

NORWALK

MARCH 2023

Living

MAGAZINE

IN THEIR FOOTSTEPS

Residents share how they
were inspired to follow a
loved one's path

Meet Emma Maudsley
EDUCATION

Jalapeño sweet potato chowder
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WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.



I remember the first time Dad had me back the dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. ■

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FDIC

IN THEIR FOOTSTEPS

Residents share how they
were inspired to follow a
loved one's path

By Chantel Boyd

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

Though not pilots yet, a younger generation of Westdrums is enjoying flying.

Following the beat

Joey Dursky is a huge fan of music, and he found the idea of being in a band appealing. After all, he had grown up hearing his dad, Mike Dursky, play guitar with his bandmates most weekends.

In the late 1970s, Mike formed a band called Bushwacker, where he was the lead singer and lead guitarist. The band played the same music they liked listening to, such as the Eagles and Lynyrd Skynyrd.

Joey fondly remembers listening to Mike and his bandmates while they practiced in his grandma's basement when he was young. Before long, Joey began dreaming of being in a band like his dad, too.

"With instruments already in the house, we didn't have to travel for lessons, so it was easy to ask questions and play together to learn."

In the mid-1990s, Joey also began learning to play guitar to pursue music like his dad.

"I loved learning the lead guitar parts for bands like AC/DC, Metallica and Black Sabbath. As my musical tastes and talent evolved, so did my approach to music. I went



Joey Dursky followed in his father's footsteps and now has his own band, 5 Below.



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Mike Dursky was a long-time band member when he was younger.

from electric guitar to acoustic guitar and learned to sing.”

Joey shares that his dad, Mike, was not his only teacher.

“I had an amazing mentor (Richard Arndt) who would let me open for him and play his breaks. All the while, my parents were there supporting me.”

In 2009, 40 years after his dad started his

band, Joey began to play live acoustic shows in public. In 2016, Joey started a band, 5 Below, which has played at Norwalk Music Fest several times. Joey surrounded himself with musicians like his father, Mike, did.

“I found some like-minded musicians as my dad did 30 years before.”

Joey says it has pushed him out of his comfort zone to move beyond a solo act to leading a rock band. Still, he appreciates how his dad paved the way.

“As the front man of a local rock band, singing my favorite songs, I am grateful I had someone like my dad to set the foundation.”

Joey says Mike was supportive throughout his musical journey. He suggests that, if others are following in a parent’s footsteps, to do the same.

“You have an expert in the field to help. Take the constructive criticism and don’t get upset when you hear things like, ‘Keep practicing.’ It’s for your own good.”

Joey and Mike now play live every summer for Mike’s birthday with a full band, sound, lights, and everything needed to put on a whole production show at his house. Mike plays the

breaks between Joey’s band’s sets.

“It’s awesome to sit back and observe the one who taught me play on stage since I missed it all while I was so young when he had a band,” says Joey.

Sky high

Troy Westdrum grew up in the sky, and his kids are doing the same.

Troy’s dad, Durl Westdrum, learned to fly after World War II when former military pilots trained him. He went on to fly professionally, based at the Des Moines Airport, and enjoyed a lifelong aviation career.

Durl flew for a small commuter airline, then flew corporate aircraft for several companies, retiring from the Statesman Group, an insurance company.

Durl began the family tradition of flying when he passed on his passion to his son, Troy. Troy has also enjoyed a long aviation career and recently retired from Meredith as its corporate pilot after nearly 40 years. Troy still rebuilds and restores airplanes now that he is retired.

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Troy's son, Sean, a third-generation pilot in the Westdrum family, has made a career of the pastime. He is a pilot and owns planes, including classic airplanes — something else he has in common with his dad, Troy.

"Growing up around airplanes and pilots, I never thought of working anywhere else but in aviation," says Troy, who has many fond memories of flying with his dad. One, in particular, is memorable because of its historical significance.

"I was flying in Iowa's first Learjet in the 1960s," he says.

Troy's uncle, Don Westrum, was a pilot, too, and he was the one flying this jet. There were no simulators, so the airplane was where training took place.

"I was lucky to go along, and it was my first exposure to jets," Troy says.

Another historical connection the Westdrums had: Troy's uncle Don's instructor was Henry John Deutschendorf, better known as Dutch. He was singer John Denver's father. John Denver was also a pilot and flew his own Learjet. Troy eventually flew the same airplane.

After many flight hours, Troy began flying



Durl Westdrum, his son, Troy, and grandson, Sean, have all pursued careers in aviation.

solo as a senior in high school. He has attended many technical schools and completed a lot of simulator training. After graduating, Troy was offered a job with the Meredith Corporation as an apprentice aircraft mechanic and eventually obtained an Airframe and Powerplant Certificate. Later he received his FAA Inspector's Certificate. He turned wrenches at Meredith until 1993 when he became a pilot.

Troy fondly recalls traveling to faraway lands and sampling local cuisines. Troy also remembers tinkering and rebuilding airplanes, first with his dad, Durl, and now with Sean.

Durl recently passed away, and Troy shared



Troy Westdrum became interested in aviation early on due to his father's involvement.

about his dad's legacy being passed on to his son.

"My father was proud of Sean learning to fly. I'm glad he was around to see him get so far," Troy says.

The family tradition continues as Troy's daughter, Bryn, and his grandkids, Rylie and Gavin, enjoy riding along with Troy and Sean. And perhaps they, too, will someday learn to fly.

Troy advises, if you want to do something your parents do and get the opportunity to do it, "Go for it!"



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Love of dance

Amy Peel-Wood opened her first dance studio, Amy Peel Dance Avenue, at age 17 on the south side of Des Moines. She owned and operated that business for nearly 20 years.

Amy's daughter, Teddi Wood, carried on Amy's tradition of young entrepreneurship and opened her first studio when she was 18. A Norwalk resident, Teddi has owned and operated her dance studio in West Des Moines for six years. The studio's name, AT&CO, pays homage to her mom's legacy.

"The 'A' stands for Amy, the 'T' stands for Teddi, and 'CO' stands for Company," says Amy.

At their dance studios, this mother and daughter focus on creating solid relationships with students and instilling strong values.

"We were, and still are, a strong dance family," Teddi says of their tight-knit dance studios.

Both women are passionate and skilled in dancing. Teddi especially praises Amy for her skills as a dance teacher.

"She takes her craft and love of children to the next level with her unequaled dedication,"

says Teddi. "She has always counted it a privilege to be a small part of each child's life. She genuinely loves what she does, and her students have always responded to that very positively."

Teddi says she, too, strives to operate with a positive teaching technique.

"As I watch so many of my mom's past dancers return with their children now to our studio, it just reaffirms that the values Amy started with at Amy Peel Dance Avenue still live on in AT&CO today."

Amy's passion for serving youth inspired Teddi to continue down the same path. Amy's legacy goes far beyond Teddi owning a dance studio, as many of Amy's former dance students are also carrying on the tradition.

"Many dance studio owners in the Des Moines area are previous students that Amy has trained and educated over many years," says Teddi.

"As a child and growing up, I spent countless hours not only in the studio training but also going to many business meetings, designing costumes, choreography, building props and recital planning," Teddi says of all



Amy Peel-Wood and daughter Teddi Wood share a passion for dance and now each own a dance studio.

she learned from her mom. "I saw the joy that this brought my mother for so many years, and I wanted that for my life, too."

Amy is still available to help Teddi as she continues her career.

"Now, when questions or situations arise, I have great guidance to lead me through," Teddi says.

If others want to follow in a parent's footsteps, Teddi advises them to take it seriously.

"Be willing with an open heart and mind to learn from your parent and do so diligently and with responsibility." ■

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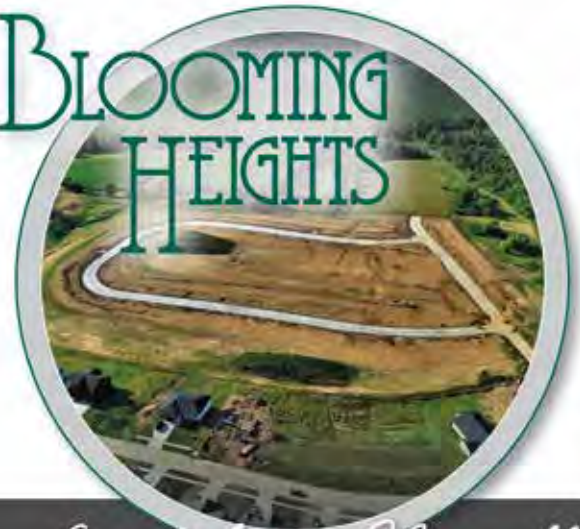
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MEET Emma Maudsley

Teaching skills for a lifetime

After graduating from Valley High School, Emma Maudsley attended the University of Northern Iowa (UNI), knowing she wanted to become a teacher. She enjoyed her time at UNI, but knew she wanted to return to the Des Moines metro to teach. She subbed in four districts around the metro for a year and a half before joining the Norwalk Community School District about eight years ago.

"I love the district's mission and focus on growing learners and leaders. Within each building, I've seen teachers do great things to help students find their voice and leadership skills. Teachers are focused on academic achievements but also focused on developing the student as a whole person and helping them grow into good people," Maudsley says.

She says she enjoys teaching English because the skills she teaches students are ones they will use for the rest of their lives. This includes how to read and interpret text, how to research answers using credible sources, and how to determine the themes of things they watch and read.

In fact, one of this year's goals for the eighth-grade English team was to give students more choice and voice in what they are reading. Maudsley's students started out the school year participating in a personal narrative unit. Throughout the unit, students were able to write about themselves and be creative with their narratives. Her students also recently completed a project where they chose a book in verse to read, created a poster, and then presented a "book talk" presentation to their peers.

"I love teaching middle schoolers because they will always keep you on your toes. They are at an age where they are figuring out who they are and what their interests are. It's fun to watch them grow into their own people and help them along the way," Maudsley says.

In addition to teaching English, Maudsley serves as the Middle School's Lighthouse facilitator for the district's Leader in Me program.

"I collaborate with students and staff to create a culture of collaboration and leadership within our building. We want students to know how important their voices are and encourage them to find their voice in a positive way and help others to find theirs," she says.

During the remainder of the school year, Maudsley says she is looking forward to having great discussions about "To Kill a Mockingbird" by Harper Lee with her eighth-grade students. Her students also have a Career Day coming up towards the end of March.

In her free time, Maudsley likes to spend time with her family, read, watch movies and go to the dog park with her dogs. ■



Emma Maudsley teaches middle school English and is the middle school Lighthouse facilitator for the Leader in Me program.

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Staley's Chicken Dinner

Sunday, March 19, 10:30 a.m. to 1:30 p.m.

St. John the Apostle parish hall

St. John the Apostle is hosting a Fried Chicken Feast. Everyone is invited. The menu includes fried chicken, mashed potatoes and gravy, green beans, coleslaw, pie, coffee and tea. Cost is adults \$12, ages 6-12 \$6 and kids younger than 5 eat free. A silent auction will be held in conjunction with the event. Auction items include a lawn mower, iPad tablet and more. For more information, you can contact Gary and Mary Haselton at 515-321-3873 or the parish office at 515-981-4855.

Community events in Cumming

Various dates

Middlebrook Mercantile, 4125 Cumming Ave., Cumming

- Saturday, March 11 – Josh Sinclair performs, 5-8 p.m.
- Sunday, March 12 – Jazz Series, Avi Gedler performs, 2-5 p.m.
- Wednesday, March 14 – Watercolor Paint Workshop, 5:30 p.m. Tickets are required and are limited. Register at www.eventbrite.com/e/529483899597.
- Friday, March 24 – Catelyn Picco performs and General Lee's Smoke Shack, 5-8 p.m.
- Saturday, March 25 – Dan Trilk performs, 5-8 p.m.
- Sunday, March 26 – Yoga + Coffee, 9-10:30 a.m. Tickets are required and are limited. Register at www.eventbrite.com/e/536322544167.

Library offers technology assistance

The Norwalk Easter Public Library is offering one-on-one technology assistance appointments. Tech Team members will help with email, Zoom, social media, Microsoft Office products and more. They can also help patrons check out digital audiobooks and ebooks using the Libby app on phones, Kindles and tablets. Appointments can be made by calling 515-981-0217 or through the Norwalk Easter Public Library's website at www.norwalklibrary.org/technology-assistance.

Food Safety Certification Class

March 23

Warren County Extension Office, 200 W. Second Ave., Indianola

Iowa State University (ISU) Extension and Outreach is offering this food safety training for food service managers. The class is beneficial for food service managers from all areas including schools, restaurants, convenience stores, child care, senior meal sites and health care. Participants will receive a copy of the ServSafe® Manager training manual and will take the ServSafe® certification exam. For more information about the program, contact Cathy Drost at 641-673-5841 or visit www.extension.iastate.edu/humansciences/servsafe.

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Chair-ish the Library

Friday, April 21, 6:30-8:30 p.m.

Easter Public Library, 1051 North Ave.

The talents of area artists, more than a dozen vintage chairs and the goals of the Norwalk Easter Public Library Foundation come together when the Foundation stages its popular fund-raising event, Chair-ish the Library.

Jane McDonald, secretary of the Foundation and chair of the event, said Library volunteers have planned Chair-ish to support many of the Library's popular programs, including the 2023 Summer Reading Program, technology resource expansion and guest speakers.

Maren Lenhart, board vice president, said artists are creating beautiful pieces, several inspired by artists' love of nature. A chair with a theme "A Walk in the Moonlight" has a smiling moon face on its seat. Another, created by artist Emma Burnett, will have a cat theme and is sponsored by Whiskers Trap-Neuter-Return of Warren County. Board member Richard Schreiber is producing two Leopold benches which are popular with bird and wildlife watchers with a design that provides support for binoculars.

Event tickets are \$25 and include heavy appetizers, an adult beverage, music by Sara Routh, and an auction of artistic chairs and other items at the library. Tickets can be purchased online through <https://chairistickets.eventbrite.com>. Area businesses and organizations are among event sponsors. ■

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It is important to note that Iowa weather with our extreme hot and cold temps should be strongly considered when choosing and installing the “right” ductless heat pump system. They are certainly not all created the same. Only the most experienced HVAC technician should be consulted to insure that the best system is chosen to meet your needs. The installation should also be completed by experts in the field of ductless technology. We regularly uninstall or correct poor ductless installations. When completed by experienced and elite equipment dealers, ductless heat pumps offer the

highest warranty in the industry at 12 Years All Parts.

Ductless heat pumps also qualify for electrical rebates when installed by a licensed technician. They certainly can be a great comfort solution for nearly any space. We always recommend having a meeting with your HVAC expert to discuss your goals, the space, budget and options.

Understanding the technology, design and installation of a ductless heat pump is certainly complex. If you research the technology, you will see that the No. 1 issue is improper installation. So, moral of the story, make sure that you use an HVAC contractor with the best training, experience, ratings and reviews in ductless technology. ■

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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.

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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.

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ADVOCATING for and enjoying town

President of library board appreciates Norwalk's offerings.



Stephanie and Dillon Farmer wanted a smaller school system for their children. They found that in Norwalk, as well as a house and neighborhood they enjoy.

Stephanie Farmer and her husband, Dillon, have lived in Norwalk for almost eight years.

"We wanted to live near Des Moines because of job opportunities, but we are both from small towns, so we wanted to live in a smaller community," she explains. "It was important to us to find a smaller school system for our kids."

When they were house hunting around the metro, they found a home they really liked with a layout that was perfect for the family. The only downside was that the Farmers didn't like the location.

"So, we contacted the builder and had our home built in Norwalk," Farmer says. "My husband and I are both golfers, so we chose a lot on the Legacy Golf Club course."

One of best parts of the Farmers' home is that it's a walk-out ranch.

"Because of this, we have a good side hill for sledding in the winter and a large second living space and playroom for the kids on the lower level," Farmer says. "We also really like our large patio, deck and yard for having gatherings and for our kids to play outside."

Living on a golf course also means the family has a great view and a big, open backyard. They're also close to great walking paths and are situated in a quiet, safe neighborhood.

"Our neighborhood has lots of young families like ours, which is nice for playdates," Farmer says.

She adds there are many things she and Dillon love about living in Norwalk.

"The schools are amazing, and I know our kids will get a quality education in our town," Farmer says. "We love our library and the many programs that it offers. We go at least once a week to check out books, board games, tablets and more. We also like the parks and rec sports that are offered for our children."

Farmer's interest in the Norwalk Easter Public Library has led to her becoming president of the Board of Trustees. She's also a member of the library's foundation, which oversees fundraising and advocacy.

For the Farmers, there's truly no better place to live. ■

SPURR named to Special Olympics Hall of Fame

Special Olympics Iowa inducted the 2022 inaugural class of nine individuals into the Special Olympics Iowa Hall of Fame on Dec. 15.

The Hall of Fame class includes Bobby Johnson (Waterloo), Deb Eldred (West Des Moines), Jody Sheriff (Greenfield), Joe and Eileen Wilson (Cedar Falls), Kim Lively (Ames), Randy Spurr (Norwalk), Ron Miller (Muscatine), and Suzie Moorman (Corydon). The introduction ceremony was held at West48 at Blue Compass.

The mission of Special Olympics is to help persons with intellectual disabilities to participate as productive and respected members of the community. Hall of Fame inductees are individuals who continually strive to reach this goal by being leaders and innovators in the Special Olympics movement.

Spurr, a retired deputy from the Warren County Sheriff's Office, has been involved with Special Olympics Iowa and the Law Enforcement Torch Run for 23 years. He has planned and executed the Warren County Polar Plunge since 2007 and participates annually in the Plane Pull, Norwalk Dodgeball Tournament and various fundraisers. Randy represented Special Olympics Iowa and LETR at the Special Olympics USA Games in Los Angeles in 2015, and he received the Scott Bryant Memorial Award from Special Olympics Iowa in 2018. He currently serves as a Law Enforcement Torch Run Committee Director. ■

CRAMER named to Business Hall of Fame

The Greater Des Moines Committee will recognize Reynolds Cramer, Elizabeth "Liz" Garst and Rick Tollakson as the 2022 inductees to the Iowa Business Hall of Fame. The inductees will be honored during the Greater Des Moines Committee's Annual Induction Event on Wednesday, April 26, at The Meadows Events and Conference Center. The Iowa Business Hall of Fame honors the achievements of Iowans who have made outstanding contributions to the development and enhancement of Iowa's business climate.

Norwalk resident Reynolds Cramer's 34-year history with Fareway dates to when he began working at 16 years old. After working as assistant manager, followed by store manager, Cramer was promoted to district supervisor at the Boone corporate office in 2000. In 2008, he was elected to the Real Estate Committee and has been instrumental in the strategic placement of new Fareway locations ever since. After a series of promotions starting in 2009, Cramer was elected CEO for Fareway Stores Inc. in 2014. With Cramer as CEO, Fareway's employee counts have grown from just more than 9,000 to more than 12,000 with more than \$215 million paid in employee wages in 2022. In addition, 34 of Fareway's 133 store locations have also come into existence, which equates to more than 25% growth in an eight-year time period.

Cramer is a board member of the Iowa Business Council, Ronald McDonald House Charities of Central Iowa and UnityPoint Foundation, and an advocate for animal rescue. A native Iowan and graduate of Boone High School in 1987 and Luther College in 1991, Cramer has two adult daughters, Ashley and Zoe. He and his wife, Sheila, live in Norwalk with their 5-year-old son, Benny.

Inductees to the Iowa Business Hall of Fame are selected on merit rather than endorsement. The criteria for selection are business leadership, community development impact, community volunteerism/leadership, strategic leadership and business recognition. ■



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HOME HEALTH

By Ward Phillips

BEREAVEMENT services enhance hospice care

Hospice services are focused on caring for clients and their families, but many people are not aware that those services don't end when a client dies. In fact, in many cases, when death occurs, care for a family is just beginning.

Typically, a hospice team meets a client's loved ones as the client is near the end of their life. It's an emotional time, and the focus is naturally on the person who is ill. Hospice teams will often offer services to loved ones during that process and let them know about services that are available after the client passes. But, it's common for a person not to realize until their loved one has died that they need some support.

Hospice teams are often made up of many people, each of whom brings a special skill to the clients they serve — from nurses to volunteers, from social workers to chaplains. The team members focus together on helping to find ways to make each day meaningful for the person whose life is nearing its close.

Bereavement services are an important part of the team's focus. They concentrate on the grieving process, as people need a place to talk about a loved one who has died and to reflect and reminisce.



Here is how bereavement services typically work:

- Before a client passes away, a bereavement team member will have been in contact with the family member who has been designated to receive information. Even if they don't desire services at that time, the team member lets the person know that a resource is available.
- Immediately after the death of a client, the bereavement team obtains information about the funeral or memorial service, if there is to be one, and a member of the team usually attends.
- Soon after the funeral, the bereavement team reaches out to the contact person to let them know about the bereavement services that are available — everything from phone calls to visits to support groups.
- The team then works with the family member to create his or her own care plan for the coming year, providing special services during "touchpoint" times, such as birthdays or anniversaries.

If you are seeking hospice services for a loved one, ask questions to make sure bereavement services are offered and what those services include. The death of one person impacts many, and bereavement services are important steps toward healing. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.

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See what else you might not know about hospice care at wesleylife.org

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NEW LAWS allow you to save more for retirement

Recently, lawmakers passed a massive bill with more than 90 retirement provisions called SECURE Act 2.0. Some changes, like the RMD age increasing to 73 (from 72), went into effect on Jan. 1, 2023. Other provisions will be phased in over the next few years, including the ability to save more money for retirement in the form of a catch-up contribution.

A catch-up contribution is a type of retirement contribution that allows those 50 and older to put additional money into most employer-sponsored plans and IRAs.

In 2023, anyone eligible can contribute up to \$6,500 to an IRA or \$22,500 to a 401(k). If you are 50 or older, you can put an additional \$1,000 into an IRA and an additional \$7,500 in an employer-sponsored plan like a 401(k) or 403(b). This brings the catch-up contributions to a total of \$7,500 and \$30,000, respectively.

That \$1,000 IRA catch-up limit has been the same for several years. With the passing of SECURE Act 2.0, starting in 2024, that amount will be adjusted for inflation annually in \$100 increments. It's not much, but the inflation adjustment will move that catch-up number above \$1,000 and allow for a slow increase of the limit.



There will be a "special" catch-up contribution starting in 2024. Those age 60-63 can put even more money into their employer-sponsored plans. The formula for determining how much you can contribute is a little convoluted. The "special" catch-up contribution limit is the greater of \$10,000 or 150% of that standard catch-up amount for the previous year. For example, in 2023, the catch-up limit is \$7,500. If you take that times 150%, you get \$11,250. So if there was a "special" catch-up contribution this year, the limit would be \$11,250.

For some, catch-up contributions are a great way to save and invest more money for retirement. These decisions must be made as part of a comprehensive retirement plan that takes into consideration all your other sources of income, your investments, your tax plan and, most importantly, your retirement vision.

The strategy that is right for your neighbor or co-worker may not be right for you. This mantra applies to many retirement decisions, including catch-up contributions, Social Security, Medicare and more. We help families and individuals understand the rules and take advantage of strategies that will help them live out their retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

ARE YOU WORRIED ABOUT SECURE ACT 2.0 AND YOUR RETIREMENT?



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MASTERING running at any age

Who says you can't run a marathon when you are in your 60s, 70s or even older? Age is just a number and should not be used as an excuse. The number of individuals this age running in 5Ks and even marathons is growing quickly. In the past, the majority of marathon runners were young competitors, and now the demographics have shifted substantially. Some of these runners have had the love of running throughout their entire lives, and others have taken up running later in life because of the health benefits running offers. These individuals have found that running makes them feel younger, and it not only opens the lungs but also the mind.



Here are some tips for senior marathon runners:

- **Listen to your body.** As we age, the aches and pains will become more noticeable, occur more frequently and last longer. With age, the physical ability of seniors weakens over time. Even those who are older than 60 respond well to exercise training and regain much of what they lost with aging. If an injury is preventing you from running, talk with your doctor and figure out a training schedule to ease back into running.
 - **Run with friends.** Running with a partner provides many benefits for individuals of all ages, but especially for seniors. As we get older, trying new things may become more challenging; therefore, seniors should work with a partner or a coach to assist with developing a training routine. Having someone to run with can have a tremendous impact on one's health by providing socialization, consistency, motivation and even safety.
 - **Try strength training.** Try adding strength training on top of running to your workouts. As we get older, we begin to lose muscle mass. Running doesn't add muscle mass to your body, but adding strength training will. Since you don't have the same body you had 20 years ago, you also shouldn't be training the same way. Changing up your routine will not only show quick results, but it will keep things interesting.
 - **Be realistic.** When setting your running goals, remember that your training is going to be a lot different at 60 years old than 30 years old. Older adults should train deliberately, carefully and remember to listen to whatever your body tells you. Remember to train longer, not harder.
- Age should not be a determining factor in trying new things such as running. Starting something new is always challenging, but sticking with it is the real challenge. ■

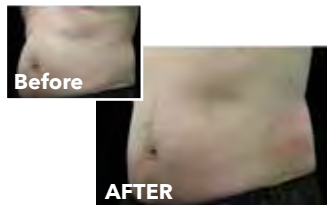
Information provided by Nathan Deutmeyer, community relations coordinator, Edencrest at the Legacy, 2901 Cedar St., Norwalk, 515-422-8096, welcomelg@edencrestliving.com. Information from Family Caregiver Alliance.

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CITY MANAGER'S CORNER

From the Desk of the City Manager, Luke Nelson

The Mayor asked me to write an article this month. I had a few suggestions from elected officials and I also had suggestions from various Department Heads. At first I was leaning towards an article about some of the proposed legislation at the State House/Senate. I wrote the article but I felt like I was doing more complaining as opposed to educating. After all, the State is just trying to find ways to save taxpayers money. Instead of sharing that full article I can simply sum it up in just one sentence. When you hear the terms, "tax cut" you should understand that tax cut = service cuts. If you would like to learn more about that proposed legislation, my contact information is below.



Luke Nelson,
City Manager

Now for the real article; Norwalk's Purpose.

Norwalk has a purpose statement; "Preserve and improve why people want to live and work in Norwalk." This is a great purpose statement. It is simple, yet impactful. I plan to work with our Staff, City Council Members, and Mayor over the next several months to further refine the purpose of the purpose statement. Below are several thoughts about our purpose.

One of my favorite things to do is talk to new residents about why they chose Norwalk. Another one of my favorite things to do is talk to longtime residents about why they chose to remain in Norwalk. I hear all kinds of stories with a fair amount of variety. A few years ago I heard comments about Norwalk having a "small town feel." Recently I am hearing more people express a desire to see Norwalk grow where community members welcome new amenities (both private and public). This is a trend that will be important to understand further.

A consistent reason I hear why someone wants to be in Norwalk is "location." This is one that doesn't need much explanation. What can the City do to help continue to improve our location? We can work with neighboring communities to help make our section of the Metro a better place where more people want to live and work. Both West Des Moines and Cumming have been great partners. Cumming provides financial support that offsets costs for Fire/EMS Service and they were a key partner with the new Western Feeder Water Main Project. West Des Moines has also been a great partner through several mutual services such as snow plowing, road reconstruction, WestCom (911-dispatching), and the wide variety of development that is moving closer to Norwalk. Des Moines is partnering with Norwalk to help fund new traffic signals at the Hwy 5 exit ramp. We will continue to work together with our neighboring communities.

Another reason I hear that people want to be in Norwalk is the safety of our community. The term safety seems somewhat straightforward. We have an outstanding police force and fire department and this makes our community safe (side note: this August will mark the 50th Anniversary of the Norwalk Police Department). The truth is that safety runs much deeper than that. Take a step back and think about what makes you feel safe. The following list are examples of what helps us feel safe:

- Knowing our neighbors (Front Porch Norwalk)
- Streetlights along trails and sidewalks
- After school activities for kids
- Library services and programs
- Parks
- Recreation programs (such as youth soccer)
- Rental inspections
- Swift snow removal for streets and trails
- Fire/EMS
- Nuisance free properties

There are many more but these are just a few to show the variety of things that provide a feeling of safety. We plan to discuss these items further and explore ways to expand upon what is working and improve where we have issues.

Last but not least, I hear that people want to be in Norwalk because of our School District. Kudos to DT Magee, Superintendent, the School Board, and the incredible staff at the Norwalk Community School District (NCSD)! This year was my first experience with Junior Achievement Biztown. This is a program that helps develop leadership and real life career skills. I was part of the mock interview group where I had the pleasure of interviewing about a dozen kids in 5th grade. I was impressed with the kids and how articulate they were. Incidentally, Norwalk Community School District was selected for the 2021 JA Inspiration Award. This is just one example of the excellence of the NCSD.

There are many other reasons I have heard why people want to be in Norwalk. I enjoy hearing those stories so please feel free to reach out and let me know. I have yet to hear anyone say that the City Manager is the reason they chose to live here (with the exception of my wife and son). I will still strive to improve myself anyway.

As always, please feel free to contact me via phone, text, email or even a personal visit.

Cell: 515-493-9971

Email: lnelson@norwalk.iowa.gov

Personal Visit: 705 North Ave (City Hall)

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2022 SPRING CLEAN UP

Curb Side Event - Monday May 15



WHAT?

Annual curbside pickup of extra items. This is your chance to spring clean, BUT make sure you follow the rules!

WHO?

This service is for City of Norwalk **residential** garbage customers only.

WHEN?

All items must be placed at the curb no later than Monday, May 15 at 6:00 am.

WHERE?

This is at your curbside, but there will also be a drop off at Public Works for items not accepted at curbside. Please see the backside of this flyer for Drop Off Event information

Items not accepted at curbside but can be brought to Drop Off Event:

Appliances, TV's, electronics, tires, oil and car batteries

RULES:

Ask yourself these questions:

- Can two people lift this item?
- Is my pile smaller than the bed of a pick up truck?
- Does my garbage fit into bags or containers? Don't dump small items on the ground.

No concrete or construction materials will be accepted

No household hazardous waste will be collected at this event. Year round drop off locations are available in Bondurant and Grimes.

www.mwatoday.com or contact

City Hall at 515.981.0228 ext 2221 for local options.

Regular trash, recycling and compost it! will be picked up on your normal collection day, not as part of curbside event.

For other disposal options contact MWA at 515.244.0021 or visit their website at www.whereitshouldgo.com.

DROP OFF EVENT

Saturday, May 20 - 7AM to Noon
Public Works Facility - 2626 North Ave



WHO?

This service is for City of Norwalk residential garbage customers only. Proof of residency required (Photo ID and City water/garbage bill).

TIRE DISPOSAL

- Residential customers are allowed up to 5 tires off rims per household. No rims accepted.
- Non accepted tire items - Tires from any business, farm or tractor tires, solid tires, such as lawnmower, forklift or golf cart tires, rims from tires and tires containing hazardous materials.

PAPER SHREDDING

- Each household can bring up to 5 bankers boxes of paper for shredding. Make sure all records are paper only.
- Wet or moldy papers will not be accepted.
- No electronic media or 3-ring binders.

WOODCHIPS & COMPOST

Free wood chips and compost will be available to residents. Limited quantities available while supplies last. Bring containers and load yourself. Limit 1 cubic yard each.

APPLIANCE & E-WASTE DISPOSAL

This is the only time stickers are not required for appliances. Public Works will accept appliances and ewaste for this **one day only**.

Appliances must be empty and include: refrigerators, freezers, stoves, air conditioning units, dehumidifiers, water heaters, furnaces, thermostats, washers, dryers, dishwashers and microwaves.

E-waste items include: TV's, stereos, computers, monitors and related items.

APPLIANCES TAPED SHUT WILL NOT BE ACCEPTED.

OIL AND BATTERIES

- We will take used oil and anti-freeze in sealed containers only. Limit 5 gallons.
- Whole auto batteries are accepted, cannot be leaking.

SCRAP METAL DISPOSAL

We take clean (without plastic or wood) metal to recycle. Please make sure it is easily handled and can be moved without equipment. We do reserve the right to refuse material if it does not comply.

Employee spotlight

Andrew Jackson,
Police Officer



Drew grew up in Johnston and graduated from Pella's Central College. He has been a Patrol Officer for the City of Norwalk since December 2016.

"I enjoy helping make this City as safe as possible. I take pride in doing my part to keep Norwalk a place that people want to live and work. I like that every shift is different and I don't know what my workday entails when I start my shift."

Drew, his wife Emily, and their two sons Aiden (3) and Nolan (1) reside in Norwalk. They love to visit parks, the zoo, the pool

and go for walks. Drew spends a lot of time hunting with his black lab, Beau and doing habitat improvement projects. Drew also enjoys working out and spends multiple days a week at CrossFit 50211. In 2022, he qualified for the CrossFit Occupational Games in the First Responder category. Fun fact: while attending the Iowa Law Enforcement Academy, Drew set the 1.5 mile run record at 7:06!



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RECIPE

KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a “diabetes superfood” according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas. ■

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission
Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



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Q: Is there more than one way?

A: It does not have to be so complicated. Whether it is losing weight or gaining muscle, we have all at some point Googled how to achieve our goals. We are immediately hit with so many different viewpoints and conflicting words of advice. Now, even though they are trying to have the same output, all of those viewpoints can be confusing.

You commonly hear that the quickest way to lose weight is to do cardio, but do not forget that increasing your muscle mass also increases your metabolism, which in turn helps you lose weight. Similarly, if you want a six pack, do a bunch of crunches and sit ups, but do not forget that abs are made in the kitchen. We have always known to go to 90 degrees with all of our lifts, but recently some trainers are saying that is not good, and we should stop right before hitting 90. What are you supposed to believe? It can be confusing when you are just starting to figure out the best way to go about achieving your goals. I do not blame you. Especially with all of the forms of social media nowadays, it can be insanely hard to get a straight answer.

My answer to you would be this: Keep it simple. Do not try to over complicate it, especially right from the start. Give yourself some breathing room. Start off slow. Exercise is not a one-size-fits-all kind of situation. Every person and body is different. Some people are just built to gain muscle more quickly than normal, and some people just naturally lose weight more quickly. Is it fair? No, but nobody is built the same. You have to find a method that works for you, whether that be getting into spinning, weight lifting, running, etc. It needs to be something you enjoy and that you can see yourself doing long term. The same runs true for nutrition. Eighty percent of the time, just be mindful of what you are eating. The other 20%, it is okay to stray a bit. The more you enjoy it, the more consistent you will be.

Even though fitness topics can be controversial, one thing will always reign true: Consistency is key. Just keep showing up and putting in the work, and it will pay off. If you miss a day, so what? Just start again the next day. It is not the end of the world. It does not have to be so complicated. All you have to do is start. ■

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



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Throughout her life, Dani has always had an interest in how the body moves and how it can improve. Dani is a NASM certified personal trainer, and is excited to put that knowledge to use to help our members make healthy happen.



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VETERAN OWNED

FAITH By Rob Jones

FOLLOWING in the footsteps

Here's a trivia question for you: How many father/son presidents of the United States have we had in our nation's history, and do you remember who they are? We'll get back to that answer momentarily. Lots of children follow in the footsteps of their father and/or mother, and it's natural for them to do so. When you're growing up, at least for most people, you sort of idolize your parents. They work hard to provide a living for your family, care for the family and make sure the needs are met as much as possible. For many families, the children are somehow involved in the family business or are engaged in the activities of their parents, so there's an association that they make with what their parents do, and they're attracted to following in their footsteps in some fashion.



There was a man in the Bible who did the same thing, but probably not in a way you might be thinking. His name was Timothy, and, in the book of the Bible that bears his name, the Apostle Paul says to him, "I have been reminded of your sincere faith, which first lived in your grandmother Lois, and in your mother Eunice and, I am persuaded, now lives in you also. But as for you, continue in what you have learned and have been convinced of, because you know those from whom you learned it, and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus" (2 Timothy 1:5-6; 2:14-15). Timothy followed in the spiritual footsteps of his mother and grandmother, who were devoted in their faith to Jesus Christ. Eunice and Lois took it upon themselves to immerse young Timothy in the Scriptures and set an example of faith for Timothy to follow, which he did.

Of all the legacies we could leave for those who are coming behind us — careers, hobbies, social involvement, etc., I can't think of anything more valuable than a legacy of faith. Why? Because it transcends the temporal nature of this life and lasts for eternity. Because of the legacy of his mother and grandmother, Timothy possessed a knowledge of the Scriptures that led to his coming to faith in Jesus Christ through salvation, which is the only way to eternal life in heaven. I have no doubt that Timothy had a great appreciation for those two godly women in his life who paved the way for the rich spiritual heritage that he enjoyed and will enjoy forever.

So, how many father/son presidents have we had in our nation's history? Two: John Adams, our second president, and John Quincy Adams, our sixth president, and George H.W. Bush, our 41st president, and George W. Bush, our 43rd president. Hope you got it right. ■

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

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FIXED Income update

Back in June, we wrote about whether Fixed Income would benefit from rising rates. At that time, the Federal Reserve had hiked rates three times and taken the Fed Funds rate from 0% to 1.75%. Since then, we have seen an additional five hikes, taking the Fed Funds rate up near 4.75%.

When will it stop? The truth is no one really knows. As the market tries to price in the expectation of future rate hikes or drops, the Fed continues to tell us that they are data dependent. The unemployment numbers that came out in January were better than expected. We are likely going to be experiencing some pain in this area at some point for the Fed to feel like they are slowing inflation. Current market projections are showing that we have two more quarter point hikes in 2023. Albeit, this is a much slower pace than in 2022. In June of 2022, the expectation was for the Fed to get to 3.4%, and we have flown by that target. Will we get a surprise inflation number moving to the downside in 2023 or will rates just continue to move higher?

What does this all mean for Fixed Income investors in 2023 and beyond? At current levels, bonds appear closer to what would be considered fair value. Short-term bonds may offer more protection for bond investors who do not have the appetite for the risk of future rate hikes. They also offer a much better yield than just one year ago.

Many economists believe that the impact of rate hikes isn't truly seen for 12-18 months after the hike. So, it is certainly plausible that the Fed will have to reverse course as the economy slows. Investors willing to take on more risk may want to own some longer-term debt that will benefit if the Fed has to reverse course and cut rates in the future.

A couple things to consider:

- Rates up isn't all bad. As bonds mature or new dollars are invested, they are invested at a better rate.
- Bonds revert back to the mean. Bonds lose value when rates move higher. But bonds mature, and, as they get closer to maturing, the price does come back. ■

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



FIRST BITES

Holland Farms Spring Menu Tasting



If you are considering senior living for yourself or someone you love, please join us for a special taste of Holland Farms, featuring fabulous selections from our signature spring menu for you to savor. This complimentary preview will be hosted at Holland Farms.

Thursday, March 23, 2023 | 1:00 - 3:00 p.m.

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by Agemark Senior Living

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of “deaths of despair,” either from suicide or overdose. Women report more mental health issues, but men are 3.5 times more likely to die by suicide. Women now earn more bachelor’s degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as “oppressive,” it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy. ■



Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.

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THE GREAT outdoors

Huetter enjoys outdoor space.

If you walk by Nikki Huetter’s Norwalk home, you might find her and her husband, Matt, sitting on the front porch — Nikkie Huetter’s favorite spot to be.

Regardless of the season — well, except for winter — the couple enjoys soaking up the beautiful weather from their outdoor rocking chairs. They also love tending to their yard and flowers.

“My husband and I did the landscape ourselves,” Huetter explains. “Some of my favorite plants and flowers around our house would be our hydrangea bushes, bleeding hearts, lily of the valley, peony bushes, irises, coneflowers, blackeyed susans, tulips and daffodils.”

Huetter shares that she focuses on planting flowers that bloom from early spring to fall.

“We chose to put the effort into our outdoor area because we both love the way it makes the house look, it helps the curb appeal, and we sit outside quite a bit during the warmer months, and this gives us something to enjoy while we are outside,” she says.

They moved to Norwalk 12 years ago after Matt retired from active duty with the United States Air Force. They wanted to be closer to family while knowing their children, Jacob and Anna, were getting a great education, and they had heard great things about the Norwalk Community School District.

The Huetters ultimately purchased the home they did because it was close to the kids’ school, and the neighborhood was nice.

“We enjoy the fact that kids can play outside, and people can go for walks, and it is safe,” Huetter says of the neighborhood. “Matt and I love the small town feel that Norwalk has. It is nice to see Norwalk grow, though, and have new businesses come in. This enriches our town a little bit more.”

As a way to give back to the community she loves, Huetter is a trustee on the Norwalk Easter Public Library Board of Trustees. As part of this role, she helps advocate for responsive and creative library services. She’s also a member of the Norwalk Area Chamber of Commerce.

And when Huetter and her husband opened Bellflower Florist & Gifts, LLC in town, it only further instilled a love of Norwalk in them.

“It has been that much nicer to live here because the community has been very supportive of our business,” Huetter says. “That has meant a lot to us.” ■



Nikki and Matt Huetter enjoy the outdoors and, when the weather is nice, enjoy relaxing on their front porch.



GOOD BOY! How hearing dogs create happier lives

If you've ever had a pet dog, you know how much joy they can bring to your life. Aptly nicknamed "man's best friend," some canine companions can provide more than just comfort. In addition to offering emotional support, hearing dogs serve as a second set of ears for people with severe hearing loss or deafness.



hearing loss don't have to worry about hearing the alarm clock to wake up on time or missing the sound of the oven timer going off. Instead, they can relax and enjoy their daily moments more.

An ideal hearing dog is alert, ready to work, friendly, attentive to sound, calm, focused on its task and confident. Hearing dogs are usually small to medium mixed breeds that come from shelters or professional breeders.

Unleashing their potential through training

The initial training for hearing dogs includes socialization, obedience and audio-response training. During audio-response training, trainers teach them to react to sounds in the home, such as smoke alarms and doorbells.

After the dog matches up with an individual with hearing loss, they train together to work as a team. The dog may also learn to

respond to other sounds specific to their owner's life, like people calling their master's name.

Making a paws-itive difference

According to the American Kennel Club, owners of hearing dogs say that "having a trained canine helper gives them an increased sense of security and independence that other assistive means just can't provide." Interested in getting one? Go to assistedogsinternational.org to find a hearing dog provider near you.

Hearing dogs have helped thousands of people lead happier lives. However, a hearing dog is not a replacement for hearing devices but rather an additional way to keep people with hearing loss connected to their world. ■

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



Learn about support services for hearing loss

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HEALTH

By Dr. Elizabeth Fleck

YOU WON'T be smiling with Smile Direct Club

You can't watch football on Sunday or scroll social media without seeing an advertisement for Smile Direct Club (SDC), Byte or similar company. SDC is a DIY teeth aligner service where clear aligners are shipped to your home at a fraction of the cost of braces or clear aligners like Invisalign.

A patient's ability to qualify for orthodontic treatment is multifactorial. Primarily, a dentist needs to take X-rays and rule out bone loss and cavities prior to initiating treatment or the patient can risk teeth getting loose and falling out. SDC does not require or consult any X-rays prior to initiating treatment.

Additionally, Invisalign utilizes button-like attachments on teeth to get the necessary movement to properly align teeth. Without these buttons, the outcome is compromised. Lastly, if the top and bottom teeth aren't moved correctly together, your bite can be so off it is impossible to properly chew food.

Leave straightening teeth to the professionals. But don't take our word for it, Google "Smile Direct Club fails" or look them up through the Better Business Bureau to see for yourself. ■

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



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HEALTH

Dr. Cord Linville

WORKPLACE Eye Wellness Month

March is declared as Workplace Eye Wellness Month by Prevent Blindness. It is important to keep your eyes protected and keep them healthy while at work. One of the effects of the COVID-19 pandemic is the increase in digital screen time with remote workers. We are seeing an increase in digital eye strain as a result.

Symptoms of eye strain include: tiredness, headache, burning/itching of the eyes, blurred vision. One of the best ways to prevent eye strain is the "20-20-20" rule, which states, every 20 minutes take a break, look at something 20 feet away for 20 seconds. We also very frequently prescribe computer glasses that have a power boost that reduces strain on the muscles in the eye. These also come with blue light filter to reduce the glare from digital devices.

For others that work in a different setting, such as construction or chemical lab, it is critical to wear adequate eye protection. According to the CDC, approximately 2,000 U.S. workers per day experience a job-related eye injury that requires emergency medical care. By having the proper eye protection, many of these could have been avoided.

If you are experiencing eyestrain and/or headaches after using digital devices or reading, schedule an eye exam. If you have a painful eye or injury, call an eye doctor who sees emergency appointments. ■

Information provided by Dr. Cord Linville, Family Eye Health Center, 6004 S.W. Ninth St., Des Moines, 515-287-0820, www.fehcenter.com.



DO WEATHER changes cause my back pain?

People with joint problems are often extremely accurate in predicting when storms are approaching. The weather change itself is not the cause of the pain. An underlying condition must first exist. Here is how the weather changes and pain cycle probably work.

- Joint or ligament inflammation is present as a result of some type of injury. The extra fluid from inflammation stretches sensitive tissue and membranes in and around the joint.
 - Storm fronts follow a decrease in barometric pressure which can cause tissues and membranes to expand and stretch even more.
 - When an already swollen tissue of a previously injured area expands, pain nerve fibers are irritated, and you become acutely aware of a storm coming.
- Tissue inside the body must already be sensitive for weather changes to cause pain; otherwise, everyone would have pain when storms are brewing. Chiropractic care can help relieve this pain by decreasing inflammation and correcting biomechanical function. ■

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



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STRUGGLE with sleep?

The cannabis plant contains more than 120 different known cannabinoids, and we are still discovering all the benefits they offer. The most well-known cannabinoids are THC and CBD, but others continue to gain popularity. CBN (cannabinol) is becoming exceedingly popular thanks to its help with a common problem: difficulty getting to sleep and/or staying asleep. CBN is derived from THC but does not have THC's level of psycho-activity. THC is known to be a useful sleep aid, but if a person does not want the "high" feeling, CBN may be a proper solution. However, for deeper body relaxation, sleep and mood enhancement, Delta-9 D (D9) THC is recommended.

Studies have shown that nano-treated D9 and CBN induce sleep faster, help users stay asleep longer, and do not cause a groggy feeling after waking. CBN is noted as the very first cannabinoid to be isolated and studied. It has neuroprotective properties and has been shown to alleviate muscle and joint discomfort. CBN becomes prominent in cannabis plants when THC breaks down due to extended exposure to heat, light and air.

You may be wondering if you can legally purchase D9 THC in Iowa. The answer is yes. To be legal in Iowa, THC must be derived from hemp instead of marijuana, but the effects are the same. The dry weight of THC must be 0.3% or less of the total product weight, so producers increase the overall product mass to get to those desired levels. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.



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SPRING SCHEDULE 2023

VARSITY BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
March 28	7:30PM	Dowling Catholic	Norwalk High School
March 30	7:30PM	Ames	Ames High School
April 4	7:00PM	Pella	Pella High School
April 7	7:30PM	Ankeny Centennial	Norwalk High School
April 11	7:00PM	Pella Christian	Norwalk High School
April 14	5:30PM	Ankeny	Valley Stadium
April 15	11:30AM	Waukee Northwest	Valley High School
April 18	7:30PM	Grinnell	Norwalk High School
April 22	1:00PM	Newton	Norwalk High School
April 24	7:15PM	WDM Valley	Valley Stadium
April 25	7:00PM	Oskaloosa	Lacey Sports Complex
April 27	4:45PM	Des Moines Lincoln	James Cownie Soccer Complex
May 1	7:30PM	Dallas Center-Grimes HS	DCG Stadium
May 5	7:30PM	Urbandale	Norwalk High School
May 9	7:00PM	Indianola	Norwalk High School
May 11	6:30PM	Des Moines Roosevelt	James Cownie Soccer Complex

VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
March 27	7:00PM	ADM	Norwalk High School
March 31	7:00PM	Bondurant-Farrar	Norwalk High School
April 4	7:00PM	Pella	Norwalk High School
April 7	4:45PM	Des Moines Lincoln	James Cownie Soccer Complex
April 11	7:00PM	Pella Christian	Pella Christian High School
April 13	7:00PM	Southeast Polk	Norwalk High School
April 18	7:00PM	Grinnell	Grinnell High School
April 20	7:00PM	Ames	Norwalk High School
April 22	3:30PM	Newton	Newton HA Lynn Stadium
April 25	7:00PM	Oskaloosa	Norwalk High School
April 27	7:00PM	WDM Valley	Valley Stadium
May 1	7:00PM	Winterset	Winterset High School
May 2	7:00PM	Dallas Center-Grimes HS	Norwalk High School
May 5	7:00PM	Urbandale	Urbandale High School
May 9	7:00PM	Indianola	Indianola Stadium
May 12	7:00PM	Lewis Central	Norwalk High School

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NORWALK WARRIORS

VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
March 7	2:00PM	Dickinson Relays	UNI-Dome, Cedar Falls
March 10	TBD	IATC Indoor Meet	Iowa State - Lied Recreational Center
March 21	TBD	Simpson College	Simpson College
March 23	TBD	LHC Indoor Meet	Grinnell College
March 28	4:00PM	Multiple Schools	Waukee Northwest High School
March 31	4:30PM	Multiple Schools	Winterset High School
April 4	4:30PM	Multiple Schools	ADM High School
April 6	4:30PM	Multiple Schools	Indianola Stadium
April 10	4:30PM	Multiple Schools	Norwalk Warrior Stadium
April 15	TBD	Jim Duncan Relays	Drake Stadium
April 17	4:30PM	Multiple Schools	Norwalk Warrior Stadium
April 18	4:30PM	Multiple Schools	Johnston High School
April 20	4:00PM	Multiple Schools	Waukee Stadium
April 24	4:30PM	Multiple Schools	Valley High School
April 25	4:15PM	Carlisle	Carlisle High School
April 27-29	TBD	Drake Relays	Drake Stadium
May 8	4:30PM	Multiple Schools	Pella High School

VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
March 9	TBD	IATC Indoor Meet	Iowa State - Lied Recreational Center
March 21	4:30PM	Simpson College	Simpson College
March 23	4:00PM	Grinnell	Grinnell College
March 28	4:00PM	Multiple Schools	Waukee Stadium
March 30	4:30PM	Multiple Schools	Ballard Middle School
April 3	4:30PM	Multiple Schools	Urbandale High School
April 4	4:00PM	Multiple Schools	Waukee Stadium
April 6	4:30PM	HAWKETTE INVITE	Northview Middle School
April 10	4:30PM	Multiple Schools	Norwalk Warrior Stadium
April 13	4:00PM	Multiple Schools	Waukee Northwest High School
April 15	TBD	Jim Duncan Relays	Drake Stadium
April 18	4:30PM	Dallas Center-Grimes	DCG
April 20	4:30PM	Multiple Schools	Indianola Stadium
April 24	4:30PM	Multiple Schools	Winterset High School
April 27	4:30PM	Carlisle	Carlisle High School
April 28-29	TBD	Drake Relays	Drake Stadium
May 4	4:30PM	Multiple Schools	Norwalk Warrior Stadium

VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
April 1	8:30AM	Multiple Schools	Willow Creek Golf Course
April 4	4:00PM	Multiple Schools	Ballard Golf & Country Club
April 6	3:30PM	Multiple Schools	Westwood Golf Course-Newton
April 11	4:15PM	Grinnell	Oakland Acres Golf Club
April 17	1:00PM	Multiple Schools	Lakeview Country Club
April 18	4:15PM	Multiple Schools	Beaver Creek Golf Course
April 20	1:00PM	Multiple Schools	Edmundson Golf Course
April 25	4:15PM	Multiple Schools	Edmundson Golf Course
May 2	4:15PM	Newton	Willow Creek Golf Course
May 4	9:00AM	Southeast Polk	Copper Creek Golf Course
May 15	2:00PM	Ballard	Ballard Golf & Country Club

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LEGAL

By Ken Winjum

WHAT proof is required?

Suffering an injury can be a difficult and life-altering experience. Sometimes such injuries are caused by the negligence or fault of another person.

In order to successfully maintain a claim for damages, an injured party must prove that the other party was negligent or at fault. It also must be established that the negligence or fault caused the injury. Finally, the amount of damages must be proven.

In civil cases, the burden of proof is by "a preponderance of the evidence." This means that the evidence is more convincing than opposing evidence. It does not require proof beyond a reasonable doubt.

This does not mean that an injured party can prevail with no evidence at all. For example, simply because a person is injured at a place of business does not mean that the business is automatically responsible for those injuries. Some proof of negligence or fault on the part of the business is required to have a valid claim.

Similarly, a claim that a medical condition which developed after an accident may not meet the burden of proof for causation without evidence from a treating physician that it was related to the accident.

Finally, the amount of damages must be proven. Many elements of damages do not depend on a mathematical formula. An experienced attorney can advise an injured person on the amount of damages which can be proven. ■

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



LAWN CARE

By Kevin Johnson

STARTING your lawn off on the right foot in 2023

Now that winter is just about over, you may be thinking about how to improve your lawn this year. Whether you use a lawn care professional who has the expertise and specialized equipment to provide the best results or you decide to tackle the lawn yourself, the first steps toward improving your lawn are determining the size of your property and assessing the current condition of your lawn.

The size of your lawn determines the proper amounts of fertilizer and herbicides needed to obtain the best results. Using just your lot measurement doesn't take into account the property easements and deductions for areas that will not be treated. Utilizing your county assessor's website can guide you in determining the correct area that will be treated. Many of these sites have tools that can assist in the measurement process.

Are you thinking about seeding your lawn this spring? The majority of homeowners are usually most concerned about crabgrass and dandelion control. The products used to control these weeds will be detrimental to seeding. Don't despair. Seed your lawn in the fall.

Always consult with a lawn care professional or county extension specialist if you have questions. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.



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CONSIDER resale value of home improvements

As spring approaches, we get excited about certain activities, one of which is remodeling projects at home. There are few things as satisfying as a freshly completed home-improvement project.

Reasons for home-improvement projects can include cosmetic, lifestyle or value improvements. Whatever your reason for doing them, there are a few things you should consider for resale value.

Don't over-improve your home for the neighborhood. One mistake I have seen some homeowners make is improving their property too much, making it the most valuable property in the neighborhood or making it not fit in anymore because the size or style was changed. For example, if you live in a neighborhood of 1,200-square-foot 1970s ranch-style homes with one-car attached garages and you add a two-story addition that doubles the size of the



home, change the exterior to look like current construction with a three-car attached garage, the value of the improvements are negatively affected by the neighboring properties that have not changed.

Additions need to blend in architecturally in the interior as well as on the exterior. If your current home was built in the early 1990s and has shiny brass fixtures and golden oak cabinetry and trim, you won't want to transition from that room to the next one with modern fixtures and painted wood cabinets and trim. The home's décor should flow throughout the home.

A great project if your home doesn't have one already is creating a master suite. An architect or good home remodeler can offer valuable advice on this. The trick is finding space to add a walk-in closet and master bath. This addition could be a great lifestyle change for you as well as added value down the road. Another lifestyle improvement and added value is to put a bathroom in your finished lower-level

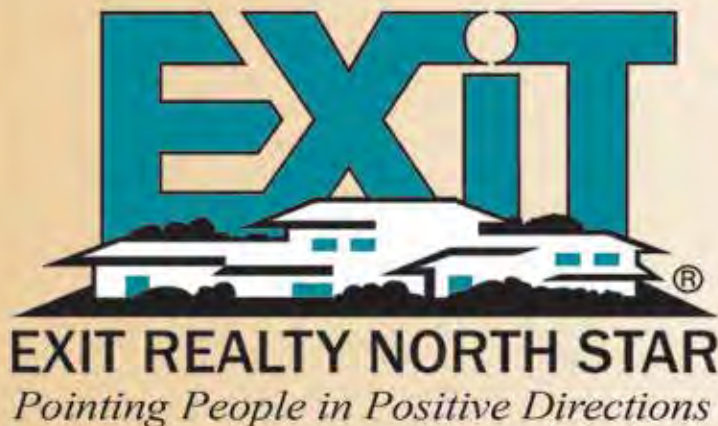
if you don't already have one.

Plans for interior improvements to individual rooms should include kitchens and bathrooms. These rooms are important to buyers and will add the most value to your home. Unfortunately, they are the most expensive rooms to update. According to the Remodeling 2022 Cost vs. Value Report (www.costvsvalue.com), a minor remodel to a midrange kitchen in the Des Moines metro would cost an average of \$26,331 and add \$19,937 of value, a 75.7% recoup of cost.

That brings up another good point. You should never think that the increased value from your improvement project is going to pay for itself. The only improvements that would recoup more than that kitchen remodel is adding manufactured stone veneer to the lower section of the front of your home at 87% or replacing the garage door at 93.1%. ■

Information provided by Jon Niemeyer, owner, EXIT Realty North Star, 1039 Sunset Drive, Norwalk, 515-981-5131, Jon.Niemeyer@exitrealtynorthstar.com.

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OVER THE BUMPS
REAL ESTATE ADVENTURES

AWARD winners announced

Something our 2022 award winners have in common is they all exemplify the strength of community spirit and the joy of working together for the common good. It is their selfless acts of service that bring about meaningful and lasting change in our community, and it is my privilege to further celebrate their achievements with you.

Former Chamber President and current Second Vice President Amanda Reid-Raper was the unanimous choice for the Chamber Member of the Year Award. Amanda has served on the chamber board in some capacity for nearly 10 years and is a genuine ambassador for the chamber's mission. Whether it's leading a committee, setting up for an event, or helping to hire and onboard a chamber director, Amanda's guidance and leadership have made her someone the chamber can always rely



on. We thank her for her commitment to the people and businesses of our community and the causes that matter to them.

We were honored to recognize the incredible group of women who make up the nonprofit organization Women of Norwalk with our Citizen of the Year award. What was once a handful of women organizing community service projects has grown into a membership of roughly 50 local women giving back. The group supports its efforts through fundraising with merchandise sales, Trivia Nights and Bunco. The WON's motto is "Give Where You Live" and, for them, that means awarding an annual scholarship to Norwalk graduates, supporting students who struggle with food insecurity by providing gift cards through their Backpack Program, and assisting families who need help with childcare expenses. Find them on Facebook @WomenofNorwalk or email womenofnorwalk@gmail.com to find out how you can help support their causes.

Our 2022 Business of the Year Award was

presented to Winn's Pizza & Steakhouse, which has been a Norwalk favorite since 2015. Andrew Nguyen accepted the award saying, "What drives me each day is knowing I can go to work and have the ability to make somebody's day better one table and one meal at a time." That sentiment is echoed by the restaurant's motto, "Enter as strangers, leave as friends," and through their contributions to the community. Congratulations to Winn's and please remember to dine in town when dining out.

To see photos from our event, please visit our Facebook page and leave a note of congratulations to our deserving award winners. If you're inspired by the individuals and groups above, please reach out to the chamber at info@norwalkchamber.org to find out how you can get involved and help us do something greater, together. ■

Information provided by Lauren Ebensteiner, executive director, Norwalk Area Chamber of Commerce.



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ANNUAL Dinner

Norwalk Chamber of
Commerce 2023 Annual
Award winners were
announced.



Chamber Member of the Year Amanda Reid-Raper
with Travis Stanley



Past President Award Winner Lindsey Aaron with Travis
Stanley



Teacher of the Year Angela Davidson with Travis Stanley and Chris Basinger



Student of the Year Will Chase with Travis Stanley and Marla Frantum



Citizen of the Year award was presented to Women of Norwalk, represented
by Libby Moench, pictured with Travis Stanley and Lindsey Aaron.



Communtiy Footprint Winner Tom McGlaughlin, with Travis Stanley
and Denny Wulf



Business of the Year Winn's Pizza and Steakhouse. Picutred are Travis Stanley,
Andrew Nguyen and Judy Corcoran



Outgoing Board Member Gary Burton with Lindsey Aaron

HAPPY St. Patrick's Day

Happy St. Patrick's Day
from businesses in
Norwalk



Jill Larson, Crayons to Pencils Early Learning Center



Mary Romanelli, Nikki Huetter and Steph Bintener, Bellflower Florist & Gifts



Jo Ann Chapman and Lia Potratz, Norwalk United Methodist Church



Hayley Sells and Matt Schuchard, Fareway



Julia Frost, Fareway



Dawn Kernan and Jason Siemens, Edward Jones



Mary Kennedy, The Wright Storage



Kelly Davis and Todd Hynes, Fareway



Alani Gibson, Fareway



Cody Short, Fareway



Mary Knickerbocker, Fareway



Todd Hanson, Fareway



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Saneamiento 3er Turno	\$18.50	11pm–7:30am

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