal, and may result in penalties. ■

ARE YOU PAYING TOO MUCH FOR A BAD WEBSITE?
We make professional websites simple.

ONLY \$79 month
Plus one final production fee.

biggreen
www.biggreenwebdesign.com

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**'LIVING AMERICAN COMPOSERS'****Sunday, March 6, 3-4 p.m.****Franklin Junior High, 4801 Franklin, Des Moines**

The Central Iowa Wind Ensemble will be performing its "Living American Composers" concert. The brilliance and legacy of a composer's musical output is often not fully realized until long after death. This concert features stunning works by American composers who are alive, well and composing music for bands, orchestras and choirs. The works on this program represent the energy and "joie de vivre" of the American spirit that inspired these artists to write such amazing music. Those American composers include John Williams ("Jaws," eight of the "Star Wars" movies, "E.T." and the first three "Harry Potter" films), Michael Miller, Samuel R. Hazo, and Robert Jager (from 1962 to 1965 he was arranger/composer for the U.S. Navy Armed Forces School of Music).

Admission is free. Tickets are available at <https://www.ciwe.org/living-american/>.

**JURASSIC QUEST****Friday and Saturday, March 11-12, 9 a.m. to 8 p.m.;****Sunday, March 13, 9 a.m. to 6 p.m.****Iowa Events Center, 730 Third St., Des Moines**

Tickets are available online at <https://www.jurassicquest.com/events/des-moines-ia> and cost \$22 for kids and adults and \$19 for seniors. Ticket for unlimited rides for kids is \$36, which includes entry. General admission includes live shows, arts and crafts activities, dinosaur and marine exhibits. Tickets for individual and premium activities will be available on-site (from \$6).

Off peak hours are weekdays (all day) and weekends after 3 p.m. Free entry for children younger than 2.

ST. PATRICK'S DAY PARADE**Thursday, March 17, noon****Downtown Des Moines**

The Friendly Sons of St. Patrick are staging their annual parade in downtown Des Moines, beginning at noon, starting at 15th Street and Grand Avenue, heading east to Eighth Street. New this year is a Block Party at 13th and Grand, from 8 a.m. to 1 p.m. Your \$5 admission gets you access to watch the parade, food trucks, live music, a beer tent and more. More information is available at www.friendlysonsiowa.com.

HOOPS AND HOPS**Thursday through Friday,
March 17-19****Cowles Commons**

Des Moines Performing Arts (DMPA) announced the return of the immensely popular event, Hoops and Hops, on Cowles

Commons. Now in its fifth year, this three-day free event invites basketball fans to enjoy all the NCAA tournament action starting Thursday, March 17. Times are 10 a.m. to 10 p.m. on Thursday, 1-10 p.m. Friday and noon to 10 p.m. Saturday

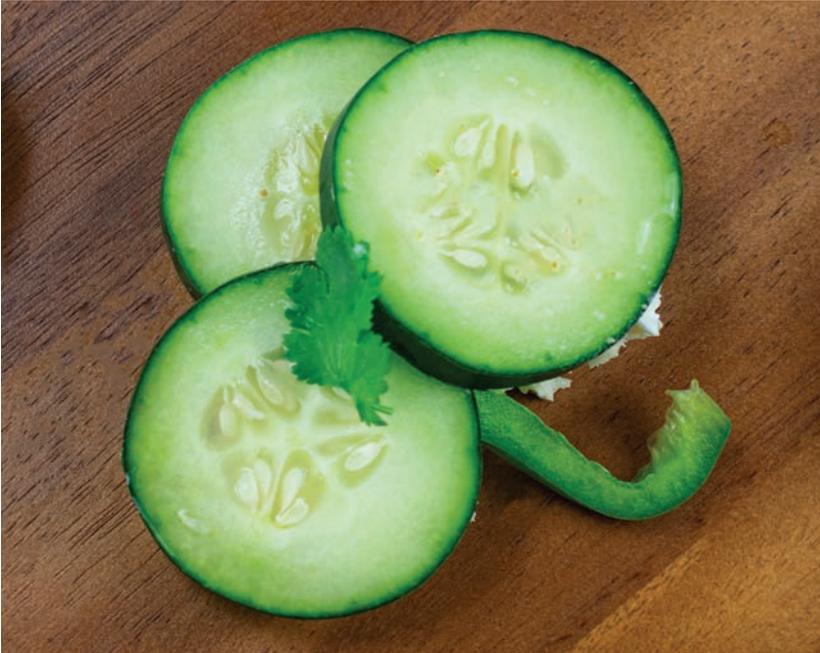
Admission is free, and fans can purchase food from local food trucks including: The Big Red Food Truck, Roadside Tacos and Big Mamas Bistro while enjoying a beverage from the Iowa Craft Beer Tent or the Iowa Spirits Bar. Guests will be able to stay warm inside the heated tent with large-screen TVs broadcasting the games or enjoy their own game of pickup on one of two half-court basketball courts being assembled on Cowles Commons.

Fans of all ages are welcome and encouraged to wear their favorite team's colors. Guests are asked not to bring coolers or outside food. ■



RECIPE

MAKE YOUR ST. PATRICK'S DAY SPREAD GREEN WITH ENVY



(*Culinary.net*) Freshen up your St. Patrick's Day menu with easy, light sandwiches inspired by the traditional color of the festivities. These open-faced noshes can be perfect for lunch, snack time or even as an appetizer for get-togethers with friends and family.

Layered with a smooth cream cheese and mozzarella mixture then topped with crisp cucumber and a stem of green bell pepper, these St. Patrick's Day Sandwiches are easy and cute, which makes them a fan favorite at nearly any green gathering. They're also sprinkled with lemon juice to add a little acidity and create a nice, light bite.

Plus, this recipe is quick to make. When you're in a rush to get everything on the table for the party, it's easy to throw together and get on the platter in next to no time.

The sandwiches pop off the plate with their bright, seasonal garnishes. While sure to attract attention and have your loved ones asking "Where did you get this idea?" they're also an easy way to sneak a few vegetables into your kids' diets.

Find more festive recipes and ideas at Culinary.net. ■

ST. PATRICK'S DAY SANDWICHES

Yield: 8 sandwiches

8 ounces plain cream cheese spread, softened
1 cup finely shredded mozzarella cheese
salt
4 English muffins
24 slices cucumber
8 thin slices green pepper
fresh cilantro leaves
lemon juice
lemon slices, for garnish (optional)

Directions:

In bowl, mix cream cheese spread, mozzarella cheese and salt well.

Split English muffins in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half.

Place three cucumbers on each "shamrock," one on each "leaf." Use green pepper slice as stem. Place cilantro leaf on top of each sandwich.

Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired.

NORWALK POLICE ACTIVITY

DISCLAIMER: All defendants are innocent until proven guilty in a court of law.

Feb. 18: Motor Vehicle Theft: Git N Go – A vehicle was reported stolen from the Git N Go parking lot. Information was taken and a report made. Investigation remains active at this time.

Feb. 18 : Impaired Driver: 500 Block North Avenue – Chad Spieker of Cumming was arrested and charged with Operating While Intoxicated. Subject was processed and transported to the Warren County Jail.

Feb. 21: Eluding: 3100 Block Echo Valley Drive – Brittany Loftin of Ames led officers on a chase that ended on E. Fifth Street in Des Moines. Subject was arrested and charged with Unlawful Possession of Prescription Drug, Eluding, Speeding, Reckless Driving, Failure to Maintain Control, No Valid Driver's License and Failure to Obey Traffic Control Device. Subject was processed and transported to the Warren County Jail.

Feb. 21: Warrant Arrest: 400 Block Pine Avenue – Yareli Avila of Norwalk was arrested on an active Dallas County warrant. Subject was processed and turned over to Dallas County.

Feb. 21: Warrant Arrest: Boone County – Kimberly Berger of Stratford was arrested in Boone County on an active warrant in Norwalk for Forgery, Theft 2nd Degree, and Identity Theft, connecting back to a case opened Sept. 24, 2021. Subject was processed and transported to the Warren County Jail.

Feb. 22: Criminal Mischief: 500 Block North Avenue – Kum and Go employees reported damage to their store by a male acting erratically. Subject was detained by police, treated by EMS and then transported to a local hospital. Case remains open pending further investigation.

Feb. 23: Theft: Beardsley Street and 80th Avenue – Taylor Randall of Nebraska led officers on a chase that ended in a crash. Subject was arrested and charged with Theft 1st Degree, Eluding, Assault, Reckless Driving, Failure to Maintain Control, Fraudulent Use of Registration and Failure to Obey Stop or Yield Sign. Subject was processed and transported to the Warren County Jail.

Feb. 23: Vehicle Crash: Highway 5 southbound off ramp and Highway 28 – Vehicle driven by Mark Howell of West Des Moines collided with a vehicle driven by Isaiah Marshall of Clive. Information was taken and a report forwarded to the Iowa Department of Transportation.

Feb. 24: Vehicle Crash: Ashwood Avenue – Vehicle driven by Janell Owens of Des Moines struck a vehicle driven by Gerrii Olson of Norwalk. Information was taken and a report forwarded to the Iowa Department of Transportation. ■

CLASSIFIED ADS

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

FOR SALE: Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750. Call 515-238-3198. Located 5 miles from Grimes.

BABY BED FOR SALE: Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$200 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

WANTED: Broken appliances & A.C.'s, 10 years old & under, repair hopefuls. Call 515-238-3343.

SEND IN YOUR FREE CLASSIFIED AD BY WEDNESDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

THIS SPOT IS AVAILABLE.

Contact Martha Munro at martha@iowalivingmagazines.com

JOKE OF THE WEEK



Why did the traffic light turn red?

You would too if you had to change in the middle of the street!!!