

NORWALK

SEPTEMBER 2023

# Living

MAGAZINE

## Making a house *a home*

Residents share their home  
improvement experiences

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WELCOME

## BACK TO the project list

Days are getting shorter. Nights are getting cooler. And the home improvement project list keeps getting longer.

Sound familiar?

Well, the "I-will-get-to-it-after-summer" excuse won't work much longer, as the fall season approaches. The real trick is to start and finish these projects before the holiday season arrives. Unfortunately, we all only have 24 hours in a day, and other tasks and responsibilities often take priority. As such, we need to turn to local professionals to do the jobs right. You are in luck, as we once again are offering ideas and solutions from businesses and contractors that may help push your projects along.

We are here to help with another issue featuring the home improvement stories packed with examples of what area residents have done to spruce up their properties.

If you are one of the fortunate ones who have your projects completed and would like to be featured in an upcoming issue, please send me a note. We would enjoy sharing your successes, too.

Thanks for reading, and good luck on those fall projects. ■



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# Making a house *a home*

Residents share their home  
improvement experiences

By Chantel Boyd

Ever think how much nicer it would be to sit in your comfy chair in the evening if only your living room weren't drab — and you didn't have orange shag carpet? Or imagine stepping into a roomy shower instead of that tiny pink bathtub like the one in Grandma's house? Or dream of a laundry room on the main floor instead of in the musty basement? Or maybe turning that basement into a family room and entertainment hub? Residents with similar dreams decided it was time to make some changes, and they share their home improvement experiences to inspire others.

Emily Campos had been working in an unpleasant, unfinished basement. Now the basement features modern and comfortable work spaces for her and her husband, Cameron.



## FEATURE

### Bathroom overhaul

When Scott Kern moved into his Norwalk home in 2018, the bathroom needed to be updated. It was cramped and dingy. Five years later, he was ready to get the job done.

"It was time for an upgrade," he says.

Outdated finishes and lack of space were his main concerns, so Scott found a handyman to help him refinish his bathroom from top to bottom.

While a bathroom renovation may be more minor than others, like a kitchen or complete basement, the impact can be significant.

"It's not quite as big a job as others I've done, but I did it from start to finish, and the results looked awesome," said Ethan Carpenter, the owner of Carpenter Handyman Services, who completed the

renovation for Scott.

Scott chose a modern aesthetic.

"Neutral colors work well with anything, so I thought a blue-ish gray would look nice with a light gray vinyl plank



**BEFORE**

While Scott Kern's bathroom remodel did not enlarge the room's footprint, it did make the previously drab space seem larger and gave it into a modern, fresh look.



**BEFORE**



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## FEATURE



AFTER



AFTER

Modern flooring, paint colors and a pedestal sink transformed Scott Kern's bathroom.



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flooring,” he says.

Ethan chose the vinyl flooring from the selection at Menards.

“It was a great find,” he says. “It looks more like tile and is really high quality.”

Scott says he is pleased that the bathroom seems much larger even without an increased footprint.

“There is way more space in the bathroom now with the pedestal vanity, as the previous vanity was taking up too much room,” he says.

The job was a complete overhaul of the bathroom. Ethan ripped everything out and started with all new materials and fixtures. The result was a drastic change to the room.

“It’s a small half bath, but it just really pops,” says Ethan. “That’s why I love doing projects like this from start to finish. It allows me to see the finished product and the smiles of the homeowners.”

Ethan advises, if you are interested in taking on a renovation, find people you can count on.

“Always make sure you trust your contractor,” he says. “Find a trustworthy, knowledgeable contractor who communicates, is honest about the costs involved, and shows

up when he says he will — and is ready to work. It will make the entire project seem much smoother.”

Once you select the contractor, Ethan suggests considering the finishes.

“Think through the colors and textures you want in a space,” he says. “You’ll see it often, so you want to be able to live with the decisions you make.”

Ethan also suggests spending money on the things that matter most.

“High-quality flooring and good paint are always good investments,” he says.

Prior to Scott’s bathroom renovation, the oversized, bulky vanity was built into the nook of the wall and closed in the space. The outdated trim, doors and floors made it dark and uninviting. The bland, builder-grade finishes with stencil painting pretending to be wallpaper alongside the dark linoleum floors were off-putting.

Now, the pedestal sink, the elongated oval mirror above, the white trim, the soothing wall color, and the light gray flooring make the bathroom feel relaxing and inviting.



The Campos family has more room since finishing their basement.

## Finished basement completes home

Cameron Campos and his wife, Emily, have lived in Norwalk since 2013. With the couple working out of their home, they needed more style and functionality in their basement. Both are employed in real estate and primarily work from their home offices. Emily also runs a side

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## FEATURE



### BEFORE

Cameron and Emily Campos were using space in their unfinished basement when they decided it was time to remodel it to fit their needs.

business called Campos Crafts out of their home, selling custom apparel and décor.

"Her office was in our cold, unfinished basement for the longest time. We decided to invest in our home to finish the space but wanted to do a little more than just a basic finish," says Cameron.

Because the couple are in the real estate business, they know many area builders and contractors.

"We called Brenner Built, who is known for their style and quality," says Cameron.

The basement buildout completed the Campos' home, he says.

"We wanted to add a fully functioning secondary living area, a full bathroom, and another full bedroom, which Emily could use primarily as her workspace," he says.

"Emily and I had a vision of what we wanted as far as style and feel for the project, and the builder listened to us, as well as provided great insight and recommendations and brought our vision to life."

Cameron and Emily wanted the finished product to look different from a basement.

"We wanted it bright and to have a modern chic farmhouse vibe. For the living area, we wanted to add a second fireplace to our home surrounded by built-in cabinets and floating shelves," says Cameron.

For her workspace, Emily wanted dual closets and a large doorway in the center of the room so it could feel open to the living space.



### BEFORE



### AFTER

The stairs into the finished basement are now bright and inviting into their newly remodeled space.



## FEATURE



**AFTER**

Emily Campos now has a functional and chic work space in the finished basement.

“We added sliding barn doors to close this space off if needed,” says Cameron, “The builder also added lots of power outlets for all her equipment.”

Brenner Built had a list of vendors they work with regularly.

“Brenner partnered with us on our selections for the products chosen,” says Cameron. “We had lots of help to ensure we got exactly what we wanted.”

The Campos have added nearly 1,000

square feet of finished space to their home and use it daily. Emily’s workspace is much more functional now, and the couple can relax in the new living area after the kids go to bed. They also have a workout space.

“The investment added square footage with quality finishes in the living space, additional bedroom and bathroom,” says Cameron. “This gained us additional resale value and equity in our home with nearly 100% return on

investment in resale value.

“Fortunately, Emily and I both work in real estate and have a good idea of projects and renovations with a good return on investment,” he adds. “Not all renovations have the same ROI, so my advice is that it might be worth asking a trusted real estate professional for opinions on what projects will generate a good ROI. I’ve seen many people spend a lot of money on projects and home upgrades they thought they could recoup when selling.” ■



**AFTER**

The new living area in their basement provides Cameron and Emily Campos a relaxing space for the family.

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## FALL SCHEDULE 2023

### VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:30PM	Carlisle	Carlisle High School
Sep 1	7:00PM	Indianola	Norwalk High School
Sep 8	7:30PM	Newton	Newton HA Lynn Stadium
Sep 15	7:00PM	Adel DeSoto Minburn	ADM High School
Sep 22	7:00PM	Winterset	Norwalk High School
Sep 29	7:00PM	Dallas Center-Grimes HS	DCG Stadium
Oct 6	7:00PM	Council Bluffs	Norwalk High School
Oct 13	7:00PM	Lewis Central	Norwalk High School
Oct 20	7:00PM	Glenwood	Glenwood High School

### VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 22	7:30PM	Bondurant-Farrar	Bondurant-Farrar Junior High School
Aug 24	5:00PM	Multiple Schools	Southeast Polk High School
Aug 26	9:00AM	Multiple Schools	Ankeny Centennial High School
Aug 29	7:30PM	Oskaloosa	Norwalk High School
Aug 31	4:30PM	Multiple Schools	ADM High School
Sep 5	7:30PM	Indianola	Norwalk High School
Sep 12	7:15PM	Newton	Newton High School
Sep 16	8:30AM	Multiple Schools	Waukee High School
Sep 19	7:15PM	Pella	Pella High School
Sep 23	8:30AM	Multiple Schools	Nevada High School
Sep 26	7:30PM	Pella Christian	Norwalk High School
Oct 3	7:30PM	Dallas Center-Grimes HS	Norwalk High School
Oct 12	TBD	LHC Tournament	Norwalk High School
Oct 14	9:00AM	Multiple Schools	Winterset High School

### JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 28	6:00PM	Carlisle	Norwalk High School
Sep 4	6:00PM	Indianola	Indianola High School
Sep 11	6:00PM	Newton	Norwalk High School
Sep 18	6:00PM	Adel DeSoto Minburn	Norwalk High School
Sep 25	6:00PM	Winterset	Winterset High School
Oct 2	6:00PM	Dallas Center-Grimes HS	Norwalk High School
Oct 9	6:00PM	Johnston	Johnston High School
Oct 16	6:00PM	Lewis Central	Lewis Central High School

### JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 22	5:15PM	Bondurant-Farrar	Bondurant-Farrar Junior High School
Aug 29	6:15PM	Oskaloosa	Norwalk High School
Sep 5	6:15PM	Indianola	Norwalk High School
Sep 7	5:00PM	Carlisle	Carlisle High School
Sep 12	5:30PM	Newton	Newton High School
Sep 19	5:30PM	Pella	Pella High School
Sep 23	8:30AM	Multiple Schools	Indianola Middle School
Sep 26	6:15PM	Pella Christian	Norwalk High School
Sep 28	5:00PM	Carlisle	Norwalk High School
Oct 3	6:15PM	Dallas Center-Grimes HS	Norwalk High School
Oct 7	TBD	Multiple Schools	Waukee High School

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## VARSITY BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 28	4:00PM	Ames	ISU Cross Country Course
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 12	6:05PM	Multiple Schools	Valley Southwoods Freshman HS
Sep 16	11:00AM	Pella	Central College
Sep 22	TBD	Griak Invitational	Les Bolstad Golf Course
Sep 30	TBD	Wartburg College	Wartburg Max Cross Country Course
Oct 5	4:00PM	Fort Dodge	Lakeside Municipal Golf Course

## VARSITY GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 28	4:00PM	Ames	ISU Cross Country Course
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 12	5:45PM	Multiple Schools	Valley Southwoods Freshman HS
Sep 16	9:00AM	Pella	Central College
Sep 22	TBD	Griak Invitational	Les Bolstad Golf Course
Sep 30	TBD	Wartburg College	Wartburg Max Cross Country Course
Oct 5	4:00PM	Fort Dodge	Lakeside Municipal Golf Course



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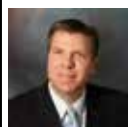
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# THIS MEDICARE step could save you money

Whether this is your first year on Medicare or you've been on it for several years, you should look at your plan each year.

Revisiting your coverage and supplements could save you money and prevent surprises when you visit the doctor or pick up a prescription.

The Medicare Annual Enrollment Period runs from Oct. 15 to Dec. 7. That's when you can join, drop or switch to another supplement plan or add or drop drug coverage.

I know what you might think: "I like my current coverage; no change needed." That may be true. But each insurance carrier frequently renegotiates provider contracts, which can ultimately change the terms of your supplement plans — impacting premiums, copays, deductibles and covered services plus the ancillary benefits like x-rays, prosthetic devices and physical therapy. Carriers can add and drop benefits like gym memberships, chiropractic visits, and meal deliveries to and from plans. That's why it's a good idea to review your providers, your prescriptions and your pharmacy each year to ensure your preferences are still covered.

Some of the most heartbreaking stories I've heard are when someone



goes to the pharmacy to pick up medication and finds out it's no longer covered or has changed. That's when out-of-pocket costs can skyrocket, and the medicine can cost hundreds more than the last time they went to the pharmacy.

During the annual enrollment period last year, I ran the numbers for one of the individuals we work with and found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at their in-network pharmacy and \$1,117.80 at one that was not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine and the reason I run the numbers for them before making any changes.

You can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G) during annual enrollment. You can also move from one Advantage Plan to another or from one prescription drug plan to another.

There is a lot of information out there about Medicare, and the choices can feel overwhelming. A professional can help people make sense of it all, while helping them coordinate their Medicare decisions with the other aspects of their retirement plan, so every decision is made with their retirement vision in mind. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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Scheduling regular preventive maintenance for your furnace and air conditioner can improve the lifetime of these units by up to 48% and prevent yearly losses of up to 15% in heating and cooling efficiency.

## What is HVAC preventative maintenance?

**Heating maintenance:** Just before or during heating season, a heating maintenance check should include an inspection, thorough cleaning, and testing of your heating system(s). During this visit, your HVAC technician will check and replace your furnace filter, if necessary, inspect your heater's exterior and ventilation system for signs of wear, and perform any necessary repairs. Next, the interior components of the system(s) will be cleaned and inspected for signs



of wear or damage. The power consumed by your system(s) and electrical components will be measured to check for unnecessary power usage. The thermostat will also be checked, cleaned and calibrated. The heating systems will be turned on and monitored during function to ensure each component is performing properly. Additionally, your HVAC technician will test for carbon monoxide leaks and ensure all ventilation and piping is clean.

**Cooling maintenance:** A maintenance check before or during cooling season should consist of a thorough examination and cleaning of your home's cooling system(s) to ensure optimum operation. Your technician will check both the indoor and outdoor components of your cooling system, including all internal parts, motors and belts. The system's coolant levels will be measured, and lost coolant replaced if necessary. Your technician will check the circuits, safety controls, drain line, condensate pump, all caps and valves, and, of course, make sure there is a clean filter. Electrical components will be inspected for signs of wear or damage

and replaced to prevent sparking or failure. Your thermostat will be inspected and cleaned or calibrated if necessary for more efficient cooling.

**Why is HVAC seasonal maintenance so important?** Is the cost of maintenance worth it? You should consider that some benefits of regular maintenance are immediate while others prevent future problems from developing. Some of the most prominent benefits include: fewer repairs will be needed, your systems will last longer, lower utility bills from improved efficiency, improved safety for the entire family, and better indoor air quality.

**When is the right time for HVAC seasonal maintenance?** Seasonal maintenance is highly recommended for all residential HVAC systems. By scheduling for routine maintenance twice a year, in the fall for heating and the spring for cooling, you will be able to avoid costly repairs and be prepared for future parts replacements or future system replacements before they become urgent. ■

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

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# I KNOW I should have life insurance, but...

## Answers to common roadblocks

Fifty percent of U.S. households (58 million) say they need more life insurance. However, only 8% of consumers say they are very/extremely likely to purchase life insurance in the next year.

Life insurance can protect your loved ones from many kinds of financial hardship upon your death. It can also provide benefits while you're living. What's holding you back?

• **I can't afford it.** How much would you estimate a 20-year \$250,000 level term life insurance policy for a healthy 30-year-old male to cost? When LIMRA asked consumers this question, they often estimated about \$400. The actual cost is roughly \$167 per year. Life insurance doesn't have to be expensive. A term life policy can offer affordable protection for a set length of time, typically 15, 20 or 30 years.

• **I just haven't gotten around to it.** It's often a life event that prompts consumers to purchase life insurance — marriage, new baby, buying a house, etc. If you've recently experienced a significant life event, make time to purchase life insurance. If you already own a policy, it's also a good idea to review and make necessary adjustments. A simple conversation with your agent can help you adjust to your new



change with the peace of mind that your loved ones are protected if the unexpected were to happen.

• **I don't think I'll qualify because of my health.** When it comes to life insurance, your health does play a role in the options and availability. However, there are some policies that do not require a health exam. Before discounting yourself, talk to your agent about what options may exist for you.

• **I'm young and healthy and don't think it's really important right now.** Disposable income can be limited when you're young, making a life insurance policy seem like an unneeded expense. But did you know rates are lowest when you're young and healthy? Securing a policy while you're young can save you money on premiums later in life and keep you protected.

The reasons for purchasing a life insurance policy today are many. Don't hold back. Contact your local agent for help choosing a policy to fit your needs and your budget. ■

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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## RECIPE

# POWER weeknight family meals with pecans

*(Family Features)* Back-to-school season means many families are busier than ever, leaving less time to plan weeknight meals. While a new school year brings plenty of exciting moments, it also adds up to early mornings, long days and late evenings, making it tough to keep nutrition top-of-mind.

With new routines and jam-packed calendars, quick and easy recipes can be the solutions you need. Swapping out complicated dishes for simple dinners and make-ahead snacks allows you to make your loved ones' health a priority while also managing hectic schedules.

To help make those simple yet tasty menu additions a reality, look to a flavor favorite and nutrition powerhouse like pecans. They're the ideal nut to keep on hand to incorporate into favorite meals and after-school snacks.

Taste is just the beginning when it comes to pecans. Their nutritious punch provides a unique mix of health-promoting nutrients. Plus, they're a versatile ingredient that can shine in a wide range of flavor profiles from sweet or spicy to salty, smoky and savory.

For more back-to-school recipe inspiration, visit [EatPecans.com](http://EatPecans.com). ■

## Mac and cheese with pecan breadcrumbs

Cook time: 50 minutes

Servings: 6

- 8 ounces cavatappi pasta
- 1 teaspoon salt, plus additional for salting pasta water, to taste
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten

### DIRECTIONS

- Preheat oven to 375 F.
- Cook cavatappi in salted boiling water. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.
- Using box grater, shred cheddar cheese.
- Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.
- Add remaining cheddar cheese, ricotta,



sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.

- Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.
- Bake 30 minutes.

**Substitutions:** Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.



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

When visitors come to Iles Norwalk Chapel, seeing a friendly face, makes it easier to keep stepping forward towards a grieving family. Staff members, like funeral director, Cortney Weissenburger, have dedicated themselves to being here. They understand the many emotions people have, especially those visiting the first time. From opening a door and shaking a hand, to guiding them in the right direction, they can always see how their work helps others feel better, especially when it's needed the most.

## Norwalk Chapel

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## SENIOR LIVING

By Sadie Kuennen

# BENEFITS of downsizing

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.

Downsizing doesn't have to always be a bad thing. It can be one solution to the ever-evolving challenges faced while we age.

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.

**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.

**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.

**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%.

**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. You may be surprised by how much more freedom your life may have. ■



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).

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# HOME improvement

The theme of this issue of Norwalk Living is “Home Improvement.” When I hear that phrase, my mind tends to go immediately not to the shade of paint on your garage door or whether you should stain the back deck or not; it goes to the people in one’s home. Who doesn’t at times need to make adjustments with the relationships of the people in the home they live in — your spouse, child, parent, etc. — you know, home improvement? One of the most challenging areas of home improvement is forgiving each other. I don’t know anyone who hasn’t struggled with this home improvement challenge. One of the best ways to learn forgiveness is to watch it modeled in others. Here’s an amazing example...



A few years ago, Andrew Collins was a policeman in Benton Harbor, Michigan. One day, he was determined to throw someone — anyone — in jail, and he decided it would be Jameel McGee. Collins arrested Jameel on drug charges, but there was only one problem: McGee was innocent. It didn’t matter. Collins doctored the evidence and the charge stuck, resulting in McGee spending four long years in prison. It was devastating to McGee. In his words, “I lost everything.” Collins’ actions were eventually discovered, and he also served a year in prison. But that didn’t matter to McGee. When his time was completed, he had one thing on his mind: “To go home and hurt him.” He soon had his chance. Not long after both men were freed, they found themselves working at the same business, a small café run by a Christian ministry. McGee confronted Collins, and before he could keep his promise to himself to bring some hurt to him, Collins pleaded for forgiveness. His sincere request revealed the sign of a broken man. McGee was so moved, he no longer desired payback; all he could do was extend to Collins the forgiveness he desired. But, he went further than that. He befriended him and eventually developed a brotherly love for him. It was a love that transcended any human’s ability to manufacture. It was a love that can only come from the source and giver of all love, God himself. The Bible says in 1 John 4:8 that “God is love,” and when that love invades the human heart, even radical forgiveness is possible.

Do you need to do some home improvement by forgiving someone close to you? As they say, “You can do it” with God’s help. Let God’s love invade your own heart by receiving Jesus as your Savior and putting your faith in Him. Then share that love by doing what Jesus did for you — He forgave you even though you were unworthy to be forgiven. Yes, it’s hard work and truly impossible in and of yourself, but God’s a master at home improvement — especially the forgiving kind. ■

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

This is the first, and might be the only time I've dedicated a Mayor's Moment to one person: Ms. Judy Corcoran.

Judy moved to Norwalk in 2012 and quickly became involved in the community multiple ways. When Norwalk Hometown Pride was formed, Judy jumped in with both feet and became the secretary. When ideas were asked about how to maintain our small town feel, Judy came up with the Front Porch Norwalk events. These are held in June, July and August, bringing neighbors together all over Norwalk. Judy thought by getting to know your neighbors, we'll keep that small town feel and I think she succeeded.

Next came Norwalk Music Fest. You see, Norwalk used to have Jazz in July events in the summer. Unfortunately, Jazz in July stopped holding events, which left a hole in Norwalk's schedule of things to do during the summer. Norwalk Hometown Pride stepped up and created Norwalk Music Fest. The 2023 event was recently held in Norwalk City Park. It has always been a great event that showcases local talent in a festival environment. Judy worked tirelessly to help organize those events and wore herself out on the day of the event, but she absolutely loved seeing everyone get together and have a great time.

Judy served for five years as president of the Norwalk Easter Library Board of Trustees and was treasurer of



Tom Phillips, Mayor

the Library Foundation. She also founded the Kathryn Project, which pays the salary of a student intern at the Library. The name Kathryn was used in honor of her mother and the nine other Kathryns in her family.

The City has a Warrior of the Year award which is normally given to an employee of the city. Considering the number of organizations where Judy volunteered and the number of Norwalk residents that benefited from Judy's work, I was honored to name Judy the 2022 *Warrior of the Year*.

Judy was a staple at our monthly community chats. She was there nearly every month with a list of great questions she had picked up around the community and wanted to get answers so she could respond to each one of them. Her list of questions were impressive and it was always great to be able to sit and have a conversation with her. Judy's presence at each community chat she attended made the time fly by.

Judy was the biggest cheerleader and supporter of our community, even though, privately she was battling cancer. Judy gave her battle everything she had but ultimately could not prevail. She passed away August 13, 2023, and has left a huge hole in the hearts of many. Judy's spirit and passion for her community will be greatly missed.

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## City of Norwalk Approves Second Hotel in Two Months

The Norwalk City Council approved a development agreement with Husmann Construction, LLC for the second hotel project to take place in Norwalk, a Tru by Hilton Hotel. The first hotel project was recently approved just two months earlier by City Council for a Fairfield Inn & Suites by Marriott. A four-story Tru by Hilton Midscale hotel will be built in the new Norwalk Central development and help to serve the needs of thousands of new travelers and visitors to the Gregg Young Sports Campus at Norwalk Central, which includes the newly opened turf multi-sport Fareway Fields.

Ryan Husmann of Husmann Construction stated "We are very excited about bringing the Tru by Hilton brand to Norwalk Central and introducing travelers and sports teams to a fun and innovative lodging experience. We believe the Tru brand has everything upcoming travelers are looking for. The public spaces are creative, fun, and designed to provide active areas for people to play games, lounge, eat, and work."

Read more by scanning the QR Code! >>



## Employee spotlight



### Sgt. Andrew Reed, Police Department

Andrew Reed grew up in Oskaloosa. He graduated from Oskaloosa Senior High School followed by William Penn University. Prior to becoming a police officer, Andrew worked for Brownells in shipping and receiving and Iowa Select Farms in production accounting.

Becoming the first police officer in his family, Andrew was hired as a Norwalk Police Officer in August of 2018 and promoted to Sergeant in May of 2022.

"I enjoy working for a city that has employees and residents who are passionate about making it a better and safer place to live. In my position, I enjoy not knowing what I am going to be doing on any given day and getting the chance to help Norwalk residents every day."

Andrew and his wife, Carolyn, are raising their 2 year old son and 3 month old daughter in Norwalk. He enjoys spending time with his family, working out and walking the family dog.

## Norwalk Parks and Recreation 2023 Fall Playbook

Our 2023 Fall Playbook is now available! Adult, Senior and Youth Programming, Family Events, Facility Rentals and more.... view it today!



## LOCAL BEER. LOCAL PEOPLE.

A craft beer inspired by Norwalk is being made. Read here about the new drink!



See what happening at the public library!



## TRUNK OR TREAT

October 25, 2023 • 5-7pm

# FREE!

McAninch Sports Complex  
200 Wright Road, Norwalk

Join us for our NEW Trunk or Treat event! Norwalk city departments, local businesses, and community organizations will be at McAninch Sports Complex with decorated trunks and all your favorite goodies! Enjoy this family-friendly, fun, and safe event and don't forget to wear your Halloween costumes! **This event is FREE and all ages are welcome!!**



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Economic Development: 515-981-3606  
Parks and Recreation: 515-981-9206

## Q: WHAT is more important, counting calories or counting macros?

**A:** Honestly, it all depends on you and what you can stick to. To be transparent, I have tried to count my calories and do well for a few weeks, and then I fall off. It gets very confusing when you go to a restaurant and are trying to figure out all that is in it so you can log it. Now, some people are super good at staying consistent at counting calories. If that is you, keep going. I just haven't found that that works well for my success. Solely focusing on counting my grams of protein works better for me. A good example would be, when ordering chicken deburgo, it is easier for me to size up the chicken and know the amount of protein than try to figure out what is in the sauce and what my sides add up to. So many people are falling short on the amount of protein they need, so once you start focusing on that, you will feel a lot fuller. Both methods work for any goal you have. Whether it is maintenance, weight-loss or muscle gain, focusing on proteins or calories will help you achieve all. If you have or haven't tried logging, my goal for you is to give it a shot. It doesn't matter if you go the counting calories or proteins route, just try. Find the way that works best for you and the one you can stick to. That is all that matters. It will go a long way for your success. ■



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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## BACK to school

As many of you send your kids back to school, you may think about how fast time is moving. In the blink of an eye, many will be headed to college, so now is a good opportunity to start planning how to financially help get your children through this next stage in life.



### Tuition increases

From 2010 to 2022, college tuition increased nationally an average of a staggering 12% per year. For the 2022-2023 school year, the average price of in-state public universities did decrease if adjusted for inflation but still rose by 3.5% year over year.

### How to help pay for college

One of the most popular ways to pay for college is through 529 plans. 529 plans started in Iowa in 1998 to help give a tax benefit for saving for college. Much like the Roth IRA, dollars contributed to a 529 plan use after-tax contributions. Investments inside the 529 plan grow tax-deferred and can be withdrawn tax free if the money is used to pay for tuition, room and board, books or supplies. 529 plans can also be used for tuition expenses at K-12 public, private or religious schools. In Iowa, 2023 contributions into the Iowa 529 plan of up to \$3,785 per person, per beneficiary, are deductible in determining your adjusted gross income for Iowa income tax purposes. Married couples can therefore contribute up to \$7,570 to a 529 account for each child.

One reason some people do not like to use 529 plans is that they don't want their dollars trapped in the 529 plan if their beneficiary decides not to attend college. However, starting in 2024, beneficiaries of 529 plans may transfer the unused funds directly to a Roth IRA without penalties or recognition of taxable income. Here are the rules that apply to converting your 529 plan to a Roth IRA for your child:

1. The 529 plan must have been open for a minimum of 15 years prior to the rollover.
2. Rollover amounts cannot include any amounts contributed to the 529 plan in the preceding five-year period.
3. A maximum of \$35,000 is allowed for the tax-free rollover.
4. Annual IRA contribution limits apply. In 2023, the maximum contribution amount to the Roth IRA is \$6,500, so in order to maximize the \$35,000, you would need to complete this over a 5-year period. ■

For more information, contact Kourtne Klocko with City State Bank Trust and 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.



# TIPS for caregivers

## Promoting restful sleep for individuals with dementia

Sleep, an essential component of our overall wellbeing, eludes many individuals. Elderly individuals, especially those living with dementia, face unique challenges in achieving restful slumber. The National Sleep Foundation reveals that a significant portion of the population does not meet the recommended seven to nine hours of sleep per night. Sleep deficiency can have profound effects on health.



Sleep patterns change as we age, but the need for ample sleep persists to maintain optimal health. Additionally, research suggests a startling correlation between sleep deprivation and a 20% increase in dementia risk. Understanding the importance of sleep, especially for those with dementia, is crucial not only for their wellbeing but also for the caregivers who support them. Here are strategies to facilitate restful sleep for individuals with dementia.

### Address underlying medical conditions and evaluate medications:

Dementia sufferers might encounter sleep disturbances due to other medical conditions. Sleep apnea, characterized by interrupted breathing during sleep, or restless leg syndrome, causing discomfort in the legs, can hinder sleep. Identifying and addressing issues such as these can pave the way for improved sleep quality.

Certain medications, including those used to manage dementia, can disrupt sleep patterns. Collaborating with medical professionals to adjust medication timing or explore alternatives is crucial to mitigate any adverse effects on sleep.

**Engage in physical activity:** Encouraging physical activity during the day can promote better sleep at night. Activities such as walks, games, or crafts not only stimulate the mind but also tire the body, aiding in restful sleep. Scheduling short daytime naps can also help without interfering with nighttime sleep.

**Manage lighting:** Exposure to natural light, especially in the morning, helps regulate circadian rhythms, promoting healthier sleep patterns. In the evening, consider using blackout curtains to minimize light interference. Proper lighting management, both day and night, aids in maintaining sleep-wake cycles.

**Control eating and drinking habits:** Adjusting eating habits to include a lighter evening meal and small snacks helps prevent discomfort during sleep. Limiting stimulants such as caffeine, alcohol and sugar can also aid in fostering better sleep quality. Staying hydrated is important, but it's recommended to consume most fluids earlier in the day to prevent nighttime disruptions.

**Establish a consistent nighttime routine:** Creating a predictable nightly routine helps regulate the body's internal clock, enhancing sleep consistency. Preparing for bed at the same time each evening and engaging in calming rituals leading up to bedtime can contribute to setting predictable patterns that aid sleep.

**Seek memory care:** If implementing the above strategies doesn't prove effective, memory care may be a viable option. A memory care residence offers expert care, routines and tailored and individualized care, all things that can promote healthy sleep.

To learn more about memory care, contact the community nearest you. ■

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).

# "It's like a big family here."

Jerry, Holland Farms Resident

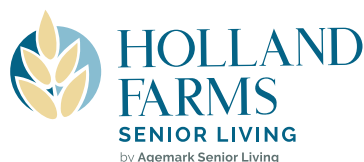


Jerry has lived at Holland Farms for almost two years. He likes the people – the other residents and staff.

"Everyone gets along, and they help each other. There are activities and things to get involved with – my favorite is Margarita Mondays."

Discover senior living for every stage of life and expert memory care in Norwalk.

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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.

Norwalk Farmers Market is every Friday from 4-7 p.m. 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.

### Fall Vendor Fair

Sept. 30, 9 a.m. to 3 p.m.  
Luana Community Room, 9321  
Market Place Drive, Norwalk

Join local vendors for a Fall Vendor Fair. Free admission.

### Log Cabin Day

Saturday, Sept. 23, 9 a.m. to 4 p.m.  
Warren County Historical Society, 1400  
W. Second Ave., Indianola

Warren County Historical Society's Log Cabin Day will be celebrating 50 years. The event will include a farmers market from 9 a.m. to



noon, parade at 10 a.m., chicken noodle lunch from 11:30 a.m. to 1 p.m. (\$12 cost), tours of the log cabin renovation, displaying of the signature quilt, games, silent auction from 11:30 a.m. to 3:30 p.m., vendors, scarecrow making at 11 a.m. (\$5 cost), face painting, cow chip throwing, tours of the Heritage Village and more. Highlighting is a Civil War re-enactment by Army of the Southwest from 11 a.m. to 4 p.m., including a cannon demonstration at 11:30 a.m., infantry drill demonstration at 12:30 p.m., rifle demonstration at 1:30 p.m., and a skirmish at 2:30 p.m., followed by dress-up, cannon, musket shooting and medical demonstrations.

### Food Safety Certification Class

Nov. 1

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

Iowa State University (ISU) Extension and Outreach is offering a food safety training for food service managers. Registration closes on Oct. 11 to allow time for course materials to be sent. Certification in ServSafe® meets the Iowa Food Code requirements to have a certified food protection manager in all establishments. The class is beneficial for foodservice managers from all areas including schools, restaurants, convenience stores, child care, senior meal sites and health care. Participants will receive a copy of the ServSafe® Manager training manual and will take the ServSafe® certification exam. For more information about the program, contact Cathy Drost at 641-673-5841 or visit [www.extension.iastate.edu/humansciences/servsafe/](http://www.extension.iastate.edu/humansciences/servsafe/). ■

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## EDUCATION By T.K. West

# MEET Brittan Bell

Incorporating technology and flexible seating

Brittan Bell grew up in Des Moines before graduating from Iowa State University in 2016 and receiving a master's degree from Drake University in 2021. Bell and her family relocated to the Norwalk area around two years ago, and she recently joined the Norwalk Community School District as a second-grade educator. This fall, she began her eighth year teaching overall and her first with the Norwalk district.



Brittan Bell is in her eighth year teaching and her first with the Norwalk schools.

"My husband and I started talking about the things that were important for our own kids to have in their education, and Norwalk was the perfect fit for us. At the time, I was still teaching in the Des Moines District and thought, how amazing would it be to teach and make an impact on the kiddos of my new community," Bell says.

Bell likes working with students at the elementary school level because, for the most part, they absolutely love school, she says. She also gets to see her students grow academically and socially during the 10 months they are part of her classroom.

With a minor in technology, Bell enjoys incorporating technology in fun and educational ways throughout the day. One example is giving students the opportunity to learn something that is normally printed on a worksheet on a game show website instead.

Bell also likes incorporating flexible seating options in her classroom. In addition to their "home base" desk, students have the option to move around and sit somewhere that allows them to learn in a way that is most comfortable for them. Some options include stability balls, wobble seats, lap desks, rocker chairs and more.

"Students love having a choice in how their learning looks," Bell says. "It is so rewarding to know that I get to be a guiding and motivating force in 24 little kiddos' lives each year."

This fall, Bell says she is looking forward to truly being a part of one of the most welcoming communities she has lived and worked in. When not working, she likes to bake, with the dream of one day opening a bakery or coffee shop. She also likes cheering on the Cyclones. ■



# ELEVATING your home in Norwalk

Are you a proud homeowner in Norwalk looking to enhance the beauty, functionality and value of your residence? You're in the right place. Norwalk, with its charming neighborhoods and proximity to Des Moines, offers a perfect canvas for exciting home improvement projects. Let's explore some fantastic ideas to help you transform your Norwalk home into a dream oasis.



cabinets, and upgrading appliances to make your kitchen modern and functional. An open-concept kitchen with an island can also create a spacious and inviting atmosphere.

**3. Revamping the bathroom.** Bathrooms are another area where a remodel can make a big impact. From luxurious soaking tubs to sleek, energy-efficient fixtures, you have countless options to make your bathroom a serene and functional space. Don't forget about improving storage with new cabinets or shelves.

**4. Adding a deck or patio.** Enjoy the beautiful Norwalk weather by creating an outdoor oasis with a deck or patio. This addition can extend your living space and provide the perfect spot for relaxation or outdoor gatherings. Consider using durable materials like composite decking to minimize maintenance.

**5. Finishing the basement.** Transform your basement into a valuable living area by finishing it. This can be a home theater, extra bedroom, home gym or versatile space for your hobbies. A finished basement not only adds usable square footage but also increases your home's value.

**6. Energy efficiency upgrades.** Make

your home more eco-friendly and reduce utility bills by investing in energy-efficient upgrades. Replace old windows and doors with energy-efficient models, add insulation, or install a smart thermostat to control your HVAC system efficiently.

**7. Garage enhancement.** Consider giving your garage a makeover. You can add custom storage solutions, upgrade the flooring, or even turn it into a functional workshop. A well-organized garage not only improves functionality but also enhances your home's overall appeal.

Norwalk offers a fantastic backdrop for home improvement projects that can elevate your living experience. Whether you choose to enhance your curb appeal, modernize your interiors, or invest in energy-efficient upgrades, your efforts will undoubtedly add value and charm to your home. Don't hesitate to embark on these projects and make your dream home a reality. ■

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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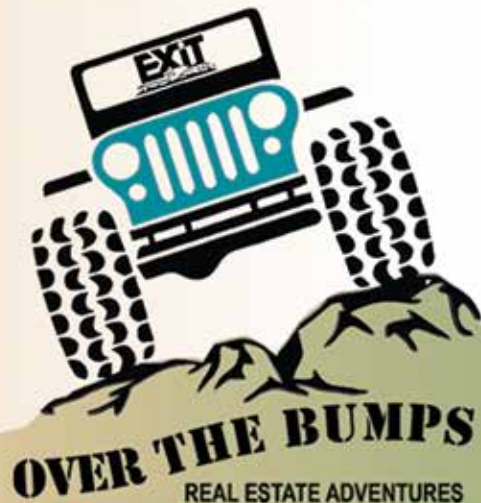


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## MEDICARE and hearing health care coverage of services and devices

Approximately one in three individuals between the ages of 65 and 74 experience hearing loss and nearly half of individuals older than 75 experience difficulty hearing. Currently, Medicare does not cover most hearing care services and devices.



### Does Original Medicare, Part A and Part B, cover hearing evaluations?

Medicare Part A (Hospital Insurance) does not cover hearing evaluations. Medicare Part B does not cover routine, or annual, hearing evaluations or evaluations for fitting hearing aids. However, if a physician orders a diagnostic hearing or balance evaluation and considers these services medically necessary, Medicare Part B may help pay. The deductible and co-insurance apply.

### Does Original Medicare cover hearing aids?

No, Original Medicare does not cover hearing aids or related services.

### What is Part C of Medicare?

Medicare Part C, or Medicare Advantage, is an alternative to Original Medicare. Private insurance companies offer plans for Part C that cover both Part A and Part B. These insurance plans may include additional coverage for routine health care.

### Does Medicare Part C cover hearing evaluations and hearing aids?

Most Medicare Advantage plans offer access to hearing evaluations and hearing aids. However, most of these plans require providers to contract with their networks. This requirement limits an individual's selection of providers. Some plans also require a referral from a physician or prior authorization to see an audiologist.

### Does my health insurance plan cover hearing evaluations and hearing aids?

Review the Evidence of Coverage or Summary of Benefits document of your plan. These documents are readily available via your insurer's website. Contact your plan to discuss details. Call the phone number for customer service on the back of your insurance card. For further questions, 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). Dr. Cook is a Medicare participating provider.

## UNDERSTANDING Medicare



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## WELLNESS

By Jen Penisten

### PELVIC floor issues

Pelvic floor issues are something not many women (or men) really want to chat about, but they are very real and very common. One in three women will experience a pelvic floor disorder in her lifetime, and the symptoms can be very disruptive to women and men who experience them.

Pelvic floor muscles support the bladder, uterus and bowel. When these weaken, it can cause incontinence (especially with coughing, sneezing, jumping or urinary urgency), organ prolapse and sexual dysfunction. These can be weakened by several things. Most commonly, weakening is caused by pregnancy, aging, chronic cough, childbirth, obesity, straining and surgery.

There are many options to help strengthen these muscles to regain proper pelvic floor support and muscle tone. Kegel exercises, physical therapy, and an innovative, non-invasive machine called "Emsella" are all effective treatments. The Emsella allows you to sit on a chair fully clothed for 28 minutes while the machine stimulates the pelvic floor muscles, equivalent to 11,000 kegels. This is done twice a week for six treatments and can be life-changing for so many men and women.

Don't be afraid to talk to your healthcare provider about treatment or prevention. You're not alone, and there is help. ■

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).



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## HEALTH

By Dr. Jonathan P. Anderson, OD

### Q: How does a child's vision affect their education?

**A:** A good education for your child means good schools, good teachers, and good vision. Your child's eyes are constantly in use in the classroom and at play. It has been estimated that as much as 80% of the learning a child does occurs through his or her eyes. So, when his or her vision is not functioning properly, learning and participation will suffer.

Some of the visual skills needed for school are: clear near and distance vision, binocular coordination, eye movement skills, focusing skills, peripheral awareness, and eye/hand coordination.

Signs that may indicate a child has vision problems include: frequent eye rubbing or blinking, short attention span, avoiding reading or other close activities, frequent headaches, covering one eye, tilting head to one side, one eye turning in or out, seeing double, or losing place when reading.

If any of these things are occurring, your child will have to work harder. Because vision changes can occur without you or your child noticing them, your child should visit the optometrist at least every one to two years ■



Information provided by Dr. Jonathan P. Anderson, OD, Optometric Associates, 1228 Sunset Drive, Suite A, Norwalk, 515-981-0224.

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## HEALTH

By Ashley Powell

### THE ENTOURAGE effect

The cannabis plant has hundreds of different cannabinoids, all providing a variety of different effects. CBD and THC are the most abundant and easily the most notable. Since the cannabis industry has flourished these past years, cultivators have been motivated to combine these powerful cannabinoids to note what a difference they could make when working together.



Many people use CBD or THC for relief from discomfort, and studies have shown users get better results when using a product that combines both. This enhanced result is known as “the entourage effect.” Other popular combinations include CBD with CBG. Since they both have similar effects but are not psychoactive, users who do not want the “high” associated with THC can still benefit from the entourage effect. CBG is known for providing a boost of natural energy and focus and also helps with anxiety and depression, making it an excellent partner to CBD.

Those who are seeking help with sleep are recommended to try CBN. While isolated CBN helps many, those who desire better results should try a combination of CBN with CBD. Ask your local hemp consultant to show you what products may produce the best entourage effect. ■

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. Resources: Russo, E. B. (2011). TAMING THC: Potential cannabis synergy and phytocannabinoid-terpenoid entourage effects. *British Journal of Pharmacology*, 163(7), 1344-1364. <https://doi.org/10.1111/j.1476-5381.2011.01238.x>

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## HEALTH

By Dr. Elizabeth Fleck

### DENTAL considerations during pregnancy

Pregnant women are instructed to avoid specific things when pregnant, but is it safe to see the dentist? The answer is overwhelmingly, yes. Pregnant women should absolutely seek dental care during their pregnancy.



Pregnant women are at an increased risk of gingivitis due to hormonal changes exaggerating the response of gums to the bacteria in the mouth. Getting your teeth cleaned can help combat the bacterial load. Pregnancy can put women at an increased risk of developing cavities for a few reasons. The mouth is often bathed in acid if morning sickness is a problem. If women are not sick, they often feel nauseous, resulting in less thorough oral hygiene practices. Both of those things, in combination with a more starchy, snack-rich diet brought on by pregnancy cravings, is a recipe for disaster for the teeth. Often, the risk of delaying dental work can put the mother and child at an increased risk of emergency later in pregnancy. For instance, untreated periodontal disease during pregnancy has been linked to preterm birth and low birth weight.

The takeaway: Women should actively seek preventative dental care before, during and after pregnancy. ■

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



## Q: How can chiropractic care help with pregnancy?

**A:** What we cannot see are the millions of different hormonal changes and chemical reactions occurring both in the mother and the developing baby, all of which are controlled and coordinated through the nervous system. Now, more than ever, during pregnancy, you need a nervous system that responds immediately and accurately to changing requirements in all parts of your body, and, therefore, you need a healthy spine.



According to recent studies, chiropractic care may result in easier pregnancy, including increased comfort during the third trimester and delivery and reduced need for analgesics (pain medication). In one study, women receiving chiropractic care through their first pregnancy had 24% reduction in labor times, and subjects giving birth for the second or third time reported 39% reduction in labor times. In another study, the need for analgesics was reduced by 50% in the patients who received adjustments. In addition, 84% of women report relief of back pain during pregnancy with chiropractic care. Chiropractic care has also been shown to reduce the likelihood of postpartum depression. ■

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.

## WAYS to help your kids open up more

School is starting, and kids' schedules are about to get more hectic. So, now is the time to talk with your kids and check in with them about how their days are going. This can be as simple as using open-ended questions about their day to get the information you are looking for. Instead of asking, "How was your day?" and getting the blah answer of, "Fine," ask questions that require more thought. For example, "What was the best part of science today?" "Who did you sit at lunch with today?" "What was the funniest thing you heard today?" This way, the answers are more than one word and give you something to continue the conversation. When they answer who they sat with, add on to that conversation with, "Who had the best lunch? What was in it?" or "Where was \_\_\_\_ today?" This way, the conversation is continuing with your child without the child being pressured with the same questions every day.



Another line of questioning that can wrap around the child is asking, "What would you have changed about today if you could change anything?" Depending on the answer, it opens up a lot of different conversations with your child that have more than a standard "Fine" answer. ■

Information provided by Monica Meier, PhD(Abd), tLMHC of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, [meier@sstherapyandconsulting.com](mailto:meier@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

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## LEGAL

By Ken Winjum

## DEFAMATION, libel and slander

In the United States, we enjoy the fundamental right of free speech guaranteed in the Constitution. Although political speech is largely protected, there are instances where harmful or defamatory communications can create liability against the initiator.



The Iowa Supreme Court recently discussed these issues in *Hoffmann v. Clark*. Defamation generally comes in two types: libel and slander. Libel is a defamatory statement expressed in writing or some other fixed medium. Slander is a defamatory statement expressed in spoken words. The same general rules appear to apply to both.

Libel claims come in two types: libel per quod and libel per se. Libel per quod is not immediately apparent without additional facts. In such cases, a plaintiff bears the burden to prove that they suffered some sort of reputational damage.

Libel per se refers to statements, whether true or not, that the court can presume as a matter of law that their publication will have a libelous effect. Such statements have a natural tendency to provoke one to wrath or expose him or her to public hatred, contempt or ridicule, or to deprive him or her of the benefit of public confidence or social intercourse. Proof of damages for libel per se focuses more on "general" damages as opposed to pecuniary loss. Much of this determination is in the discretion of the jury.

With all of the vitriol currently on social media, one should be aware that the law may hold those who cause injury accountable. ■

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).

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## LAWN CARE

By Kevin Johnson

## FALL fever

When it comes to our lawns, many of us suffer from "spring fever," thinking that spring is the best time to improve a lawn. Unfortunately, it would be better if we suffered from "fall fever" when it comes to improving our lawns.

Why is this? Fall is generally regarded as the best time of the year by the experts to improve your lawn. I refer to this phenomenon as the turfgrass trifecta due to the fact fall provides the best response to the following three factors:



**Feeding/fertilization of the lawn:** The lawn utilizes fall feeding of fertilizer in a way that truly benefits the overall health of the plant. Improved root storage of necessary nutrients occurs during this time frame, resulting in a healthier plant next year.

**Seeding of your lawn:** Agronomists agree that fall is the best time of the year to seed thin or damaged spots in your lawn. Newer, improved varieties can be introduced that improve the overall health of your lawn. Spring seeding often interferes with weed control and doesn't allow the seedling a chance to get established before the hot dry summer.

**Weed control of broadleaf weeds:** Control at this time of year is very effective — especially for harder to control weeds.

If you are looking to improve your lawn next year, get started this fall by contacting your local lawn care company or expert. ■

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



# NORWALK-BASED band gains traction

28 Days Later part of young music scene

28 Days Later — a Norwalk-based band that blends a wide range of artists and genres, from classic rock and roll, to metal and grunge, to today's sounds — is a prime example of the young music scene developing in Norwalk.

All band members — Natalie Fulscher, Joey Gulbranson, Gino Hale and Jake Walker — are current or former students at Norwalk High School.

In the two years that the foursome has been together, they've played gigs across the metro, including at Norwalk's Independence Day parade, Norwalk High School After Prom, Scornovacca's Ristorante, Exile Brewing, the 80/35 music festival, JRs at the Iowa State Fair, and the Norwalk Music Fest.

28 Days Later also headlined Des Moines Music Coalition's "Soundcheck" at xBk, a staple venue in Des Moines.

The band recorded both sessions for their EP with fellow Norwalk-based musicians Dan Trilk and Kai Utterback. They're also excited to finish recording for their upcoming album with Golden Bear Records, which they plan to release yet this year.

The band started with bass player Joey Gulbranson and guitarist Natalie Fulscher practicing in the basement of Joey's house. They would play along to covers of songs, Joey at the time being the drummer of the group.

During the winter of 2021, the two decided to form an official band. Joey went on to recruit other musician friends from Norwalk High School, including former guitarist Jacob Walker, who would end up becoming the drummer of the band.



28 Days Later, a Norwalk-based band, has been growing in popularity and expanding the list of venues they have played.

Joey borrowed a bass from a friend and learned how to play, all while helping recruit a long line of singers for 28 Days Later. Joey then met Gino Hale (lead vocalist and guitarist) through Crossroads Church, where they were on the youth worship team together. One evening, Joey brought up the band, and Gino asked if they needed a lead vocalist.

The rest, as they say, is history.

"We have had support from our Norwalk fan base, which has been a wide range of the community, from high school students, parents and even other musicians from Norwalk," Hale says. "Dan Trilk helped us with our first recording of our EP 'Dog Days,' which has one of our favorite songs, 'Right on Red.'"

He adds, "With their help, we were able to continue to the Des Moines music scene and



now play many shows in many different venues and cities, including Des Moines, Norwalk, William Penn University, Iowa City, Urbandale and more."

You can check out 28 Days Later's music on Spotify, Apple Music, YouTube Music and Amazon Music. ■

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# ABOUT the Norwalk Area Women's Collective

Last fall, our chamber had the privilege of hosting the Warren County Women's Mentoring Event in Norwalk. Dozens of local women registered for the morning event where a panel of speakers, including Christina Moffatt, Alicia Benson, Rachelle Hunt and Jill Anderson, delved into topics like cultivating confidence and embracing risk. The post-event feedback was overwhelmingly positive. Participants said they left feeling empowered and inspired and wanted to continue that feeling somehow. Acknowledging a clear community demand for ongoing support catered to women in business, the chamber sprang into action.

The chamber created the Norwalk Area Women's Collective (NAWC), a committee with a mission to offer Norwalk area businesswomen an opportunity to gather on a regular basis to network, mentor and collaborate. Each month, all are welcome to join the committee



at the Middlebrook Mercantile for coffee and discussion (no chamber membership required). Topics are predetermined and stem from committee discussions, current events or special requests. On occasion, guest speakers lead the discussion, and recent speakers have included Orchard Hills Principal Sheila Taylor and the chairman of the Iowa Commission on the Status of Women, Elizabeth Coonan. Since the first coffee in March, the group has discussed women's history, work-life balance, health and nutrition, philanthropy, volunteerism and women's equality. To complement these discussions, the NAWC committee provides take-home resources including links to relevant articles, videos, podcasts or websites.

For those who have not yet experienced coffee with the Norwalk Area Women's Collective, I invite you to put it on your calendar and join us on the second Friday of each month from 8-9 a.m. at the Mercantile in Cumming. Our committee aims to create an inviting, casual environment for honest conversation and loves to see familiar faces

month after month. The Mercantile offers a menu of coffee, tea and pastries for purchase, so come early and get settled in. Registration through the chamber website is encouraged and open to anyone who wants to join. Upcoming discussion topics include Warren County conservation, organization, and shopping local with a fun holiday celebration to wrap up the year. If you would like to suggest a topic or would like to guest speak, please email me at [info@norwalkchamber.org](mailto:info@norwalkchamber.org).

Last, but not least, please save the date for this year's Warren County Women's Mentoring Event which is set to take place on Sept. 28 at the Red Acre Barn in Indianola. Together with the Carlisle and Indianola chambers, we've planned an engaging morning of speakers, discussions and connection. Check out the chamber's website for more information about this annual event, [www.norwalkchamber.org/calendar](http://www.norwalkchamber.org/calendar). ■

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

## InspireHER WOMEN'S EVENT

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*Optional Yoga/Meditation/Breath class by Begin Again Yoga at 7:00 a.m.  
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Speakers



**Amanda  
Zwanziger**

Chamber Leader,  
Speaker, Author,  
Coach | Indianola, IA

In addition to being the President and CEO of the Indianola Chamber of Commerce, Amanda is the author of *The Paralyzed Movement* and is a speaker, coach, and professional dedicated on helping individuals, organizations and communities overcome the things that paralyze them so they can unleash their dreams and greatest potential.



**Barb Ranck**

Speaker,  
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Barb helps people gain empathy and self-awareness by describing the difference between their "Shine Spots" & "Blind Spots," how to distinguish between the two, and how to achieve better, more consistently positive, outcomes.





# CHAMBER Night

Norwalk Chamber Night was held at the Friday at the Farm event on Aug. 4.



Sherry Cox



Jacey Rooney and George Igel



Diane and Don Hosek



Anne White



Abbi and Jon Garling



Stephanie Mathis and Callie Zobeck



Traci and Rowan Leff



Melissa Devine



Emily Ball



Rachel Halstead



Laura Millheim and Hannah Chase



# CHAMBER Night

Norwalk Chamber Night was held at the Friday at the Farm event on Aug. 4.



Kory and Sara Bird



Krysten and Tom Herrick



Joan and Bruce Hentschel



Mike, Erica and Addy Nosbisch



Kathy Olson and Ray Christopher



Ron Snyder and Roni Austin



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Sanitation 3rd Shift	\$19.00	11pm–7:30am

#### Posiciones Disponibles

#### Pago

#### Horas

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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