

NORWALK

MAY 2023

# Living

MAGAZINE

## Up in the AIR

Residents share their  
experiences as pilots

**Meet Jill Anderson**

EDUCATION

**Johnsons' home has room for five**

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## WELCOME

# THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.

I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough. Thanks for reading. ■

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# Up in the AIR

**Residents share their  
experiences as pilots**

**By Chantel Boyd**

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.

Amy McBee after her first flight lesson while in high school.



## Starting out young

Amy McBee of Norwalk was not initially interested in flying, but her brother took a few flying lessons at the Ankeny airport, and, when Amy rode along, she silently said to herself, "I love this!" A few months later, she finally worked up the courage to ask her parents for flight lessons.

"Why not me, too?" she asked.

She heard the answer she wanted and began taking flight lessons.

"I have not looked back since," she says.

Amy has been flying since she was a junior in high school. (She graduated from Norwalk High School in 2018.) For five years, she has been working on her aviation career. Amy is currently a certified flight instructor and is on her way to becoming an airline pilot. Thus far, the flights she has taken were for training purposes. Moving forward, her routes and destinations will soon change.

So far, Amy has flown to multiple airports in the Midwest and to Tennessee, Ohio, Indiana and Michigan. She piloted her longest flight to Nashville in a Cessna 172. The flight was approximately three hours



To celebrate earning her pilot's license, Amy McBee took her aunt, Karen, and mom, Darla, for a flight.

each way.

Amy began her flight school journey at Executive 1 in Ankeny. After graduating high school in Norwalk, she moved to Dubuque to attend the University of Dubuque, where she earned her bachelor's degree in flight

operations.

Amy has had a few flight instructors, but her whole support network has been instrumental.

"My family, peers, instructors and professors have all helped me throughout my training.

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Pursuing a career in being a pilot is a path that requires a lot of support and dedication to succeed."

While the beautiful sights she has seen while in flight have been memorable, Amy's favorite thing about flying is that flights are ever-changing.

"Even if you are going to the same destination, no two flights are the same. Each flight has different factors, and you must always be on your toes, ready to do what gets thrown your way."

The most challenging thing about flying for Amy also intersects with her favorite thing about it: the ever-changing nature of flying.

"You never know what ATC (air traffic control) is going to assign you. So many different things can happen or change mid-flight, and you must react and prioritize information and tasks to complete everything efficiently while maintaining a safe cockpit. Balancing the workload of completing checklists, scanning, talking to ATC, and programming information into your flight systems is challenging."

Because of her young age, the response Amy often hears when she tells people she is a pilot is, "Wait, you fly actual real planes?" followed by, "You're not old enough to do that!"

Amy says she especially enjoyed her cross-country flights while training for her commercial license. She took advantage of flying back home to visit family, exploring downtown Nashville, enjoying BBQ in Kansas City, and doing the skyline tour of downtown Chicago at night.

She fondly remembers celebrating earning her private pilot's license.

"I took my mom and aunt up to fly over my grandpa's house and give them a tour of the Des Moines area."

## Sharing his stories

Jimmy Robbins of Norwalk just turned 87, and, with the help of his daughter Tammy Warren, also of Norwalk, he shares his stories of being a pilot so his and his wife, Nancy's, many great and great-great-grandchildren might know his legacy in aviation.

Jimmy's interest in flying planes began when he was young, and his first time in the air might have been the scariest flight he ever was on, too, at least for his mom.

At age 4, Jimmy and his mother rode in an open cockpit plane. When his mother turned away momentarily and looked back again, Jimmy had started crawling out on the wing during the flight.

After he graduated from high school in Norwalk, Jimmy enrolled in the Air Force, where he served as a mechanic, working on fighter jets. When it got hot, they made the best of it.

"One of the crew chiefs would fry bacon and eggs on the wing," he laughs.

He later flew the B-36 Peacemaker bomber, of which only a few remain in museums. Jimmy recalls the big bomber fondly.

"It had six engines on the back of the wings, not the front of the wing."

After retirement, Jimmy flew mostly for sightseeing, such as flying to Newton for an airshow and to an airstrip on farmland near Omaha, where he went to lunch, before flying back to De Soto, where his hangar was at the time.

Looking back on his years of flying, he says there have been times he felt relieved to land, but he has never been so scared he did not want to return to the cockpit again. Once he and a fellow pilot flew through a storm that left his friend determined never to fly again. Jimmy, too, was shaken.

"I was so scared that I couldn't even get the



Jimmy Robbins and wife, Nancy Robbins

door open to exit the plane."

Jimmy still flies on occasion, even in his late 80s, if the weather allows.

"I have not been flying too much lately; it's been a bit too windy."

He says the fun is not about the duration but more about the trip.

"Sometimes I only fly for 15 minutes to fly with the birds, eagles or butterflies. You must slow down to just above a stall speed to fly along with a butterfly."

## Jordan Redman

As a commercial airline pilot for Delta Air Lines, Jordan Redman of Norwalk flies a Boeing 767 internationally for Delta Airlines and travels to unique places. This year alone, he has traveled to Ghana, Portugal and Scotland, just to name a few destinations. In the past, he has been to Paris, Amsterdam, St. Martin, Germany, and the list goes on.

Although he resides in Norwalk, he is based out of New York. He is also currently serving in the National Air Guard.

Jordan says he has had some great experiences during his career. He has in the past gone to high school career fairs and shared his passion for aviation with would-be pilots.

"I enjoy visiting with younger generations who may be interested in aviation and have a passion for flying."

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## FEATURE

Jordan comes from a family of pilots. His father, Fred Redman, flew a helicopter for the U.S. Army in Vietnam, his uncles were pilots, and his brother, Andrew Redman, is a pilot for Southwest Airlines. At an early age, Jordan was interested in aviation.

Since graduating high school, he has pursued aviation. He attended Iowa Lakes Community College in Estherville, and, from there, he obtained his certification to fly.

He has enjoyed flying no matter the aircraft or destination.

"I still find flying a single-engine Cessna across Iowa as exciting as flying a Boeing 767 across the Atlantic to Africa and Europe."

Jordan serves in the Iowa Air National Guard and has been in active service status for more than 23 years. He has learned from instructors throughout that time.

"I have been very fortunate to have some generous mentors throughout my aviation career to lead me and guide me through many situations."

He also appreciates the support of his family in pursuing this passion.

"I have been very fortunate to have a loving and supportive family to help me achieve my



Jordan Redman was a crew chief mechanic for the F16 fighter jet.

goals."

Jordan's favorite thing about aviation is what intrigues him the most: the challenge.

"Challenges only come from when you are trying or learning something new. Hard work and good study habits will get you through those moments, so the way to overcome any challenge

in life is hard work and maintaining focus."

Jordan has many wonderful memories of being a pilot and says he still loves seeing people in good spirits when they land.

"I enjoy seeing the joy in the people's faces when we arrive at their destination, knowing they made it there safely." ■

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Jerry, Holland Farms Resident



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## MEMORY CARE

By Alexis Morrow

# SIGNS your loved one might be suffering from dementia

### Their personal hygiene is suffering.

It’s not easy to talk about body odor, but it can provide one of the top clues that your loved one is losing the ability to care for him or herself. Look for other changes in appearance as well, such as unwashed or wrinkled clothes, or putting clothes on backwards or inside out. You may notice that grooming practices that were once important to them are no longer happening. If your father, formerly clean-shaven, starts looking stubbly, he may be forgetting to shave or even how to shave. If your formerly well-coiffed mother begins to look shaggy, she may be missing or forgetting to make her hair appointments. If they don’t seem to care about their appearance any longer, there may be an issue.



### They are not properly taking care of their health.

When someone has memory loss, one of the first of their care needs to take a nose-dive is medication management. Failing to take prescribed medications on schedule — or taking too much or too little — can lead to serious health problems. Chronic conditions can worsen rapidly if Alzheimer’s interferes with your loved one’s ability to manage treatment. They may miss regular appointments with their physician or dentist. Dementia may also affect your loved one’s ability to prepare and eat a nutritious diet. You may notice food on the counter that should have been refrigerated, or that the food in their fridge has expired or gone bad — and they’re still eating it. They may even be skipping meals altogether.

### You notice unexplained physical changes.

Weight changes, frailty, hunched posture, and moving with difficulty can all indicate that one’s ability to navigate the world is declining. Your loved one may be losing weight because they forget to eat, or they may be gaining weight because they forget they’ve already eaten and then eat again. Hunched posture and moving slowly can be signs of being unsure — do they know where they are going?

### Their living conditions have become unusual.

Whether your loved one lives independently or in senior living, check their physical environment whenever you can. If you notice burn or scorch marks, mold or water damage, it may provide important clues to their mental state. Memory loss makes it much more likely that someone will leave the oven on or drop a dishtowel on top of a burner and not notice the smoke or leave the bathtub water running and cause a flood. Even spills that haven’t been wiped up suggest loss of attention. ■

Information provided by Alexis Morrow, executive director, Holland Farms Senior Living, 2800 Sunset Drive, Norwalk, 515-981-1888, [www.hollandfarmsliving.com](http://www.hollandfarmsliving.com).



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# EVENTS IN THE AREA

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

Check for cancellations



## Norwalk Farmers Market

Fridays through Oct. 14, 4-7 p.m.  
701 Main St.

Visit the farmers market for fresh, local produce as well as crafts and more.

## Greenbelt Music Festival

Horizon Events Center, 2100 N.W.  
100th St., Clive  
May 19-20

The annual music festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm weather returning to the state.



## RUNorwalk

May 13  
Norwalk High School

The Norwalk Chamber's annual RUNorwalk event is upcoming. Runners and walkers of all ages will race along the streets of Norwalk. New in 2023 is the addition of a 10K route for athletes looking for a longer distance race. The route will begin at Norwalk High School. Runners and walkers will make their way through town and return to the school to cross the finish line on the track and enjoy cold water and refreshments. The Kids Fun Run, a short-distance race on the high school track, is for kids ages 8 and younger (no registration is required). A portion of the RUNorwalk event proceeds will benefit the Norwalk Area Food Pantry. For more information about RUNorwalk, visit the chamber's website at [norwalkchamber.org](http://norwalkchamber.org).



## Warren County Fair Youth Container Gardening Class

Tuesday, May 23, 6-7:30 p.m.  
Warren County Extension and Outreach Office, 200 W. Second Ave., Indianola

The Ackworth Garden Club sponsors the free Youth Container Gardening Class, hosted by the ISU Extension Office. You will learn about different types of potting soil, selecting plants, pots, and the maintenance of your plants. You will have hands-on experience in preparing your soil, selecting a plant and potting it to take home with you. All parents and grandparents are welcome. Register no later than Friday, May 19, at [ackworthgardenclub.blogspot.com](http://ackworthgardenclub.blogspot.com). Select the Special Events Tab, then Youth Container Gardening Class for details and registration link. ■

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# JOHNSONS build home to suit their needs

Lots of space for family of five



Last year, when things in the housing market were moving quickly, Jordan Johnson and her family decided to build their own home in Norwalk so they could get exactly what they wanted and needed.

Even though the home is spacious and shiny new, perhaps what Johnson appreciate most is the land it sits on.

“We have 1.25 acres, so it feels more spread out, but we’re still in a great community,” she says.

The family also appreciates living in a neighborhood filled with wonderful people.

“There’s a wide variety of retired people and young families,” Johnson says. “It’s nice to have a mix of both. It’s also a new development, so we’re excited to see it all come together once completed.”

The Johnsons initially moved to Norwalk because of the Norwalk Community School District. Six years later, they still have a deep appreciation for the schools.

“We have three young kids, so the schools are a big deal for us,” Johnson says.

She also enjoys the overall feel of the Norwalk community.

“It’s a growing ‘small-town’ vibe, and it’s really fun being a part of the growth and change,” she says.

The Johnson family especially enjoys the many different activities happening in town.

“Norwalk’s trick or treating, ice cream socials, Santa on the firetruck, parks and recreation programs and more are what make our community a great one,” Johnson says. “And the police and fire departments are top notch. Also, I love supporting local businesses, and Norwalk is full of great ones.”

Johnson herself owns a small business in town, Little Children’s Boutique, located on Main Street.

“Owning a business in this town is so wonderful,” she says. “So many great causes to help support, and the people are amazing and supportive.”

And while being a business owner keeps her busy, Johnson still makes time to give back to the community. She does so by being a proud sponsor of the Norwalk PTO, the Norwalk Easter Public Library Foundation and more.

“Overall, Norwalk is a great place to work and raise our family,” Johnson says. ■



Jordan Johnson and her family were excited to have their home built to their specifications.

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One of the advantages of using an independent agent is that s/he represents a number of insurers with different products and can assist customers in fitting the right product at the right price for the unique exposures you present. Keep in mind that a lower price often means inferior service and lesser coverage, possibly lesser to a greater degree than the premium decrease. Also note that this tip deliberately avoids advising you to “shop around” because that implies price comparisons should drive the decision.



reasonably reduce your premium and see if you can meet those standards. A good example is how your auto is rated for use. If you're laid off from work or you've found a job closer to home, you might very well be entitled to a lower premium. Unless you tell your agent about these kinds of changing circumstances, you won't reap the benefits of reduced risk.

## 4. Question any advice you get, even the advice in this article.

It may not be right for you. Before you make decisions to reduce or eliminate insurance coverages, assess your risks of loss. What are your exposures? What can you lose? What exposures represent losses you cannot afford? What exposures can you retain? The quality of your decisions may be the difference between economic survival and bankruptcy.

## 2. Consider multiple-policy discounts.

This is common advice and generally good advice. Having homeowners, auto and umbrella policies in the same company will likely save money and, perhaps even more importantly, will make it less likely that a coverage gap will show up when more than one insurance company is involved in a claim. Likewise, in business insurance, having general liability and auto coverage in the same insurer using “ISO-standard” or superior forms is often critical.

## 3. Ask for credits.

Too often, consumers are entitled to credits for alarms, extinguishers, good student driving discounts, etc., but the agent is not aware of them. Ask your agent for a list of everything that could

## 5. If you're going to drop coverages, consider dropping noncritical coverages.

Examples include towing and rental reimbursement, credit insurance, etc. Your independent agent can assist you in making these decisions. Consider discontinuing high-risk activities such as using ATVs, jet skis, etc. Catastrophic injuries are common with vehicles of these types. ■

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# IT'S BACK!

## Who will be voted favorite in Warren County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Warren County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Indianola and Norwalk August editions. You can vote in one or every category, or anywhere in

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See rules and vote at [www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll). One vote per resident, please.

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- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Brewery/Distillery/Winery
- Bakery
- Catering Company
- Server/Bartender

### AUTO BODY

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

### COMMUNITY

- Preschool/Daycare
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

### SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Florist
- Home Improvement Retail Store
- Appliance Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

### ENTERTAINMENT

- Annual Event
- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Event Venue
- Golf Course

### HEALTH/BEAUTY

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- Dental Office
- Orthodontist Office
- Mental Health Services

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## HOSPICE services: making that first call

Diane had been living with cardiac disease for several years when her health took a turn, and she was told she was in congestive heart failure. Although Diane knew she was very ill, she and her husband, Carl, were stunned when Diane's cardiologist began talking about the benefits of hospice services.



"We heard that, and we thought, hold the phone; hospice is for people who are ready to die, and we weren't there yet," Carl recalls. "The cardiologist had initially said we were looking at maybe a year, so we were going to take a trip (and) do a few things while she still had energy. And then it felt like he was giving us a death sentence. We were confused, and I was pretty angry, actually."

The doctor explained, though, that even though he did feel Diane had some time, she qualified for hospice services because she had a life-limiting illness, and hospice care would afford her some amenities — all covered by insurance — that could enhance her quality of life.

That made sense to Diane and Carl, and their anger began to abate. They decided to look into home hospice services, and, after they returned from a short trip to see family, they scheduled a meeting with their care team.

"The trip was hard on Diane, so I think, in some ways, it helped her understand that maybe this was the right move," Carl recalls. "She loved the team right away — the nurse, the aide, the music therapist — and I really believe they extended her life. She lived 10 more months, and we were able to make some great memories."

Ideally, hospice services can and should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And, the earlier hospice services are started, the more they can — as in Diane's case — benefit the person who is ill, as well as the whole family.

"As Diane began to have less energy and feel like sleeping more, we were able to get a hospital bed brought to the house, and we put it in the living room, and the grandkids would come over and gather around the bed and sit with Diane," Carl says. "They would look at pictures, show her their drawings, and do quiet things that she enjoyed, and I think Diane was happy and at peace."

"And the hospice team was there when we needed them but also left us alone to have a lot of family time. They didn't hover around. And when it began looking like Diane wasn't going to be with us a lot longer, they made sure she wasn't in pain. The whole family was here, in the house that she loved, and we all held hands around the bed. When she went, it was very peaceful."

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal, and making that first call to a hospice provider can be difficult. But know that — as was true in Carl and Diane's case — once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■

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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# SMILING IN HOSPICE CARE ISN'T JUST ALLOWED.

*It's encouraged.*



## WesleyLife is your end-of-life guide.

At WesleyLife, we believe the end of life should be spent sharing memories and reflecting on a life well lived — not worrying about things like costs or where your loved one will be cared for. Insurance covers most expenses, and we can provide care wherever they feel most comfortable.

As experts in health and well-being, we provide personalized hospice services for your loved one while we support you and your family the whole way. That way, you can focus on celebrating life without worrying about what's next. We'll be there to hold your hand ... while you're holding theirs.

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

**IT'S NOT ABOUT DEATH.  
IT'S ABOUT CELEBRATING LIFE.**



# DEBT CEILING, bank crisis, and your retirement

If you follow the news, something is constantly threatening the economy. In the last few years, COVID, the supply chain, interest rates and inflation have grabbed the headlines. Recently, the debt ceiling limit and banking crisis are stealing the show.

Despite all these things you can't control, you still want to retire or stay retired, but how? Perspective and a plan.

Recently, three U.S. banks failed, lawmakers took emergency action, and there were more central bank rate hikes. Here's some perspective. Bank failures are fairly common. Since Oct. 1, 2000, there have been 565 bank failures, according to the FDIC. They just don't get as much press as the bank failures of 2008, but there could still be some aftershocks, including the possibility of increased volatility in the market.

As for the debt ceiling, the conversation has turned to Social Security and Medicare cuts as a solution — not what anyone retired or thinking about retirement wants to hear. While that grabs the headlines, lawmakers will more likely raise taxes to lower the federal debt. Taxes are currently at historic lows, with the top tax bracket at 37%. It was just 42 years ago when the top bracket was 70%.



Now that we've discussed history, let's look to the future. You still want to retire or stay retired, despite all of this. And, so far, the families and individuals we work with have done just that, even during market downturns, despite inflation, and in the middle of a pandemic. How? They have a customized retirement plan that was built with retirement risk in mind. We can't predict a banking crisis or COVID, but a retirement plan can account for risks like market volatility, taxes and legislation. A customized retirement plan has action steps we can take when the market is down, such as dollar-cost-averaging or Roth conversions. It also includes a long-term tax plan. We help families and individuals build retirement strategies with the possibility of higher future tax rates in mind and talk about what we can do now to take advantage of taxes being on sale.

History has taught us that there is always a risk that can threaten your retirement. It's good to be aware but not scared of these risks. A customized plan allows you to take control of your retirement. Then when you see the headlines, you don't have to worry because you are still on track to live out your retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: [fdic.gov/resources/resolutions/bank-failures/failed-bank-list/](https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/) "Failed Bank List"; <https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/>

ONLY 7% OF PEOPLE ANSWER EVERY QUESTION RIGHT

## FINANCIAL LITERACY QUIZ



Test your money smarts with these 6 basic finance questions!



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Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.



# WHAT'S UP with the 'ducts'?

Ductless mini split systems are gaining popularity in modern homes. So, while you're making the decision between a ducted heat pump vs. ductless heat pump, it's important to know the advantages of each. If you're looking to learn how you can decide which system is right for you, read on.



While a ducted HVAC system has traditionally been the standard for homeowners, ductless mini split systems have quickly become one of the most popular climate control options in modern homes. But which system is right for you? If you're debating upgrading your system, adding heating and cooling to a non-conditioned space, or simply improving an existing system, it's important to know the advantages of a ductless mini split vs. ducted mini split heat pump.

When it comes to keeping our homes comfortable, the top priority is finding the most efficient solution possible. The more efficient the system, the more money we save on utility bills. Other factors to consider when choosing

an HVAC system are air quality, aesthetics, installation cost, and operating convenience. The efficiency factor is often checked off with both the ducted and ductless options that use inverter technology, and both provide all the comfort needed in both the hottest and coldest of temperatures we experience in Iowa.

## Ducted mini split heat pump features

- More efficient than a conventional central AC.
  - Reduces the cost of your monthly bills.
  - Can be installed without the wall or ceiling mounted heads used in ductless installations.
  - Reduces the amount of air leakage compared to a whole-home conventional AC.
  - Improves indoor air quality since there's less ductwork than conventional AC.
  - Enables zoning so each room can be set at a different temperature.
  - Utilizes the existing HVAC ductwork, easing installation.

## Ductless mini split heat pump features

- Most efficient choice for heating and cooling. You'll be super impressed with those energy bills.
- No use of ducts, which eliminates air loss

and bacteria growth.

- Provides "true" zone control heating and cooling by allowing you to set each living space temperature and air flow individually.
- Can be added to any existing living space with or without ducts and/or existing HVAC system.
- Can be a primary or secondary source of heating and cooling for any living space.

Only the most experienced HVAC technician should be consulted to ensure that the best system is chosen to meet your needs. The installation should also be completed by experts in the field of ductless technology. 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. ■

Have more questions? Give Dale a call at 515-868-2779 or email Dale@TripleAHomeServices.com.

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Natasha and Dale Adams, Owners

## MAYORS MOMENT

### Norwalk is the place to be right now, and the Metro is taking notice!

Mayor Phillips was unavailable to write this month's article due to family travel plans. The Mayor asked that I fill his shoes (not an easy task), and provide the community with some valuable information about current and upcoming developments throughout Norwalk.

At this point, most everyone is aware of Norwalk Central. This project was a massive undertaking that took years of hard work behind the scenes, by many individuals and entities, to bring it all to life. Now anyone driving by the development between Colonial Pkwy and High Rd. on the east side of HWY 28 (Sunset Dr.) can see the 100+ acres of site work and construction underway.

The work being done right now is preparing the sites and building pads for new commercial facilities such as a Fareway Grocery Store, Starbucks Coffee, multi-tenant retail centers, food and beverage businesses, 10 acres of multi-sport and tournament turf fields, 6+ acres of public park and trail facilities, a concession and restrooms facility, parking lots, new streets and utilities, hotels, private sports and recreation facilities (SportsPlex USA), and the City of Norwalk's 50,000 SF public recreation facility named the City State Bank Norwalk Fieldhouse.

The heart of this development is the Gregg Young Auto Sports Campus which will be a hub for all things sports and recreation related. Hughes Century Crossing's Retail, shopping, dining, hotels, eateries, and entertainment venues will surround the Sports Campus in an open and walkable format. For more information about this development, visit [NorwalkCentral.com](http://NorwalkCentral.com) or contact me anytime.

In addition to this exciting development, we recently welcomed both Scooters Coffee and Starbucks Coffee to the community. These fantastic new options joined Mahalo's Coffee and Mini-Donuts to Norwalk's long awaited coffee shop options and will be much appreciated when the sports tournaments begin bringing thousands of new visitors to Norwalk in the near future.

Another shining star on the rise is Michael Foods. Michael Foods is one of Post's companies that produce food products around the world. Michael Foods originally built a 150,000 SF high-tech, top-quality facility in Norwalk's Certified Site in 2018. Last week we were thrilled to announce that Norwalk won the bid for Michael Food's next major expansion. This \$146M expansion will add 132,000 SF to their current building, and 186 new full time jobs to the market. When their expansion and new product lines are fully built out, they will be the largest employer and commercial facility in Warren County with nearly 300,000 SF and close to 600 full time employees. This brings immense value to Norwalk, Warren County, our school districts, and the entire region.

Norwalk Ready Mix is undergoing a large expansion, La Quercia is preparing to start an expansion that will double their facility size and add new products, and Windsor Windows continues to grow and bounce back despite being hit with COVID setbacks and significant tornado damage within the same few years.

Two top-brand hotels are making progress with their sites and will be under construction soon. An exciting initiative is underway with two Norwalk-native celebrities, and announcements will be made this summer to launch several new 'first in the nation' technology projects. We're officially working with the State on a second Certified Site south of Delaware which will make us even more competitive for high value and high-quality companies. Several new light industrial and retail buildings are under construction or soon to begin.

Norwalk continues to be a strong and valued partner of the Consulate of the Republic of Kosovo and recently met with the Ambassador to the United States. The Norwalk-Kosovo



Tom Phillips, Mayor

delegation is currently working on several business and trade initiatives that would bring European investors to the City, and provide opportunities for local businesses to expand into the European market and grow their export portfolios.

In just six years Norwalk has added 40+ new businesses and commercial structures, 600 new jobs, and approximately \$60 million in new commercial/industrial tax value. This comes from nearly a half billion dollars in private investment being made into this community. We should all be proud to be a part of this type of healthy and strategic growth. It adds products, services, amenities, jobs, and new infrastructure for all of us to utilize and benefit from. It helps the schools and the county, and also allows the City to provide amenities to residents without being forced to increase the City tax levy.

Some misunderstandings come up from time to time and we hear (and see) questions, comments and complaints through social media and other outlets. We want to make sure our public understands how business and development works, especially in Norwalk. Thankfully we live in a free country, and the economy does still function within a free market. This means that businesses of all shapes and sizes can locate, build, open, and expand where it best suits the market demand and their business model.

If the business/facility meets the plans and requirements of the City in terms of codes, regulations, and zoning, the owner or developers are free to purchase ground, build and operate their business, and live the American dream, where every opportunity is made available to those are willing to work for it, and do it the right way. With that being said... Hy-Vee will build when it best suits their business plan, Aldi's or any other grocery store will locate in Norwalk when our demographics meet their criteria, and if we have too many gas stations, pizza places, and coffee shops- those industries will be the first to know it, and choose another community to build in.

So, until then, let's support the businesses and individuals that do put in the hard work, spend the money, and take the risk to invest in our community. They're the ones that are providing goods, services, and jobs, so we don't have to drive into the metro for everything we want or need. They're the ones that allow us to balance the budget and build public infrastructure and amenities for the entire community.

Norwalk has amazing things going on right now, and even more exciting projects, developments and announcements coming soon. We love serving you and we're always just a phone call or email away if you have questions, concerns, or just want to learn more about how we do things, and what is currently being worked on.

We always encourage residents to participate in any of the public meetings, events, and forums the City makes available. These are great ways to learn facts and details, communicate with your elected officials and city leaders, and engage with the community you live or work in. The freedom and ability to be involved in the civic process is a phenomenal right we have in the United States. Enjoy it and enjoy this beautiful and successful community you're blessed to be a part of.

Thank you for choosing Norwalk!

Hollie Zajicek, Economic Development Director- City of Norwalk

The City's official Facebook page and website provides information about public meetings and forums as well as community news and updates. Please feel free to reach out to me anytime with questions or concerns. [HollieZ@Norwalk.Iowa.Gov](mailto:HollieZ@Norwalk.Iowa.Gov).

### Read More Here!

Michael Foods



Starbucks



Ambassador Dugolli



 City of Norwalk, Iowa - City Hall

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[www.norwalk.iowa.gov](http://www.norwalk.iowa.gov)



### CITY HALL

705 North Ave.  
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Open Monday-Friday, 8 a.m.-4:30 p.m.



### PUBLIC SAFETY

1100 Chatham Ave.  
515-981-0666

Non-Emergency 515-222-3321



# COUNCIL MEMBER'S CORNER

## Potholes

Potholes are the neverending problem of every city. Winter turns a little crack into a large pothole after the freeze-thaw action throughout the winter. It is helpful to have residents report potholes. Please be specific about where the potholes are when reporting them.

The best way to report a pothole is through our website using the Street Issue Reporting Form. Your request automatically goes onto the list of street repairs that need to be made. Follow this link to get to the form: [https://www.norwalk.iowa.gov/citizen\\_request\\_center/street\\_issue.php](https://www.norwalk.iowa.gov/citizen_request_center/street_issue.php)

You can also email Public Works [publicworks@norwalk.iowa.gov](mailto:publicworks@norwalk.iowa.gov) or call Public Works (515) 981-9527.

The crew will make their way through the list as the spring and summer progress. But unfortunately, potholes will continue. So please help us and continue to report them.

We would love to have our latest announcement with Michael Foods featured in May's edition. I know for the Norwalk Central announcement, you were able to put a paragraph and then a QR code. It would be wonderful if you could do that again. Let me know if you need the original images, or if you can use the ones off the website. Here is the link to the announcement: [https://www.norwalk.iowa.gov/news\\_detail\\_T5\\_R68.php](https://www.norwalk.iowa.gov/news_detail_T5_R68.php)

## Safety in Road Construction

Spring and summer bring many things, but in Norwalk it brings road construction. As you are all aware, we have lots of projects taking place. We previously stated, several of these projects may cause detours and delays. We understand it's frustrating and we ask for your patience.

In order to get through this construction season the City would like motorists to travel through the construction zones responsibly with caution and care. Adhere to posted speed limits, as they may change in the construction zone. Remember to plan ahead in case there are detours and/or delays and remain calm.

Thank you for helping us make Norwalk a great place to live and work!



Ed Kuhl,  
Council Member

## 2023 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](http://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.whereshouldgo.com](http://www.whereshouldgo.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 e-waste 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 Jared Slagle, Police Officer

*"I enjoy interacting with people and solving problems. Working for the Norwalk Police Department has allowed me to pursue my childhood dream of being a police officer and be a part of something bigger than myself. The City of Norwalk has incredible support for the police department and I have enjoyed doing my part to make the city a safe place for all."*

Police Officer Jared Slagle grew up in Marion and graduated from Iowa State University with a degree in Communication Studies. After graduation he worked as a Detention Officer with the Story County Sheriff's Office in the jail. Jared was hired in December 2019 as a Police Officer for the City of Norwalk.

When Jared is not working the night shift, he enjoys spending time with family and friends and cheering on the Iowa State Cyclones. He and his wife, Libby have an adorable Bernedoodle named Sadie that joins in the fun!

Jared's family runs a business called Honor and Respect that supports the mental health of first responders and military veterans. They have been able to donate over \$300,000 to various organizations over the past 3 years.

If you are out and about at night - keep an eye out for Officer Slagle!



## NORWALK EASTER PUBLIC LIBRARY

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515-981-0217

MON-THU 10 a.m.-8 p.m. | FRI 11 a.m.-6 p.m.  
SAT 10 a.m.-5 p.m. • SUN 1-4 p.m.



## PUBLIC WORKS

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515-981-9527  
After Hours: 515-222-3321



## ECONOMIC DEVELOPMENT PARKS & RECREATION

1104 Sunset Dr.  
Economic Development: 515-981-3606  
Parks and Recreation: 515-981-9206

## DISHING out the facts on good fats

*(Family Features)* For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit [AvocadosFromMexico.com](http://AvocadosFromMexico.com). ■

### Harvest bowl salad with balsamic vinaigrette

Servings: 8

#### Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

#### Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.



We are pleased to announce,  
we have acquired O'Leary's Funeral Home.

Our compassionate staff, like funeral director, Seth Williams, is standing by to answer your questions and address your concerns with compassion & sensitivity.

We understand that what matters most when losing a loved one is guidance & understanding.

Our caring staff, combined with a warm and comforting Norwalk facility will allow us to provide you with the best service possible.

Our staff is dedicated to making each funeral unique and personalized to each family we serve.

## Norwalk Chapel

1020 Main Street

(515) 981-0700

8:00 a.m. to 4:00 p.m.



## Iles Funeral Homes

[www.IlesCares.com](http://www.IlesCares.com)

*Caring for Our Community*



## SENIOR LIVING

# 4 BENEFITS of downsizing to a senior living community

As we age, our priorities and lifestyles change. One significant change is the desire to simplify our lives and live in a comfortable, manageable home. We need to consider downsizing to be able to focus more on priorities like spending time with friends and family or long days with the grandkids.

Downsizing to a senior living community can be an excellent solution for seniors who want to enjoy a more relaxed, social lifestyle with less clutter and fewer maintenance responsibilities. In this article, we will explore the evidence-based advantages of downsizing to a senior living community.

### 1. Enhances your quality of life

A smaller home means less stress and more time to enjoy your favorite hobbies, interests and activities. Moving to a senior living community allows you to enjoy the benefits of socializing, exploring new hobbies and traveling. According to a survey conducted by AARP, seniors who downsized to a senior living community reported improved life satisfaction and social wellbeing.

### 2. Improves your physical and mental health

Living in a clutter-free and manageable home has been linked to better physical and mental health outcomes. A study by the University of Kansas found that reducing clutter in the home led to better overall physical and mental health. Additionally, senior living communities offer a range of amenities and services that can promote physical activity, healthy eating and mental stimulation.

### 3. Reduces your expenses

Downsizing to a senior living community can reduce your expenses significantly. You will no longer have to worry about property taxes, home maintenance, repairs or utility bills. According to a study by the National Investment Center for Seniors Housing & Care, moving to a senior living community can reduce living expenses by up to 25%.

### 4. Provides peace of mind

Living in a senior living community can provide peace of mind for seniors and their families. Many communities offer 24-hour security, emergency response systems, and healthcare services, which can reduce the risk of accidents and medical emergencies. Knowing that help is always available can alleviate anxiety and improve overall wellbeing.

In conclusion, downsizing to a senior living community has numerous evidence-based advantages, including enhancing your quality of life, improving your physical and mental health, reducing your expenses, and providing peace of mind.

In case you're contemplating downsizing to a senior living community, it's essential to conduct thorough research to discover a community that matches your lifestyle and budget. ■

Information provided by Edencrest at the Legacy, 2901 Cedar St., Norwalk, 515-422-8096, [welcomelg@edencrestliving.com](mailto:welcomelg@edencrestliving.com).  
Information from [www.care.com](http://www.care.com).

## FITNESS

By Dani McManus

# Q: Are macronutrients important to your workout?

**A:** Macros refers to the three main fuel sources: carbohydrates, proteins and fats. When it comes to carbs, there are two forms: simple and complex. Simple carbs (i.e., fruit, sweets, pasta) get into your system more quickly and give your body immediate energy. Complex carbs (i.e., sweet potatoes, quinoa, oatmeal) are in more nutrient-dense sources, so they do take a slightly longer time to enter your system. Since they are your body's go-to fuel source, make sure you eat some carbs at most an hour before your workout. If you ever feel more tired or dizzy during your workout, it could mean that your carb source is depleted.

Proteins are undeniably the most important macro we need. They are the building blocks for your muscles and help repair and recover from your workout. Since they help your muscles recover, right after your workout, you want to ingest a clean carb and a lean protein.

We have talked about fats before, but, as a reminder, it is important to keep the fats healthy (i.e., eggs, fish, avocados). Since they are harder to burn, you want to make sure you don't go over too much of your allotted fat amount for the day. ■

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



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# 'AND THE winner is...'


When I was growing up, one of the most popular group games at picnics and big events was tug-of-war. If you've never had the opportunity to play this game, it consists of two teams on opposite sides of a long rope. The challenge is for each team to pull as hard as they can in a test of endurance until one team prevails by pulling the other team across to its own side of a center line. Of course, the catcalls after the winning team is victorious over the losing team always make for even more fun with a revenge match usually to follow.




I recently came to the conclusion that life often resembles a tug-of-war match. For example, have you ever experienced a strong pull or desire to do something wrong, even though you know you shouldn't? Of course you have; everyone does. In the Bible, we see the tug-of-war struggle that plays out inside each of us. Listen to this tension as the Apostle Paul confesses in Romans 7: "For I do not understand what I am doing, because I do not practice what I want to do, but I do what I hate. So now I am no longer the one doing it, but it is sin living in me. For I know that nothing good lives in me, that is in my flesh. For the desire to do what is good is with me, but there is no ability to do it. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord" (Romans 15:15, 18, 25-25a)!

Paul readily admits to the back-and-forth struggle of doing what is right vs. doing what he knew to be wrong — and often losing this struggle. I think all of us can empathize with Paul's dilemma, can't we? But Paul recognized that victory over temptation is possible through only one source — through Jesus Christ. Jesus knows what it's like to be tempted and to win over temptation. He therefore also knows how to help you and I when we're in the midst of a tug-of-war struggle between right and wrong, because He's been there (Hebrews 4:15). So how do we access the help we need? We just have to ask for it. The Bible implores us... "Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need" (Hebrews 4:16). The Lord has promised everyone who knows Him as Savior His mercy and grace whenever we need it — even in, yes, especially in, times when we're tempted to sin. Are you ready to win the war? You can, and Jesus provides what you and I need to be the victors. Why not go to His throne of grace right now and ask for His helpful grace? You'll be glad you did. ■


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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## 50 and older?

Here's your chance to catch up on retirement saving

If you are age 50 or older and still working, you have a valuable opportunity to super-charge your retirement savings while managing your income tax liability. Catch-up contributions offer the chance to invest amounts over and above the standard annual limits in IRAs and workplace retirement plans.



### 2023 limits

In 2023, the IRA catch-up limit is an additional \$1,000 over the standard annual amount of \$6,500. Participants in 401(k), 403(b) and government 457(b) plans can contribute an extra \$7,500 over the standard limit of \$22,500. For SIMPLE plans, the catch-up amount is \$3,500 over the standard limit of \$15,500.<sup>1</sup>

### Tax benefits

Contributions to traditional workplace plans are made on a pre-tax basis, which reduces the amount of income subject to current taxes. If you are not covered by a retirement plan at work, your traditional IRA contributions are fully tax deductible. If you are covered by a workplace plan, you may deduct the full amount if your adjusted gross income is \$73,000 or less as a single taxpayer or \$116,000 or less if you're married and file jointly. If you are not covered by a workplace plan but your spouse is, you are eligible for a full deduction if you file jointly and your income is \$218,000 or less.<sup>2</sup>

Contributions to Roth accounts do not offer immediate tax benefits, but qualified distributions are tax-free at the federal, and possibly state, level. A qualified distribution is one made after the account has been held for five years and the account owner reaches age 59½, dies, or becomes disabled.

1) Participants in 403(b) and 457(b) plans may benefit from other catch-up contributions specific to each plan type. Participants in government 457(b) plans cannot combine age 50 catch-up contributions with other catch-up contributions. When calculating allowable annual amounts, contributions to all plans except 457(b)s must be aggregated.

2) Phaseout limits apply. Married couples filing separately cannot take a full deduction. You must have earned income at least equal to your IRA contribution. Talk to a tax professional. ■

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

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## SEMAGLUTIDE...fad or not?

By now, you have probably heard of the hottest weight loss drug on the market, semaglutide. Hollywood loves it, and you may even have friends on it. It was originally used for diabetes, and it is now FDA approved for weight loss in those who are not diabetic, showing an average of 15% weight reduction. This medication, although effective for weight loss, can also reduce chronic disease risk significantly.

Initial studies have shown that semaglutide can decrease the 10-year risk of type 2 diabetes in those who are obese (with a body mass index of 30 or more) by 60%. Semaglutide has also been shown to improve cardiovascular risk factors, increase agility, improve cholesterol, lower diastolic blood pressure, increase insulin sensitivity, and even reduce systemic inflammation. Common side effects are nausea, heartburn, constipation, diarrhea and vomiting. Due to its popularity, it has been on the FDA drug shortage list but is set to come off this list soon and be more readily available to those who qualify for both weight loss and type 2 diabetes.

With such improvements in the long-term health implications of those who are overweight, obese and resistant to traditional weight loss methods, it is safe to say that this is creating a huge disruption in the weight loss and chronic disease prevention realms. Just like any medication, it's important to talk to your primary care provider to see if this is appropriate for you.

So, what do you think... fad or here to stay? ■

Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-537-6590, [www.vividlifespaspa.com](http://www.vividlifespaspa.com).



## MEET Jill Anderson

A career of helping staff and students be their best

After more than 30 years with the Norwalk Community School District, Jill Anderson will officially retire from her position of principal of Lakewood Elementary School on July 1.

Anderson grew up in Indianola and graduated from Iowa State University before accepting her first teaching job in Sioux Center. After teaching there seven years, she relocated to central Iowa due to her mother's health. Anderson began her career with the Norwalk District at the high school where she taught and coached for many years. She then moved to the middle school where she was a health teacher, counselor, and dean of students. From there, Anderson served as principal of Lakewood Elementary School.

When Anderson joined the district nearly 34 years ago, she thought she would stay three or four years, but it quickly became her family's home.

"Norwalk is a people-rich district. I have worked with the very best. I have enjoyed each aspect of my tenure at Norwalk. We have great teachers, students and parents," she says.

Early in her career, Anderson was part of a group of staff that implemented Middle School Concepts with Interdisciplinary Units. At the time, this was unique. The staff would have visitors throughout the year to look at what middle school concepts would look like in a successful way.

Anderson believes in hands-on activities and teamed with other staff to design activities for their students. She says the mentoring she received was invaluable to her success as a teacher, counselor and administrator. Each mentor pushed her in a different way to become a better educator and person. Each also left an impression on her for different reasons.

"I think the rewards of my job totally outweigh the challenges because of the passion I have for all kids to see their own greatness. My job is to bring out the best in others, whether it is staff or the students. Each of the students who walk through the doors of either my classroom or the building need to feel like their best self in order to become a better student and person," Anderson says.

Once retired, Anderson is looking forward to spending more time with family and friends. She is also looking forward to potentially traveling. Anderson's last box to check before leaving the district is for Lakewood Elementary School to receive Lighthouse Status. She is confident the school will receive this status in May.

"My words of wisdom is enjoy something about each day and make it special for someone with either an action or a comment. Life is too short to not be authentic and to have a good laugh while doing your job. I have tried to do my best each day to be that person, no matter what title or position I had in the district. Norwalk is a special place, and my goal was to leave a little bit of a footprint for others to follow," Anderson says. ■



Jill Anderson, center, has held various positions in the Norwalk schools and will retire July as principal of Lakewood Elementary School to spend more time with her family.

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## BETTER Hearing Month

May is National Better Hearing Month, and the American Academy of Audiology is urging the public to be aware of the importance of good hearing health. The National Institute on Deafness and Other Communication Disorders reports that 37.5 million Americans experience hearing loss and that approximately 28.8 million adults in the U.S. may benefit from the use of hearing devices. Of these individuals, less than 30% who are 70 years and older utilize hearing aids. As the baby boomer generation becomes older, more of these individuals will experience hearing loss.

Hearing loss is strongly associated with other medical conditions, including cognitive decline, falls, tinnitus, heart disease, diabetes and cancer.

Untreated hearing loss can negatively impact the brain and cognitive health. A study published by the Lancet Commission on Dementia



Prevention, Intervention and Care cited nine risk factors for dementia. Untreated hearing loss in midlife was listed as one of these risk factors. The report also stated dementia typically began many years before it was recognized. Therefore, earlier detection of hearing loss is crucial to maintaining cognitive health.

Untreated hearing loss can also increase the risk of falls. According to a study conducted by Johns Hopkins University School of Medicine, individuals with increasing hearing loss (e.g., progression from normal hearing to untreated mild hearing loss) were three times more likely to experience a fall.

Here are some more statistics you need to know about the link between hearing loss and other common medical issues.

- Approximately 90% of individuals who report hearing loss also experience tinnitus, or ringing in the ears.
- Hearing loss occurs 54% more often in individuals with heart disease.
- Adults with diabetes are twice as likely to

experience hearing loss.

- Hearing loss can be a side effect of chemotherapy and radiation treatments for individuals with cancer.

Audiologists evaluate, diagnose and treat hearing disorders. Audiologists also evaluate, diagnose and treat vestibular (balance) disorders. These hearing health care providers facilitate rehabilitation for hearing loss, tinnitus (ringing in the ears) and imbalance.

The first step to maintaining your hearing health is to schedule an appointment with an audiologist to evaluate your hearing and/or balance and discuss treatment options. ■

Information provided by Dr. Kelly Cook, audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, (515) 416-5990, [www.IowaHearingCenter.com](http://www.IowaHearingCenter.com). Dr. Cook is a member of the American Academy of Audiology (AAA), a professional organization promoting quality hearing and balance care.

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## NATIONAL Dental Care Month

Dental care has evolved over the years, and, today, most children are taught at home or at school to brush and floss their teeth, avoid sugary snacks, and visit the dentist. As adults, some people find it harder to practice what we preach.

It's important to brush and floss and get regular dental cleanings in order to maintain healthy teeth that look and feel great. However, what is less commonly understood is that the mouth is a window to your overall health. Many underlying diseases are reflected in the gums and bones around your teeth. Additionally, poor oral hygiene and periodontal disease are linked with many systemic diseases such as diabetes and heart disease. Periodontal disease in pregnant women has even been a contributing factor to premature birth and low birth weight. So, while we value caring for your teeth, it's important to understand that you can't have a healthy body without a healthy mouth.

So, in honor of May, National Dental Care Month, take some time to review your dental habits (we could all spend some more time with the floss, amiright?). And if it has been awhile since your last dental visit, make the call to get an appointment. May even concludes with National Smile Day on May 31. Show off your pearly whites on #NationalSmileDay and don't forget, dental care isn't expensive, dental neglect is. ■

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



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## Q: How can I get maximum results from my care?

**A:** There are normally three stages of chiropractic care that you will go through during your course of treatment. They are relief care, corrective care and supportive care.

Relief care provides temporary relief from your symptoms or pain but does not correct the cause.

Corrective care, on the other hand, takes longer because you are trying to correct the source of the problem. Some considerations in the length of this treatment are the condition and integrity of the patient's spinal column, the age and physical condition of the person and the age and severity of the problem. A complete correction is not always possible for everyone.

Stabilization care ensures that the integrity of the spine is being maintained. It involves a periodic checkup and adjustments as needed only.

Some people are just concerned about relieving the symptoms, while others know that a complete correction is best for their overall health. The choice is up to you, but you should discuss this with your chiropractor. ■



Information provided by Dr. Jesse Stumbaugh, Norwalk Chiropractic, 1300 Sunset Drive, 515-981-9208, [www.norwalk-chiropractic.com](http://www.norwalk-chiropractic.com).

Norwalk Chiropractic is a provider with most major insurance companies.



## SUNSHINE and sunglasses

With summer approaching, we are all getting outside more, which means we are getting more exposure to ultraviolet (UV) rays. If you are thinking about new sunglasses, keep in mind protection in addition to style.

Over-exposure to UV in a short period of time can cause a "sunburn" on the cornea (the front part of the eye) called photokeratitis.

Research shows that, over time, exposure to UV can cause macular degeneration. The macula is responsible for our central vision and degeneration of the macula can potentially cause significant vision loss. UV can also cause cataracts, skin cancer around the eyes, and pterygiums (surfer's eye).

### How do we pick the best sunglasses?

Make sure your new sunglasses have UV protection. Adequate protection should include 99-100% UV-A and UV-B filter.

Polarized lenses are best for reducing glare. Polarization works to prevent glare from light reflecting off the surface.

Kids need sunglasses, too. Because UV exposure is cumulative in our lifetime, and around 80% of UV exposure occurs before the age of 18, it is critical to get kids sunglasses. They can start wearing sunglasses as early as six months, but realistically need to wear them as soon as they will keep them on. ■

Information provided by Dr. Cord Linville, Family Eye Health Center, 6004 S.W. Ninth St., Des Moines, 515-287-0820, [www.fehcenter.com](http://www.fehcenter.com).



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## COOKING with cannabis

The joys of cannabis seem endless, as it helps to provide us with happier and healthier lives, and we have no shortage of ideas when it comes to figuring out new ways to use it.

While it is fun to visit a shop and pick out tasty hemp treats and drinks, one might find an even higher experience by making them at home. Choose the best hemp flour to suit your needs and decide what you'd like to make. First, you'll need to decarboxylate the flour by heating it in the oven. The heat triggers the release of carbon monoxide molecules that convert the cannabinoid acids into the active phytocannabinoids that will give the consumer their desired effects. Grind up the flour and spread it on a baking sheet. Suggested temperature is 220-240 degrees for 45-60 minutes. Common amounts to cook with are 1/8th to 1/4th ounce of flour. Remember, the hemp flour will have a strong smell like marijuana. A simple way to cook with cannabis is to make butter. Use one cup of butter and one cup of water and heat it in a saucepan on low (no more than 200 degrees). Add the flour once the pan is simmering, stir frequently and let cook for three hours. Strain and refrigerate. Now you have butter to use on toast or pancakes, or use the butter as an ingredient to other delicious dishes. Healthier choices include salad dressings, guacamole and tea. You could even sprinkle de-carbed flour onto bacon in the frying pan. Time to get cooking. ■



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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## SUMMER SCHEDULE 2023

### VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 15	7:00PM	Urbandale	Urbandale High School
May 16	7:30PM	Waukee	Norwalk High School
May 17	7:30PM	Boone	Norwalk High School
May 18	7:30PM	Bondurant-Farrar	Norwalk High School
May 22	7:30PM	Carlisle	Carlisle High School
May 23	7:30PM	Waukee Northwest	Norwalk High School
May 26	7:30PM	Gilbert	Norwalk High School
May 30	5:30PM	Ballard (DH)	Bomber Field, Slater
May 31	5:30PM	Oskaloosa (DH)	Oskaloosa High School
Jun 1	7:30PM	Winterset	Winterset High School
Jun 2	7:30PM	Newton	Norwalk High School
Jun 5	5:30PM	Indianola (DH)	Norwalk High School
Jun 6	7:30PM	North Polk	North Polk High School
Jun 7	7:30PM	DCG	DCG Baseball Field
Jun 9	5:30PM	Grinnell (DH)	Grinnell High School
Jun 12	7:30PM	Pella Christian	Norwalk High School
Jun 14	5:30PM	Pella (DH)	Norwalk High School
Jun 16	7:30PM	Oskaloosa	Norwalk High School
Jun 19	5:30PM	Newton (DH)	Newton - Woodland Park
Jun 21	7:30PM	Indianola	Indianola High School
Jun 23	5:30PM	DCG (DH)	Norwalk High School
Jun 26	7:30PM	Grinnell	Norwalk High School
Jun 27	7:30PM	Southeast Polk	Norwalk High School
Jun 28	5:30PM	Pella Christian (DH)	Pella Christian High School
Jun 30	7:30PM	Pella	Pella High School
Jul 5	7:30PM	ADM	A-D-M, Adel

### VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 23	7:00PM	Southeast Warren Jr/Sr	Norwalk High School
May 24	7:00PM	Southeast Polk	Norwalk High School
May 30	7:30PM	ADM	Norwalk High School
May 31	5:30PM	Oskaloosa (DH)	Oskaloosa High School
Jun 2	7:00PM	Newton	Norwalk High School
Jun 5	5:30PM	Indianola (DH)	Norwalk High School
Jun 6	7:00PM	Boone	Boone Creasman Field
Jun 7	7:30PM	DCG	Dallas Center-Grimes Softball Field
Jun 8	5:00PM	Urbandale	Urbandale High School
Jun 9	5:30PM	Grinnell (DH)	Grinnell High School
Jun 10	TBD	Multiple Schools	Xavier High School
Jun 12	7:00PM	Pella Christian	Norwalk High School
Jun 13	5:30PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 14	5:30PM	Pella (DH)	Norwalk High School
Jun 16	7:00PM	Oskaloosa	Norwalk High School
Jun 19	5:30PM	Newton (DH)	Newton-Agnes Patterson Softball Complex
Jun 21	7:00PM	Indianola	Indianola High School
Jun 22	5:30PM	DCG (DH)	Norwalk High School
Jun 23	7:00PM	Valley	Norwalk High School
Jun 26	7:00PM	Grinnell	Norwalk High School
Jun 27	7:15PM	Winterset	Winterset High School
Jun 28	5:30PM	Pella Christian (DH)	Pella Christian High School
Jun 29	7:00PM	Pella	Pella High School
Jun 30	11:00AM	Multiple Schools	DCG BB/SB Complex-Dallas Center
Jul 3	7:00PM	Ankeny Centennial	Norwalk High School
Jul 5	5:00PM	Waukee Northwest	Waukee Northwest High School

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## LEGAL

By Ken Winjum

# DID I wait too long to make a claim?

Whether it is because the extent of an injury is not initially appreciated or the "bother" involved in going through the claims process, many persons injured through no fault of their own go uncompensated.

One who continues to suffer from an injury that occurred in the past may wonder if a valid claim can still be made. Iowa Chapter 614.1 provides that actions founded on injuries to person or reputation, whether based on contract or tort, must be brought within two years. In addition, there can be situations where an even shorter period of time to take certain actions may be required.

Chapter 614.1 is commonly known as Iowa's "Statute of Limitations." If an action is not brought within the period prescribed, then the injured person permanently loses his or her rights to recover. An "action" is another name for a suit filed against the at-fault party in an appropriate court.

In other words, preserving a person's rights to recover can be accomplished by filing suit against the responsible party. It should be noted that the vast majority of suits filed are resolved by way of settlement, rather than by trial.

A simple call to an experienced attorney may provide guidance to one who is unsure about the viability of his or her claim. Many attorneys in the field offer a free initial consultation over the phone or in person. ■

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



## LAWN CARE

By Kevin Johnson

# DISPELLING lawn myths

Now that your lawn has come to life, there are some common lawn myths that people still believe that are counterproductive.

**Myth No. 1** – Once your dandelions have bloomed, it is too late for effective weed control. Although it might seem like you've lost the battle, dandelions are pretty easy to control using commonly available three way products like Trimec® throughout the year. If you want to get on top of broadleaf weeds, the products available at your garden center or using a lawn care professional can get those pesky weeds under control fairly quickly.

**Myth No. 2** – You need to bag your lawn clippings to prevent thatch build-up. Not true. Lawn clippings break down fairly quickly and normally do not increase thatch levels. In fact, removing your clippings takes away and decreases the valuable nutrients available that your lawn needs to be active and healthy. The only time you really need to remove clippings is if you have fallen behind on mowing (usually during extended wet periods). Using a good mulching mower, with a sharp blade, and mowing frequently enough is the best practice to follow to reduce thatch build-up.

A good lawn care professional can provide you with these tips and provide you with the correct lawn information that will help you maximize the beauty of your yard. Take advantage of their knowledge and expertise. ■

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



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# PILOTS and real estate agents: the similarities

Piloting an airplane is one of the most exciting things one can do.

Although being a pilot and flying an airplane are highly regulated, there is an amazing amount of freedom while you are flying. Every pilot remembers their first solo flight like it was yesterday.

It happens so unexpectedly. A student pilot with only 10 or 15 hours of training will be flying with their instructor one day, doing take offs and landings and, while on the ground, the instructor will get out and tell the student to take off, stay in the pattern and return to the airport on their own. There is nothing else that compares to that experience.

My first solo was on June 22, 1989, at the Webster City airport. I was flying a Piper Warrior. My wife, Kristy, earned her pilot's



license a few years later, soloing in our Piper J3 Cub. Wonderful memories are connected to flying.

Sitting here thinking about pilots and flying, I realized being a real estate agent has a lot of similarities to being a pilot. True, the level of excitement isn't the same, but the level of commitment is just as serious. A real estate agent assists clients in an important investment — and firsts are remembered. My first listing was at 821 Casady Drive in Norwalk in 2001, the same year I got my real estate license.

To be a pilot you must be licensed; same goes for being a real estate agent. The amount of studying required is similar for obtaining either license. Pilots are told that, when they receive their license, it is a license to learn the skills, knowledge and experience to be a good pilot. For the newly licensed agent, it is the same; thus, they need to be under a licensed broker.

People hire pilots to transport them to

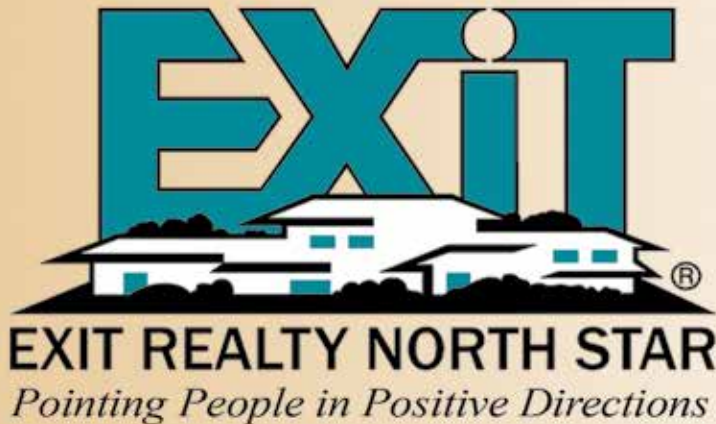
their desired destination safely and on time.

People hire real estate agents to aid in changing residences, safely and on time. A pilot plans before taking off. They need to know what to expect along the route. Real estate agents do a lot of planning as well. They study market statistics to determine pricing, timing on the market, and identify obstacles that will be in the way.

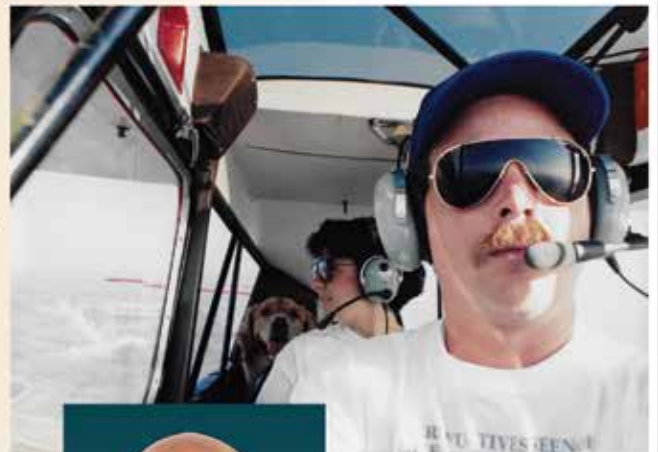
Pilots and real estate agents are both required to receive continuing education to stay up to date on changing governmental rules and regulations. The similarities continue, but you get the idea. Being a real estate agent is an important job and must be taken seriously. We are dealing with what is usually a person's most valuable possession. ■

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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Jon thoughtfully  
studies, plans, and  
negotiates to provide  
positive experiences.

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# TEACHER and student honors recognized

Before the seniors throw their caps and the kids are home for summer, I wanted to congratulate the Chamber's 2022 Teacher of the Year, Angela Davidson, and Student of the Year, William "Will" Chase.



The chamber presented these awards in January at the annual awards banquet, and, in the months since, it has been wonderful to see both Angela and Will out in the community being ambassadors for the school and town.

Angela was nominated for Teacher of the Year by the school district office and leaders within the district. Norwalk High School Principal Chris Basinger presented the award and spoke about Angela's successes as the high school's art teacher. She was awarded for her dynamic teaching style, often taking it beyond

the classroom. Her work can be seen around the community from the halls of the school to the walls of public buildings, and she enlists students to help her with these projects. Most recently, Angela donated her time and talent to the Norwalk Easter Public Library Foundation's Chair-ish fundraiser, having created a Norwalk Warriors-themed stool to be auctioned off for the organization. It's an honor to have Angela as the recipient of the chamber's award, and we appreciate that she shares her passion for the arts with our Norwalk youth.

Student of the Year Will Chase is an impressive young leader and a well-deserving winner of the award. Over his high school career, Will has participated in large group speech, student council, National Honor Society, varsity show choir, varsity track, varsity swimming, and marching band (to name a few of his activities). As a student leader, it's no surprise that Will is also a peer mentor to

ninth graders. Academically, Will is ranked third in his class with a 4.0 GPA and will graduate this spring with his associate of arts and associate of science degrees from DMACC. Will's acceptance speech at the banquet was a highlight of the evening, and we couldn't have been more impressed with how humble and poised he was. We wish him the best as he heads off to college to pursue a degree in environmental engineering.

I'm grateful for our partnership with the school and love that we get to honor these individuals within the chamber. I look forward to continuing this tradition and celebrating again in 2023. Please join the chamber in congratulating Angela and Will on their accomplishments and wishing them future success. ■

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

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# CHAMBER lunch

Norwalk Area Chamber of Commerce Membership Lunch featured an Update on the City April 20 at Gregg Young Chevrolet.



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Jean Strable and Judith Corcoran



Newton and Carol Standridge



Joe Nguyen and Chief Staples



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Cindy Magee and Jill Larsen

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# OUT & ABOUT

## RIBBON Cutting

Norwalk Area Chamber of Commerce hosts a ribbon cutting for Von Von's Balloons April 5 at the Norwalk Easter Public Library.



Norwalk Area Chamber of Commerce hosts a ribbon cutting for Von Von's Balloons April 5 at the Norwalk Easter Public Library.



Von and Melody Breise and Elliott and Harper Johnson



Abbi, Andie, Olive Garling and Jean Strable



Whitney Sadler and Annie Marker



Amanda Reid-Raper and Pam Reynolds



Tim Stephany and Jean Strable



Travis Stanley and Kim Bassett



Tim Klinker



Lauren Ebensteiner, Natalie Burton, Amanda Reid-Raper and Officer Ben Lewiston drop off donations to the Norwalk Area Food Pantry.



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Posiciones Disponibles	Pago	Horas
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