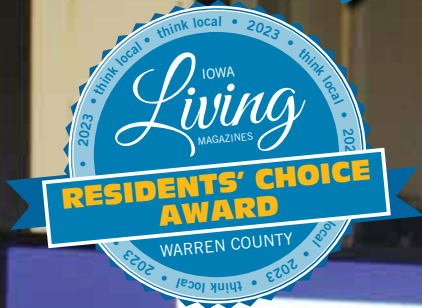


NORWALK

AUGUST 2023

# Living

MAGAZINE



## RESIDENTS' CHOICE AWARDS

Warren County residents  
share their favorites

Heart-healthy pita pizza  
RECIPE

PTO enhances elementary offerings  
EDUCATION

Norwalk Women's Connection kicks off  
COMMUNITY

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WELCOME

# RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Warren County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online and mail-in ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Warren County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Warren County.

As always, thank you for reading, and thank you for voting, too. ■



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Iowa Hearing Center made the list of favorites in the Residents' Choice poll. Dr. Kelly Cook is the founder and audiologist at the center. Photo by Becky Kolosik

# RESIDENTS' CHOICE AWARDS

**Warren County residents  
share their favorites**

**By Tammy Pearson**

Another year has rolled around, and it is once again time to check in with local residents about their favorite professionals, businesses, local attractions and more in the only poll that reaches every household in Norwalk.

The results of the Warren County Residents' Choice Poll have been tallied, and congratulations are in order. Many of last year's favorites return to the top three, but some new ones have also emerged. Regardless, all can truly be proud, for

they have earned the respect and loyalty of those who matter most — customers. From favorite restaurant, hair salon, bank, veterinarian, health club, park and more, the people who know — because they live here — have shared their opinions.

Among services offered, favorites in the community range from Norwalk Family Dentistry to Norwalk Chiropractic, Real Estate Agent Jon Niemeyer and Sam Sorenson - State Farm Insurance, among others. Shopping favorites include Bellflower

Florist & Gifts, LLC, and Cappel's Ace Hardware Norwalk. From favorite car dealership, Gregg Young Chevrolet of Norwalk, to favorite bar, 804 Main Bar & Grill, the winners are announced.

Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. To the top three, great job dazzling your customers. To those striving to be in next year's winner's circle, get in gear now. The competition is fierce.



## FEATURE

# Warren County Residents' Choice for favorite...

(Runners-up in alphabetical order.)

### Restaurant

#### Winn's Pizza and Steakhouse

**Runners Up:** Brickhouse Tavern; Z's Eatery & Draught Haus

### Restaurant for Breakfast

#### Crouse Cafe

**Runners Up:** Maid Rite; Mishmash Eats & Sweets

### Restaurant for Lunch

#### Funaro's Deli

**Runners Up:** Mishmash Eats & Sweets; Winn's Pizza and Steakhouse

### Restaurant for Dinner

#### Winn's Pizza and Steakhouse

**Runners Up:** Brickhouse Tavern; Z's Eatery & Draught Haus

### Restaurant for Dessert

#### The Outside Scoop

**Runners Up:** Crouse Cafe; Wendy's Ice Cream Shop

### Place for Ice Cream

#### Wendy's Ice Cream Shop

**Runners Up:** DQ Grill & Chill Restaurant; The Outside Scoop

### Pizza Establishment

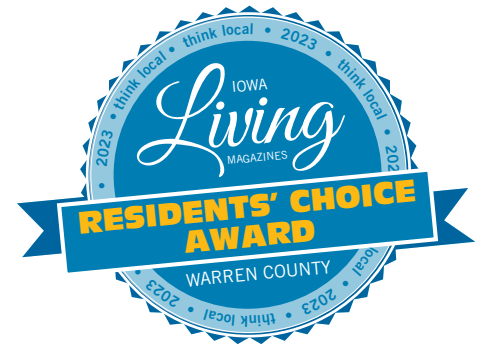
#### Pete's Pizza

**Runners Up:** Pyra Pizzeria; Winn's Pizza and Steakhouse

### Bar

#### 804 Main Bar & Grill

**Runners Up:** The Hide Out; West Hill Brewing Company



### Coffee Shop

#### Cabin Coffee Co

**Runners Up:** Grounds Around Town; Savor The Rise

### Brewery/Distillery/Winery

#### West Hill Brewing Company

**Runners Up:** Iowa Distilling Company; Summerset Winery



### Bakery

#### Savor the Rise

**Runners Up:** Funaro's Deli; Mishmash Eats & Sweets

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# FEATURE

## Catering Company

### Whip It Good Catering

**Runners Up:** Mishmash Eats & Sweets;  
Platters With Purpose

## Server /Bartender

### Jesse Forbes - The Zoo

**Runners Up:** Robert Wilke - Middlebrook  
Mercantile; Sami Amos - Pete's Pizza

## Auto Service

### Downey Tire Pros

**Runners Up:** Chumbley's Auto Care; Keller's  
Garage

## Auto Body Shop

### Smith's Collision Center

**Runners Up:** Details Plus Collision Center;  
Foust Auto Body

## Car Dealership

### Gregg Young Chevrolet of Norwalk

**Runners Up:** DeYarman Ford Indianola;  
Southtown Chrysler Dodge Jeep Ram

## Auto Parts Store

### O'Reilly Auto Parts

**Runners Up:** Carquest Auto Parts - Harvey's  
Automotive; NAPA Auto Parts

## Preschool/Daycare

### Purple & Gold Preschool

**Runners Up:** Crayons 2 Pencils Early Learning  
Center; Lil' Hands Big Dreams Child  
Development and Preschool

## School

### Irving Elementary School

**Runners Up:** Lakewood Elementary School;  
Whittier Elementary School

## Park

### Buxton Park

**Runners Up:** McCord Park; Moats Park

## Community Festival or Event

### National Balloon Classic

**Runners Up:** Norwalk Fourth of July; Warren  
County Fair

## Church

### Indianola Community Church

**Runners Up:** St. John The Apostle Catholic  
Church; St. Thomas Aquinas Catholic Church

## Pastor

### Jon Duey, Indianola Community Church

**Runners Up:** Barry Hill, Indianola First  
Church; Dan Kirby, St. John the Apostle  
Catholic Church

## Chamber of Commerce

### Indianola Chamber of Commerce

**Runners Up:** Carlisle Chamber of Commerce;  
Norwalk Area Chamber of Commerce

## Grocery Store

### Fareway Meat & Grocery

**Runners Up:** Hy-Vee; Walmart

## Boutique

### Lula Belle Designs

**Runners Up:** Little Children's Boutique; Roots

**Thank you Warren County residents!**

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Favorite place for Dad/Child Date Spot  
Favorite place for Mom/Child Date Spot  
Favorite place to take your kids or grandkids


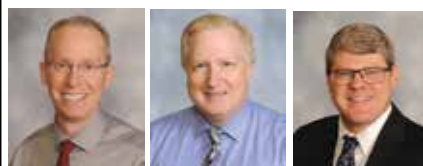


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# FEATURE

## Retail Store

### Roots

Runners Up: CBD American Shaman of Indianola; Lula Belle Designs

## Florist

### Bellflower Florist & Gifts, LLC

Runners Up: Busy Bee Garden Center; Hy-Vee Floral

## Home Improvement Retail Store

### Cappel's Ace Hardware Norwalk

Runners Up: Circle B Home Center; McCoy True Value Hardware

## Appliance Store

### Circle B Home Center

Runners Up: Kappelman Appliance; McCoy True Value Hardware

## Liquor Store

### Hy-Vee Wine & Spirits

Runners Up: Fareway Meat & Grocery; Iowa Distilling Company

## Nursery or Garden Center

### Busy Bee Garden Center

Runners Up: Bedwell Gardens; Ted Lare Design + Build & Garden Center

## Place to Purchase a Gift for a Man

### Theisen's Home Farm Auto of Indianola

Runners Up: Cappel's Ace Hardware Norwalk; Lula Belle Designs

## Place to Purchase a Gift for a Woman

### Lula Belle Designs

Runners Up: Adorn; Roots

## Annual Event

### National Balloon Classic

Runners Up: Norwalk Fourth of July; Warren County Fair

## Dad/Child Date Spot

### The Corner Sundry

Runners Up: The Outside Scoop; Wendy's Ice Cream Shop

## Mom/Child Date Spot

### The Corner Sundry

Runners Up: Buxton Park; Wendy's Ice Cream Shop

## Place to Take Your Mom and Dad

### Crouse Cafe

Runners Up: Sports Page Grill; Winn's Pizza & Steakhouse

## Place to Take Your Kids or Grandkids

### Pizza Ranch

Runners Up: The Corner Sundry; Wendy's Ice Cream Shop

## Place for Children's Birthday Parties

### Pizza Ranch

Runners Up: Crayons 2 Pencils Recreation Center; Indianola Tumbling Center



The helpful staff at Gregg Young Chevrolet have helped the dealership become residents' favorite, according to the Residents' Choice poll. Photo by Becky Kolosik

## Event Venue

### The Hive at Busy Bee

Runners Up: Summerset Winery; The Cottage

## Golf Course

### Deer Run Golf Club

Runners Up: Indianola County Club; The Legacy Golf Club

## Hair Salon

### Copper + Fringe Beauty Co.

Runners Up: Beauty By Design; Pure Salon Aveda

## Health Clinic

### UnityPoint Clinic Family Medicine

Runners Up: MercyOne Family Medicine; The Iowa Clinic

## Dental Office

### Norwalk Family Dentistry

Runners Up: Dental Professionals; Indianola Pediatric Dentistry

## Orthodontist Office


### Central Iowa Orthodontics

Runners Up: Dimples Family Dentistry; Johnson Orthodontics

## Mental Health Services

### Magnolia Connection


Runners Up: Patti Campidilli; Wilkins Counseling Services




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# FEATURE

## Chiropractor

### Norwalk Chiropractic

**Runners Up:** Drees Chiropractic; DeRocher Chiropractic and Acupuncture

## Vision Care

### Optometric Associates

**Runners Up:** Indianola Vision Center; Vogue Vision

## Health Club or Gym

### Indianola YMCA

**Runners Up:** Anytime Fitness; Crossfit 50211

## Pharmacy

### Medicap Pharmacy

**Runners Up:** Hy-Vee Pharmacy; Walgreens

## Hearing Center

### Iowa Hearing Center

**Runners Up:** A.S.I. Beltone Indianola; Miracle-Ear Hearing Aid Center

## Cosmetic Services

### Copper + Fringe Beauty Co.

**Runners Up:** FFC Beauty; Vivid Life Spa

## Physical Therapy

### Athletico Physical Therapy

**Runners Up:** Indianola Physical Therapy; Rock Valley Physical Therapy

## Dance Studio

### The Dance Factory

**Runners Up:** Innovative Dance Midwest; Superstars Performing Arts

## Gymnastics Studio

### Indianola Tumbling Center

**Runners Up:** Superstars Performing Arts; The Dance Factory

## Tumbling Studio

### Indianola Tumbling Center

**Runners Up:** Superstars Performing Arts; The Dance Factory

## Financial Planner

### Seth Lampman

**Runners Up:** Kim Guilford; Rob Keller

## Law Firm

### Ellis Law Offices, P.C.

**Runners Up:** Dougherty Law Firm; Stuyvesant, Strong, Krapfl & Carda, PLLC

## Accounting Firm

### Accounting Associates of Indianola

**Runners Up:** Hoover & Associates; Shull, Schrum, McClafin and Co., Inc.

## Veterinarian

### Indianola Veterinary Clinic

**Runners Up:** All Creatures Small Animal Hospital; Kindness Pet Clinic

## Dog Groomer

### Amore Pets

**Runners Up:** A Dog's Day Out; Tammy's Tailwaggers

## Pet Care

### Amore Pets

**Runners Up:** Indianola Veterinary Clinic; Kindness Pet Clinic

## Lawn Care Business

### Warren Lawn Services

**Runners Up:** Norwalk Seasonal Services; Precision Lawn Care and Landscape, LLC

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## FEATURE

### Landscaping Company

**Ted Lare Design + Build & Garden Center**

**Runners Up:** Norwalk Seasonal Services;  
Woosley Landscaping & Mowing

### Heating and Cooling Business

**Indianola Mechanical**

**Runners Up:** Bussanmas Heating & Cooling;  
Roberts Heating, Cooling and Plumbing

### Electrician

**Miller Electric**

**Runners Up:** Integra Electric Solutions;  
Schaffer Electric

### Plumber

**Indianola Mechanical**

**Runners Up:** Chew Plumbing Company, LLC;  
Quality Plumbing & Heating

### Senior Living Facility

**The Village**

**Runners Up:** Holland Farms Senior Living;  
Vintage Hills

### Insurance Company

**Sam Sorenson - State Farm Insurance**

**Runners Up:** City State Bank Insurance  
Services; Lane Insurance Agency

### Realtor

**Jon Niemeyer**

**Runners Up:** Karey Bishop; Taylor Voitel

### Bank/Credit Union

**City State Bank**

**Runners Up:** Peoples Savings Bank; TruBank

### Photographer

**Missie Lafrenz Photography**

**Runners Up:** Aaron Miller Photography; Abbi  
Garling Portrait Studio

### Place for Guests to Stay

**Hotel Pommier**

**Runners Up:** Country Inn and Suites  
Indianola; The Corn Crib Bed and Breakfast

### Pest Control

**Davidson Pest Control**

**Runners Up:** Perfection Pest Management;  
Rhoades Pest Control ■



If you're looking for insurance and financial services, State Farm agent Sam Sorenson and his team are a favorite in the Residents' Choice poll. Photo by Becky Kolosik

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# 5 TIPS to prepare your HVAC system for fall

The first day of autumn is fast approaching. Can you believe it? It's time to pull out the sweaters, watch football, and enjoy pumpkin spice-flavored everything. It's also time when the cooler weather creeps up on us unexpectedly, and the heat is on standby ready to kick on. Now is the perfect time to begin to prep your HVAC system for the winter season. Here are a few helpful tips to get you started.

• **Check your air filters.** Dirty furnace and air conditioning filters can cause several problems with your HVAC system. For instance, it may prevent your system from heating or cooling your home adequately and efficiently. Replace your air conditioning filter before shutting it down. This way it will be ready for when it's time to kick on again. Stay on top of furnace filter changes throughout the



heating months to keep your system working properly.

• **Seal air leaks.** Air leaks in your home could be causing your HVAC system to work harder, not smarter. Windows and doors are the most common places where homeowners discover air leaks, which allow heated or cooled air to escape the home and cause you to lose money on energy bills.

To inspect your windows or doors for air leaks, the paper test is a good trick. Insert a piece of paper into your door or window frame and shut it. If you can easily pull the piece of paper through the frame, you probably have an air leak. Take some caulk or weather stripping to these leaks to seal them right up.

• **Clean up your outdoor unit.** If you have an outdoor unit, double check for any debris or damage. Remove all debris around the unit to ensure the proper air flow and to prevent dirt or leaves from building up on the coils or inside the unit. If you find any signs of damage, give

your HVAC professional a call.

• **Check your alarms and detectors.**

Smoke and carbon monoxide detectors are essential devices that keep you safe. Replace the batteries with new ones. The U.S. Fire Administration recommends that you replace your smoke detectors every 10 years. If you are unsure of the last time they were replaced, check the date of manufacture on the back of the smoke detector. Push the test button on each device to ensure they are working properly.

• **Schedule a maintenance checkup.** The best way to prepare your system for fall is to schedule a system maintenance and cleaning with your HVAC professional. During the checkup, technicians will inspect your furnace and make the necessary adjustments to ensure your system is operating correctly. ■

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## RETIRE your way

In the last 20 years, I've learned that all retirement plans look different. Each family or individual we've helped has a separate retirement vision, individualized retirement savings, and a distinct set of circumstances that led to retirement — but, sometimes people want to compare themselves to others. People often ask us, “What is the average account balance?” or “How much do most people retire with?” They want to know how they stack up. Others may think they should make their pension decision based on what a coworker did or elect Social Security based on what a friend or relative did. I understand it's normal to compare ourselves to others — but retirement is too individualized to compare yourself to others. To retire your way, you can't make decisions based on some arbitrary benchmark or what someone else did. Your neighbor or coworker has not lived the same life you have. Your friend or relative does not have the same goals you do.



You don't have to find the perfect product or reach a financial threshold to live the retirement of your dreams. I'm convinced that the only thing standing between you and that dream trip, vacation home, new hobby, or move to be near family and friends is a strategy tailored

to your distinct needs and goals.

Last year, we met with a woman who was just 59 years old and wanted to retire to care for her ailing husband. She didn't think it was possible. We put together a detailed plan that showed her how and why she could do it. Though she had difficult circumstances, there was a sense of relief and joy when she found out she could confidently retire her way.

Conversely, we started working with a couple in their early 60s a few years ago. Their previous advisor had told them they could retire at the end of the year with a 99% probability of living the retirement they'd envisioned. When we performed our analysis, we found they would likely run out of money by the ages of 75 and 80. They were shocked and dismayed but glad to know this before they retired rather than five or ten years after. We then put together a written strategy that included actionable and measurable goals. As a retirement planner — and not an accumulation advisor, my primary responsibility is to be completely transparent and deliver the truth. It also means having a proven process to help you retire your way using a customized, written plan. ■

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

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# BACK in Iowa

Crist family is new to Norwalk



Kristin and Mike Crist and daughters McKenzie and Kaylie enjoy living in Norwalk and the corn field “ocean” behind their home.

Kristin Crist’s family of four — including her husband, Mike, two daughters, McKenzie and Kaylie, and two dogs, Bella and Daisy — moved from Arkansas to Norwalk just this past June.

Although the couple has family spread out in the West Des Moines and Ankeny areas, they chose to settle down in Norwalk for many reasons: the intimate school system, quaint small-town neighborhood vibe, serene Iowa beauty, proximity to places around the metro, lower taxes and building abatement, potential for growth and quality of life.

Crist shares they chose to build their custom home on a large, quiet lot.

“The view is breathtaking,” she says. “Our daughters say it’s like looking out at the ocean, but the waves are corn, and the dolphins are ‘reindeer.’ ”

Even though the family is still new to town, they’ve already gotten to know their neighbors, especially during the Fourth of July holiday. Crist also enjoys the neighborhood’s ponds, open space and the park being built within it.

As for Norwalk in general, Crist appreciates its small-town, Iowa feel.

“It’s just cute and fun but also effective,” she says. “Not many options, so every place has its pride and purpose. The community always has something going on, too. Whether it’s Fridays at the Farm, the farmer’s market, events hosted by the parks and recreation department, etc. — lots to do in Norwalk.”

The couple’s two daughters have also become active in the community. They’re involved in dance, gymnastics, swim lessons and piano lessons.

“They loved vacation Bible school at



Lutheran Church of Hope, too,” Crist says.

Ultimately, while the Crists are happy to be back in Iowa living closer to family, it’s also the community they chose to live in that brings them joy.

Oh, and the weather.

“It’s a reminder of how much we love it when there is 6 inches of snow in April,” Crist jokes. ■

# BACK to college

It's that time when students head off to college for another year of academic success. In addition to the usual supplies, parents and students should make sure they also have adequate insurance coverage for this stage of life.

The typical student brings a variety of expensive personal items to college, including a TV, stereo equipment, laptop, microwave and refrigerator. Most families will already have some coverage for these items. Typically, the parents' homeowners' policy will cover property stolen away from home up to a limit of 10% of the contents coverage. For example, if the parents' home is insured for \$100,000, the contents coverage would be \$50,000, so the coverage for a student away at college would be \$5,000, minus the policy's deductible.

Here are some other important things to consider.

- It's a good idea to inventory what your student will take to college. If there's an insurance claim, the burden of proof lies with the insured, and a list is helpful.
- Will your student take a computer to school? If so, talk to your agent about getting coverage for it. Many companies require a rider or special policy to cover computers on campus.
- Is your student residing in a dorm or off campus? This can make a difference in your coverage also, so talk to your agent about options.



• If your student has a vehicle at college, it's important that your insurance company knows this. A vehicle is rated based on how it's used and in what city it's located.

• If your student doesn't have a vehicle at college and is more than 100 miles from home, you may benefit if a resident student rate is applied to the policy.

• If your student doesn't have a vehicle at college, he or she must still be rated on your auto policy because the student is still considered covered under the policy. This is especially important if the student drives an uninsured vehicle.

• When your student graduates or leaves school and declares his or her independence by moving into their own home or apartment, they should purchase their own policy covering his or her personal property. At this point, he or she is no longer a member of your household and, therefore, would no longer qualify for coverage.

• Finally, students are urged to be extra cautious in locking rooms and hiding valuables. They could also engrave numbers on expensive property, since marked items are less likely to be stolen, and marking can aid police in identification. ■

Lane Insurance would be happy to help examine your risks and suggest the best coverages for you and your family. Feel free to request a quote online at [laneinsurance.com](http://laneinsurance.com) or give us a call at 515-981-4614. Information provided by Mike Lane, Lane Insurance Agency Inc., 1225 Sunset Drive, Norwalk.

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MIKE LANE



## RECIPE

# STEPS toward heart-healthy eating

*(Family Features)* As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit [hearttruth.gov](http://hearttruth.gov) to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov). ■

## Heart-healthy pita pizzas

Prep time: 10 minutes  
Cook time: 8 minutes  
Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

### Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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## SENIOR LIVING

By Sadie Kuennen

# MYTHS of senior assisted living



Assisted living communities are designed to empower individuals to maintain their independence, while giving them access to 24/7 assistance with activities of daily living, socialization and activities in a homelike environment. Many seniors thrive in assisted living communities, but people tend to still have reservations on deciding whether to move into one. Although there are many myths out there that make it difficult for seniors and their caregivers to make the big decision on moving, an assisted living community is one of the best living options for seniors. Here are some myths about these communities that may help you understand the benefits of moving into an assisted living community.

One of the biggest myths regarding assisted living communities is that the term “assisted living” is just a new way of saying “nursing homes.” Nursing homes and assisted livings do share some things in common, such as 24/7 access to health care services. However, assisted livings are designed to empower independence and autonomy, whereas nursing homes have more of a restrictive setting. Some other differences in assisted livings are that they offer private apartments with your own furniture, tend to cost less, and offer more independence, privacy and activity programs tailored to specific needs.

A second myth about assisted living communities is that you will lose your independence. In assisted livings, you are encouraged to entertain guests, cook your own meals and do other things you used to do at home. Assisted livings follow the “if you don’t use it, you’ll lose it” motto. They offer assistance with certain tasks, not complete, round-the-clock care like nursing homes do. Seniors in assisted livings can come and go as they please, but they still have the reassurance that, if they need help, staff is able to respond within minutes.

A third myth is that residents give up the things they used to love. Living in an assisted living provides more socialization and companionship than living alone. The community’s activities are centered on the individuals’ likes and interests while enhancing their quality of life. Many assisted living communities have gardening clubs, bridge groups, cooking classes, church services and music groups.

These are just a few myths out there about assisted living. There are many benefits to making the big decision to move into an assisted living community that can improve a senior’s quality of life, wellness and social life. When looking for an assisted living community, do your research and ask appropriate questions that are centered on your loved one. ■

Information provided by Sadie Kuennen, community relations coordinator, Edencrest at the legacy, 2901 Cedar St., Norwalk, 515- 250-2806, [welcomelg@edencrestliving.com](mailto:welcomelg@edencrestliving.com).



# I'LL BE there, will you?

Awhile back, I was in the book section at Walmart. As I was browsing around, I began to notice something I thought was somewhat surprising. I started counting up the books that had something to do with heaven — people who claimed to have been there, etc. In that very small section of books, I counted at least six books on the subject. For whatever reason, there's a lot of interest right now in heaven.

Have you ever wondered what heaven is really going to be like? What will people do in heaven? Won't heaven get boring after a while? Will we actually see God? Everyone has times in their life when they think about such things. This is true because the Bible says that God has put eternity in our hearts. In other words, everyone has an inherent instinct that this life is not all there is. There is so much more beyond us when our lives on this earth are over. The Bible gives clear instructions on what eternity holds.

So, what does the Bible say about heaven? Well, for starters, heaven is a place that Jesus prepares especially for those who know Him as Lord and Savior. In John 14:2 Jesus said, "In my Father's house (heaven) are many rooms...I am going there to prepare a place for you." Jesus used common earth parallels such as "house," "rooms" and "place" to help us gain a simple, tangible understanding of heaven and to give us something very special to look forward to.

The Bible also teaches that God the Father is in heaven and Jesus is there with him. That's good news because every person was made by God to be in a personal, loving relationship with Him (John 1:12; 10:10; Ephesians 1:4-5). We were made for a person — Jesus, and a place — heaven. We'll never be satisfied with any person less than Jesus and any place less than heaven. Revelation 22:4 tells us we will "see God's face."

The Bible says so much more about heaven, like the fact there will be no crying, pain, sorrow, death or any of the things that are associated with mortal life on earth. Most of all, heaven is a place for people who have prepared for it by placing their faith in Jesus Christ. I've done that, and boy am I looking forward to heaven. How about you? Are you ready for heaven? Are you looking forward to it? Want to learn more? I would love to connect with you. ■

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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## MAYORS MOMENT

It was great to see so many people at the Independence Day parade this year. I know the Party in the Park had a great turn out and we had an incredible crowd at the fireworks. Thank you to Norwalk Hometown Pride for organizing the parade and the Party in the Park and to the Norwalk Lions Club for another great fireworks display this year.



Tom Phillips, Mayor

With the added excitement of starting a new school year and seeing their friends, these kiddos may be a little less focused on what they're doing, so please be extra careful as you're driving these first few weeks of school.

I hope you all take a moment to enjoy the last few days of your summer.

### NORWALK CENTRAL UPDATE

On July 17, the Fairfield Inn and Suites held their official groundbreaking ceremony. This will be Norwalk's first hotel and it will be exciting to see it built. It is my understanding that it will take 10 to 13 months to get the hotel built and open for guests.

Substantial progress is being made on Chatham and 18th streets. Both streets will lead to the new parking lot at the City's Fieldhouse. When this parking lot opens, it should significantly relieve many of the neighborhood traffic issues we're currently seeing around the sports campus.

We are also seeing great progress being made with the City's Fieldhouse. Our goal is to open the fieldhouse in February or March of 2024.

### BACK TO SCHOOL

The summer is quickly coming to a close and it's hard to believe that school is starting August 23. Please remember, as kids head back to school, to watch out for them as they are walking or biking to and from school.



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# CITY MANAGER'S CORNER

City Manager Luke Nelson and City Clerk Lindsey Offenburger have a conversation about what it means to serve on Boards and Commissions for the City of Norwalk. They provide information about both elected and volunteer positions, including wages, responsibilities, and the application process. For more information, please email: [lnelson@norwalk.iowa.gov](mailto:lnelson@norwalk.iowa.gov) or visit: [www.norwalk.iowa.gov](http://www.norwalk.iowa.gov).



Luke Nelson,  
City Manager

The deadline to submit election paperwork this year is Thursday, September 21st, at 5:00 pm. Please submit the paperwork to Lindsey Offenburger, City Clerk at Norwalk City Hall, 705 North Avenue.

The application can be found by scannign below.

If you like this podcast, please subscribe to hear future casts from the City of Norwalk.

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## Employee spotlight Greg Staples, Police Chief

Chief Greg Staples grew up in Maryland just outside of Washington DC. Because his father was an Agent with the Drug Enforcement Administration, he lived overseas in Mexico and France from fourth through seventh grade. He obtained a bachelor's degree from the University of Maryland and a master's degree from Radford University. After college he resided in Roanoke Virginia where he spent 24 years working in various assignments and leadership positions for the Roanoke Police Department.



"The best part about my job is the opportunity to lead the 21 dedicated members of the police department to new heights of success. We have tremendous support from the Mayor and City Council and that gives us the opportunity to protect and serve in an inspired manner that the community appreciates."

Greg and family moved to Norwalk in February 2014 when he was appointed Police Chief. He and wife Laura met in high school and have been married for 33 years. They have one adult son, John. Greg enjoys road cycling, playing ice hockey and tending to their vegetable and flower garden, blueberry bushes, apples, and peaches. He recently began grafting apple trees and trying to hybridize new daylily colors.

"I'm one of those few individuals that knew what they wanted to do as an adult while in middle school and after 34 years as an officer I'm still enjoying the adventure."



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# NEARING retirement?

Here are some important age-based retirement milestones to help prepare for your lifestyle during your retirement years:



**Age 50:** In the year you turn 50, you are eligible for catch-up contributions. Catch-up contributions are available on many different retirement plans including 401(k), 403(b), SARSEP, 457(b), and even IRAs.

**Age 59 ½:** When you turn 59 ½ you have reached withdrawal age. If needed, you can begin taking withdrawals without penalty from IRAs and qualified retirement plans. Previously, if you took a distribution prior to age 59 ½ from a retirement plan, you were subject to a 10% penalty.

**Age 62:** Eligibility to take reduced Social Security benefits begins at age 62; however, you should expect at least a 25% reduction in lifetime benefits if you take Social Security benefits at the earliest date.

**Age 65:** At age 65, you become eligible for Medicare Insurance. This is a special milestone as health insurance is one of the largest expenses in retirement and one of the top concerns for retirees. Sign up for Medicare three months prior to your 65th birthday.

**Age 66-67 (full retirement age):** Full retirement age varies depending on the year you were born. If you can delay collecting Social Security benefits until full retirement age, you can expect a dramatic increase in benefits. Full retirement age breakdown:

- Born between 1943-1954: age 66
- Born in 1955: age 66 + 2 months
- Born in 1956: age 66 + 4 months
- Born in 1957: age 66 + 6 months
- Born in 1958: age 66 + 8 months
- Born in 1959: age 66 + 10 months
- Born in 1960 or later: age 67

**Age 70:** If you hold off taking Social Security retirement benefits until you reach age 70, you are getting your maximum potential in Social Security benefits. There is no additional benefit if you hold off past age 70.

**Age 73 or 75:** Required minimum distribution (RMD) age. This means you must start taking distributions from most of your retirement accounts including IRAs. The RMD is calculated on an annual basis. Your RMD age will depend on the year you were born. Current RMD age is age 73; however, the RMD age is set to increase to age 75 in year 2033. ■

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## MEMORY CARE respite stays can benefit both seniors and their caregivers

Caring for seniors with memory loss is a significant responsibility that can take a toll on your physical, emotional and financial well-being. The stress, exhaustion and personal illnesses that often accompany caregiving can be overwhelming. AARP reports there are approximately 53 million unpaid caregivers in the United States providing care for individuals over the age of 50. It is crucial to recognize the importance of seeking relief as a caregiver to maintain your own health and well-being.



Respite care in a memory care community is a short-term care solution designed to provide relief to primary caregivers. It offers an opportunity for caregivers to take a break, attend to other responsibilities, or simply recharge themselves.

### Respite care not only benefits those with memory loss but also caregivers and families in several ways:

- **Peace of mind:** Knowing your loved one with memory loss is in a safe and secure environment and receiving quality care allows you to rest or attend to other responsibilities without constant worry.
- **Relaxation:** Caregiving often leaves little time for personal relaxation. Respite care provides the freedom to take a break and focus on self-care.
- **Social interaction:** Caregiving can be isolating, leaving little time for activities and socializing. It's difficult to prioritize your own needs when you're worried about your loved one with memory loss. Respite care gives caregivers an opportunity to engage with friends and enjoy social interactions they may have missed due to their commitments.
- **Revitalization:** Respite care allows caregivers to recharge without the weight of their obligations and to rediscover their own passions and interests.

### Seniors with memory loss also benefit from respite care in several ways.

- **Change of pace:** Respite care offers seniors the chance to meet new people and a break from their daily routine, providing new experiences and activities that can rejuvenate their spirits.
- **Exploring community living:** Respite care allows seniors to experience the benefits of a community residence, providing a glimpse into potential long-term living arrangements.

If respite care is an intriguing option for you, seek out more information from a memory care community. These communities offer a professional and experienced staff dedicated to ensuring your loved ones receive the care and attention they need during their stay. Senior communities understand the importance of providing a safe and supportive environment that meets the needs of both seniors and their caregivers. They offer specifically trained and experienced staff who are well-equipped to take care of day-to-day personal care needs including helping with bathing, dressing, medication management and much more. ■

Information provided by Katie Salinas, Memory Care Manager, The Homestead at Holland Farms Senior Living, 2800 Sunset Drive, Norwalk, 515-981-1888, [www.HollandFarmsLiving.com](http://www.HollandFarmsLiving.com).



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## Norwalk Farmers Market

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Norwalk Farmers Market is every Friday in the Norwalk Christian Church's parking lot. You can find locally grown in-season produce; homemade jams, dips and dressing mixes; enchiladas, breads and baked goods; crafts; Norwalk honey; 3D printed art; eggs; food vendors and so much more. Come out with your family and friends to support small local businesses.



## Preserve the Taste of Summer: Salsa Making

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## Iowa Master Conservationist Program

Tuesday, Aug. 29 - Tuesday, Oct. 10

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

Iowa State University Extension and Outreach will offer the Iowa Master Conservationist Program, which provides participants with hands-on interaction with the diversity of the state's natural resources. The program teaches about Iowa's natural ecosystems and the diversity of conservation challenges and opportunities that exist in the region. Graduates of the course learn to make informed choices for leading and educating others to improve conservation in Iowa.

The program consists of approximately 12 hours of online curriculum and seven face-to-face meetings. The online modules will include lessons and resources by Iowa State subject-matter experts to be reviewed at the participants' own pace at home or at the ISU Extension and Outreach Warren County office. Module topics include conservation history and science, understanding Iowa ecosystems, implementing conservation practices in human-dominated landscapes and developing skills to help educate others about conservation practices. Experts from local organizations such as USDA/NRCS, Warren County Conservation, DNR and IDALS will be leading the face-to-face meetings.

Registration for the course is \$75 and is due at the time of registration. To register, contact the ISU Extension and Outreach Warren County office at 515-961-6237 or [bcecot@iastate.edu](mailto:bcecot@iastate.edu). The deadline to register is Friday, Aug. 18 with a maximum of 15 participants. ■

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# NORWALK Women's Connection kicks off

Group is extension of national organization.

This past July, the Norwalk Women's Connection held its first event at the Luana Savings Bank community room.

Sixty-one women attended the inaugural session, which included light-hearted entertainment, a meal, hostess gifts, and a message from Angie Halblom, owner of Beautiful Reflections Salon Studio of Norwalk, who shared a transparent and relevant story from her life.

"Two needs lie deep within a woman's heart: friendship with other women and to find their purpose in life," shares Bev Juhl, chair for Norwalk Women's Connection.

She adds that the purpose of the group is to reach women with this powerful message, which ultimately impacts the entire community.

For 85 years, Women's Connection groups, which are a branch of Stonecroft, a 501(c)(3) non-denominational nonprofit organization, have remained strong, even amidst changing times and generational interests, and continue to stand on their foundation of prayer and commitment to their motto to meet women "where they are and as they are."

"Through Stonecroft Women's Connection groups, there is a rich history of inspiring and equipping women to reach others with a message of hope through Jesus Christ," Juhl explains.

Each month, the Norwalk Women's Connection group will aim to support and include Norwalk businesses for feature presentations and to seek out Norwalk artistic talents to complement these events.

Promising to deliver a delightful experience, Norwalk Women's Connection will meet on the third week of every month from 6:30-8 p.m. at Luana Savings Bank.

The August event is planned for Tuesday, Aug. 15, and will feature speaker Joyce Poggensee from Harlan, who will share about what each child can teach parents. Nikki Huetter of Bellflower Florist & Gifts will also share handmade floral arrangements and ideas.

For reservations to the event, contact Mary Lou Gray at 515-360-4926 or lgray@toast2.net by Aug. 11. ■



Guest speaker Karen Anderson; Bev Juhl, Chair, Norwalk; and Karen Langstraat, Indianola, Stonecroft State Representative, were at the kick off for Norwalk Women's Connection.

# MEDICAP celebrates re-grand opening

Medicap Pharmacy of Norwalk celebrated its re-grand opening in its new space with a celebration Aug. 4. The independent pharmacy relocated in May and is now established in a brand-new building.

Pharmacy Manager Adam Zimbeck, Pharm D, says she is proud to continue serving an enhanced level of care to the community by offering free local delivery, immunizations, compliance solutions, mom and baby care, and an extended line of durable medical equipment. The Medicap Pharmacy team is happy to be part of the community and is looking forward to continuing to serve the community in their brand-new building, she says. ■

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## PTO enhances offerings

Funds raised go toward a variety of projects.

The Norwalk Elementary PTO was created over a decade ago by a group of parents and educators who saw a need at the Norwalk Community School District elementary schools. The PTO currently supports three elementary schools in Norwalk: Oviatt Elementary School, Orchard Hills Elementary School and Lakewood Elementary School. The goal of the PTO is to help improve each school's environment by providing volunteer and financial support, assisting teachers and students in furthering their school's education and development goals, and fostering a spirit of cooperation between the parents and the schools.



The PTO funds Warrior Dash, a fun event with activities for each grade level and a T-shirt.

"Being a part of PTO is incredibly rewarding. There are several times throughout the school year that we get to be a part of an event that would not have happened without us. It's humbling and uplifting at the same time. To see our community support our schools so strongly and tangibly and then to see the complete joy and gratitude from kids and staff is something really special," said a statement from the Norwalk Elementary PTO.

With local community support, the Norwalk Elementary PTO is able to help fund field trips, playground equipment, rewards, classroom supplies, meals for staff during conferences, and more. One of the PTO's largest fundraisers each year is Warrior Dash. In celebration of the funds raised, an event is held at each school with activities tailored towards each age group. Every student and staff member also receives a free spirit shirt.

In addition, the PTO recently started a new event called Warrior Reads. For this event, the PTO partners with each school's librarian in order to challenge students to read more and to read a variety of books. Through fundraised dollars, the PTO puts new books into the classrooms and school libraries each year.

"Fundraisers like these allowed us to purchase big items such as Oviatt's newest playground, Orchard Hills' book vending machine, and Lakewood's new window graphics. We also sponsor field days, special treats like Tro Sno, and guest speakers throughout the school year. In addition, PTO funds ongoing needs such as classroom supplies to support and enhance learning," the statement said.

The Norwalk Elementary PTO currently has five executive board members, five committee chairs, and more than 50 members. Its board and committee chairs are responsible for leading events and fundraising while members help make events happen and offer volunteer support.

Joining the Norwalk Elementary PTO is simple. Anyone who has a student, is a teacher, or is a staff member at one of the Norwalk elementary schools can become a member.

"Our PTO welcomes everyone. It is a great opportunity to meet and feel connected to other parents, our community and our schools. We all share the common desire to make our schools the best possible place for our kids to learn and thrive, so working together comes easily. It is fun to get to know everyone's talents and connections and put them to work toward PTO goals." ■





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# LENGTHEN the life of your hearing devices

Electronic devices — including computers, cellphones and hearing aids — are highly sensitive to moisture. Approximately 98% of hearing aids contain moisture. Moisture is one of the leading causes of hearing aid malfunctions. New drying technology and moisture management offer a solution.



temperature and relative humidity increase, perspiration tends to increase as well. Skin, which helps regulate body temperature through sweating, surrounds hearing aids inside the ear canal and behind the ear. Although these devices are increasingly water resistant, no hearing aid is entirely waterproof.

## Effects of moisture on device performance

Moisture reduces the sound quality of hearing aids, including volume and clarity. As little as 1/100th of a drop of water can decrease volume by up to 30 decibels. The clarity of sound degrades and becomes muffled and dull. Static or distortion may also occur. Consistent exposure to moisture can lead to corrosion inside the hearing aid.

## Why Redux?

Redux is a professional drying and moisture-removal system for hearing devices. Unlike personal drying solutions, this system quickly

and effectively removes all moisture from both rechargeable and non-rechargeable hearing aids. The average Redux treatment length is six to eight minutes per device. Each treatment provides a measurement of the amount of moisture removed from a device.

Based on nearly 20,000 drying treatments, hearing health care providers reported the following outcomes:

- 50% of “dead” devices were revived.
- 83% of “weak” devices improved.
- 80% of “good” devices improved.
- 98% of treatments removed moisture.

Preventative moisture removal helps maintain proper function and prevents expensive hearing aid repairs. To inquire about Redux and services, contact your local audiologist. ■

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).

## WHY REDUX?

- **98% of hearing aids** contain moisture
- **Moisture reduces sound quality**, including volume and clarity
- **Moisture** can lead to expensive repairs



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## HEALTH

By Dr. Maureen Winslow

## SPORTS related dental injuries

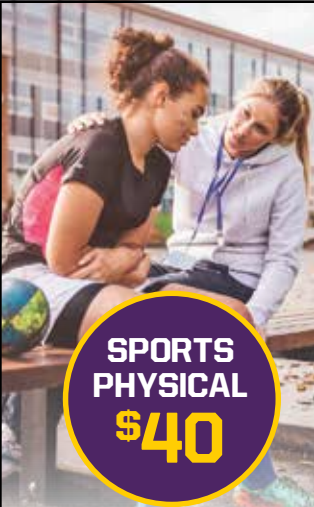
Hockey players are often depicted in a magazine or comic with missing front teeth. We accept that imagery because hockey is notoriously physical and a fistfight breaking out is common. However, dental injuries come in a variety of sports, including: basketball, football, baseball, soccer, rugby, martial arts and wrestling. Athletic mouth guards protect teeth from injury and do not significantly affect speech or ventilation if properly fitted.



The most common dental sports injuries are fractured teeth, lacerations of the mouth and lips, and knocking a tooth out completely. The cost of replacing a single lost tooth over a lifetime can range from \$5,000 to \$20,000. Wearing an athletic mouth guard during contact sports can protect soft tissues from laceration and prevent fracture of teeth and jaws by acting as a shock absorber. Even excessive clenching during non-contact sports like crossfit or powerlifting can cause teeth to crack and break.

Ultimately, we recommend athletes wear a sports mouth guard to protect their teeth in any sport. They can be inexpensively purchased over the counter, and this type may be recommended for children who haven't lost all their baby teeth yet. For adults and older teenagers, we recommend seeing your dentist for a custom fit mouth guard. Custom fit mouth guards allow for easier breathing and comfort, resulting in better compliance. ■

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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## HEALTH

By Dr. Jesse Stumbaugh

## DECREASE sports injuries

The old adage, "No pain, no gain," might be hurting your child's athletic career more than what you might think. According to the U.S. Centers for Disease Control (CDC), participation in organized sports is on the rise. Nearly 30 million children and adolescents participate in youth sports in the United States. This increase in play has led to some other startling statistics about injuries among America's young athletes:



1. High school athletes account for an estimated 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations each year.
2. More than 3.5 million kids younger than age 14 receive medical treatment for sports injuries each year.
3. Overuse injuries are responsible for nearly half of all sports injuries to middle and high school students.
4. According to the CDC, more than half of all sports injuries in children are preventable.

Chiropractic care has been shown to decrease injuries and provide faster recovery time when compared to injuries treated only with physical therapy. Many chiropractors are experts at the treatment and prevention of sports injuries. If you or your child is experiencing pain, call a chiropractor today to schedule your consultation to get you back into the game. ■

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.



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**2. Anxiety and depression:** CBD displays anxiolytic effects, making it beneficial for individuals with generalized anxiety disorder. THC shows potential as an antidepressant, alleviating symptoms in treatment-resistant depression. The effects can vary depending on the individual and dosage.

**3. Epilepsy:** Studies have shown that CBD significantly reduces seizure frequency and improves the quality of life. Emerging research suggests that THC may also possess anticonvulsant properties.

**4. Neuroprotection:** CBD has shown promise in slowing the progression of conditions like Alzheimer's and Parkinson's disease. THC has been found to protect brain cells, potentially offering benefits in neuroprotection as well.

**5. Cancer symptom management:** CBD and THC have demonstrated the ability to alleviate cancer-related symptoms in reducing pain and improving sleep. ■

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. References: A Balanced Approach for Cannabidiol Use in Chronic Pain. Frontiers in pharmacology. <https://doi.org/10.3389/fphar.2020.00561>. <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/medical-marijuana/art-20137855>





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## ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), 515-528-8135.

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## LEGAL

By Ken Winjum

# WHAT IS a civil jury trial?

We often hear about famous jury trials involving celebrities or other people in the news. Sometimes the glitter of the people involved takes the spotlight and gives an impression that there is some magical function in the trial of a given case.

In reality, a lawsuit (or action) is simply a method by which parties with a disagreement are able to have their interests determined by a neutral factfinder. In the civil court system, the factfinder is generally a jury.

United States jurisprudence has a long history of preferring that such decisions be made by a jury. The seventh amendment to the United States Constitution provides that, in suits at common law, the right to trial by jury shall be preserved.

Iowa has its own constitutional language in Article I §9 which provides that the right of trial by jury shall remain inviolate. The state constitution does allow trial by jury of a fewer number than 12 jurors in inferior courts.

Currently, most civil cases are heard by eight jurors (as opposed to 12 in criminal cases). A trial is simply a judicial examination of issues in an action, whether of law or fact.

The judge generally decides the legal questions, and the jury determines the facts based on the evidence. These facts may include fault, causation, damages and other issues. Long ago, our founders recognized the importance of citizens being at the center of making these important decisions. The jury system is an American tradition. ■



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

# WEEDS, weeds, weeds

Unfortunately, weeds in your lawn are just like weeds in your garden or flowerbeds. They continue to germinate throughout the growing season, which can affect the looks of your lawn. Repeat applications are often necessary to keep weeds at bay throughout the year. Here are some of the usual offenders:

- **Crabgrass/Foxtail:** These annual weeds are normally controlled best by a pre-emergent application. A lawn care professional has access to superior post-emergent products that can provide some control if it has become a problem in your lawn.

- **Yellow Nutsedge:** Though not a true broadleaf weed, this weed can become prevalent in your lawn if the right growing conditions exist. This plant has a slightly yellowish-green appearance in a spikelet form that usually grows faster than your grass. At the base of the plant, the stem forms a three-sided triangle that you can feel. It can be controlled with special products. Always check to see if there is an additional charge.

Oxalis, Spurge, and other broadleaf weeds, fortunately, can be controlled. Control can be slow if it is extremely hot or dry. The broadleaf weed control products used to provide control work best when the weeds are actively growing.

Consult with a lawn care professional or nursery specialist about how to eliminate these weeds from your lawn. ■



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# BE THANKFUL for basements

In central Iowa, basements are so ubiquitous, we take them for granted. Oh sure, we appreciate them for added living space, storage and a place to go when tornados are nearby, but otherwise they don't get much praise.



If you are like me and have lived here all your life, you may not realize that basements are rare in most parts of the United States. Homes in colder areas like Iowa, where building codes normally require foundations to be built below the frost line, are predominately constructed with full or partial basements. A warmer climate makes building on a slab more cost-effective. It can also be very costly to have a basement where the soil is shallow over rock.

According to the National Association of Home Builders Survey of Construction in the U.S., 65% of all new single-family homes started in 2020 were built on slab foundations, followed by 22% with a full/partial basement, and 12% with a crawl space. The number of

homes built with a full or partial basement is in decline. In 2000, nearly 40% of homes built had basements. In Central Iowa, it is a different story. According to the Des Moines Area Association of REALTORS, of all new construction homes sold in 2022, 90% had basements and 10% were built on slabs.

So, what is the purpose of basements? Originally, a cellar was an ideal place to store perishables, like vegetables. Basements have a more even temperature than above-grade living areas. They will be cooler in the summer and warmer in the winter. Over time, cellars became basements, but were still mostly utilitarian. When I was growing up in the 1960s, the ceilings were typically low, and they were dark and dreary places. Now, basements are considered the lower level, being just as nice as above-grade living areas with high ceilings, lots of light with daylight windows and even walk-outs.

Construction techniques have improved over the years, and basements are dryer than before. The use of poured foundations, tiling, sump pumps, and better roof gutter systems

help make basements less likely to leak or flood. Improvements in heating and cooling systems have made the below-ground areas quite comfortable.

I don't think Iowans will give up basements any time soon, especially after a conversation I had with my good friend Sophie and her two cousins, who I saw at the Fridays at the Farm in Cumming recently. Sophie's cousins live in Oklahoma and were in Norwalk with their parents staying at her house. They sounded like they were really enjoying their time here, so I asked, "What is the coolest thing about Iowa?" "Basements!" was the answer. I replied with, "Basements?" They informed me that they don't have basements in Oklahoma, so to be in a house with a basement was really cool for my new Oklahoman friends.

Be thankful for your basement this summer. Many of our friends across the country don't get to enjoy them. ■

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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# INVEST in your professional development

When it comes to investing in your professional development, finding opportunities can be challenging yet essential to career growth and success. The chamber is a great resource for those looking to gain leadership experience, engage with their community, serve on committees, network with others (including community and business leaders), and learn about a range of business-focused topics. In addition to joining your local chamber, here are some of my favorite ways to invest in yourself professionally.



workshops and seminars can expose you to the latest trends and best practices in your field. I recommend the annual Leadership Institute through Warren County Economic Development. This eight-session series covers topics like project management, fundraising, and DEI and is taught by local leaders who are familiar with the unique strengths and challenges of our community.

• **Invest time in webinars and podcasts:**

In addition to attending workshops and events, consider exploring webinars and podcasts related to your industry or areas of interest. These resources often feature experts sharing valuable insights, tips and strategies.

• **Establish a mentorship:** Having a mentor can be invaluable for your professional growth. They can offer guidance, insights and career advice based on their own experiences. Finding a mentor among your colleagues, bosses, coaches or admired professionals can provide you with personalized support on your career journey.

• **Read:** Books and online resources are treasure troves of knowledge. Seek out books, articles and online recommendations related to your industry or areas of interest.

• **Attend networking events:** Build connections with other professionals through networking events and conferences. This can lead to new opportunities, provide valuable insights into industries outside your own, and help you build a referral base.

• **Set goals:** Regularly take time to reflect on your career goals and progress. Set specific and measurable objectives for your professional development and track your achievements. Seek out constructive criticism from your peers and superiors to help you identify areas for improvement.

Investing in your professional development is an ongoing journey. Embrace a growth mindset and actively seek ways to expand your knowledge and skill set. A combination of continuous learning, networking and persistence will contribute to achieving your career goals and overall professional success. If you're interested in learning how the chamber can help you reach your goals, please email me at [info@norwalkchamber.org](mailto:info@norwalkchamber.org). ■

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

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## Connecting Community to Business



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## OUT & ABOUT

# RESIDENTS' Choice

Favorites in the Residents' Choice Awards were presented their certificates.



Groomer Tessa, owner Lex, owner Casey, groomer Chastidy, daycare Thomas, and groomer Cole of Amore Pets



Fr. Dan Kirby, St. John the Apostle Catholic Church



Gary Burton, Gregg Young Chevrolet of Norwalk



Nikki Huetter, BellFower



Jan Reece, Wendy's Ice Cream



Cole Poots, Kim Bassett and Danielle McManus, Anytime Fitness



Matt Papiani, Colten Harringa, Bud Bohannon and Shelby Lilly, O'Reilly Auto Parts



Nick Grimoskas, Rock Vally Physical Therapy



Rick Bedwell, Bedwell Gardens



Craig Choate, Fareway



Jon Niemeyer, Exit Real Estate



# RESIDENTS' Choice

Favorites in the Residents' Choice Awards were presented their certificates.



Dr. Kelly Cook, Iowa Hearing Center



Jordan Johnson, Little Children's Boutique



Robert Wilke, Middlebrook Mercantile



Abbi Garling, A/G Abbi Garling Portrait Studio



Ronda Montgomery, UnityPoint Clinic - Norwalk



Adam Warren, Warren Lawn Services



Cindy Gavin and Jill Larsen, Crayons 2 Pencils Early Learning Center



Sam Sorenson - State Farm



Melissa Petersen, Ted, Jean and Keegan Lare, Ted Lare Design Build & Garden Center



Alex Arpy and Tricia Wittry, Optometric Associates



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Empaque 1er Turno	\$16.50	7am–3:45pm
Empaque 2do Turno	\$17.50	3:30–12:30am
Saneamiento 3er Turno	\$19.00	11pm–7:30am

## OPEN INTERVIEWS!

**EVERY WEDNESDAY FROM 10AM-4PM**

*Entrevistas abiertas miercoles 10PM-4PM*

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