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MAY 2024

# Living

MAGAZINE

## COMPETING for TIME

Residents share how relationships are the "win" in sporting together

Students create, show fashion designs

EDUCATION

Fulscher does what he can to help others

NEIGHBOR SPOTLIGHT

Creamy tomato smoked sausage and asparagus tortellini

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# WELCOME

## MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.

Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.



Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■

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**SCAN TO REGISTER!**

# COMPETING for TIME

Residents share how relationships are the “win” in sporting together

By Chantel Boyd

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades, personal bests and other achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it’s always a win.



Kyle Berns and his son, Gabriel, have been spending quality time together studying Brazilian Jiu-Jitsu.



# FEATURE

## Shooting sports provide family time together

Janel Faust and her family enjoy shooting sports, and, when it comes to an activity they can all do together, she says clay target shooting fits the bill.

“This sport is fabulous because anyone can do it and participate at almost all ages,” she says.

Janel’s daughter, Elizabeth “Libby,” and husband, James, often shoot clay targets together, while she is “the support system.” The family has been dedicated to the sport enough so that Libby is a state and national champion in the sport.

Libby is now in college but shoots clay targets when she comes home.

“We shoot in Waukee,” Janel says. “My husband, James, and I are both on the board at the range there.”

Clay target sports include skeet, trap, sporting clays and five stand. Janel’s family primarily participates in skeet. Janel says the sport provides quality time spent as a family.

“Watching James and Libby work together and compete is absolutely awesome,” she says, adding that Libby “has had many successes and worked incredibly hard to get there. I have loved being a part of their journey as the cheerleader.

“Spending time together — the three of us have made so many amazing memories together through shooting sports,” she says.

“We can participate together and travel, and I also like pushing myself to improve,” James adds.

Libby met her boyfriend, Andrew Thayer, through the Clay Target Team at Wartburg College, and the family has made other lifelong



For the Faust family, Janel, James and daughter Libby, sports clay target shooting is an activity the family can enjoy together.

friends through the sport.

“It’s enjoyable being able to shoot with people you would have never met otherwise,” Libby says. “Meeting so many amazing people is one of the many things we love about the sport.”

The Faust family was introduced to shooting clay targets after James shot a few times with friends and at work functions.



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Libby Faust met her boyfriend, Andrew Thayer, through participating in sports clay target shooting.

“I thought, ‘Hey, Libby might enjoy this,’ so I started taking her to the range,” he says.

The Fausts helped start the I-35 Trap Team. Libby later moved to join the Des Moines Clay Crushers, based at the New Pioneer Gun Club in Waukee. James is the vice president of the board for the club, and Janel is the board secretary.

“We have competed at our range and as a family throughout Iowa, but we have also traveled to Arkansas, Texas, Minnesota, Illinois, Missouri, Nebraska, Wisconsin, Georgia and Ohio,” Janel says.

Though shooting clay targets is challenging, the Fausts say it is rewarding.

Janel’s favorite memory is when Libby won the 2022 state championship in skeet.

“This was an amazing feat as Iowa has one of the country’s best and largest SCTP associations. The smile on her face melted this mama’s heart,” she says.

Libby’s favorite memory is shooting 100 straight and being named 2023 ACUI/SCTP Female Collegiate Classic All-American National Champion.

“It was nice to end on a high note, and I was proud of myself,” she says.

James’ favorite memories have been made on the fields.

“Encouraging Libby to push and build confidence... I am blessed to coach my daughter and spend quality time together,” he says.

## Father-son bonding over Jiu-Jitsu

Kyle Berns and his son, Gabriel, have been studying Jiu-Jitsu at Pinnacle University/ Pinnacle Jiu-Jitsu in Norwalk since 2018, and the two have bonded through the sport.

Brazilian Jiu-Jitsu (BJJ) is a self-defense martial art and combat sport. Kyle says he likes practicing Brazilian Jiu-Jitsu because it provides a full-body workout and helps to reduce stress while improving mental wellbeing.

“My oldest son’s sports participation has given him a solid foundation for other sports and boosted his confidence,” Kyle says. “What sets jiu-jitsu apart from other martial arts is its emphasis on technique, strategy and leverage, making it possible for smaller and weaker practitioners to overcome larger and stronger opponents.”

BJJ demands a certain level of physical fitness, flexibility and strength. Regular practice and dedication allow practitioners to rise to the challenge of sparring with skilled opponents. Mastering Brazilian Jiu-Jitsu takes time, but Kyle and Gabriel are putting in the time.

Kyle initially started Jiu-Jitsu to improve his physical and mental health.

“When growing up, I wrestled, and it seemed like it would be something I would enjoy as it shares some of the same components,” he says.

After a time, Kyle’s interest changed to competing, coaching and assisting new students and kids in achieving their sports goals.

“It’s a unique way to build self-confidence, be part of a community and involve your family,” Kyle says. “Also, it can be for any age and body type.”

Kyle’s favorite part of participating in the sport is spending time with Gabriel.

“My favorite memory is being involved with my son’s progression, being available for him, and witnessing his success, troubles and the fun he has had.”

Kyle says he also values the community and friendships made while participating.

“I have been fortunate to have a friendship with Owner/Professor Aaron Martinez and all my teammates past and present, and I could not have had a better experience anywhere else,” he says. “It has contributed a sense of fulfillment and happiness.”

Gabriel also enjoys practicing Jiu-jitsu with his dad.

“I like wrestling and being physical. I enjoy being with my friends in class and practicing at home with my dad,” he says.

Now, Kyle’s daughter, June, wants to get involved, and his youngest son, Eli, cannot wait to join, just like his big brother, Gabriel.

## The joy of rugby

Raymond Johnson of Norwalk has two sons, Dylan and Keegan, who play rugby — one in Norwalk and the other at college.

When Dylan and his buddy Ian said they wanted to start a rugby team, Raymond, like most parents of kids who say they want to play rugby, asked, “What the heck is rugby?”

Rugby is a fast-paced field sport like soccer and football with the goal to reach the “try-zone,” similar to the end zone in football.

Dylan and his friend found a coach, Matt Daniels, and recruited friends and other Norwalk students to play.

Raymond has also become a certified coach for the rugby team.

“They raise all the team money for travel and meals. For the last six years, I think my garage has been filled with cans and bottles for the rugby team,” he says.

Raymond’s family is a rugby family, and Fridays are rugby days.

“Dylan, since graduation, has become both a college player and a certified coach and Sir (what they call the referee in rugby),” he says.

Raymond spends his Fridays on the rugby pitch with both boys — Dylan coaching next to him and Keegan playing.

“I have had a lot of proud moments with the boys, but being together on Fridays for rugby makes our bond even stronger,” Raymond says.

Dylan’s favorite thing about rugby is how it affects his life off the field.

“I’ve met so many great people and coached some awesome kids. I also love contact-competitive sports,” he says, adding that he sought out rugby because it seemed exciting and new. “I also love the contact in football, but I was on defense, so I never got to run the ball.”

In rugby, he finally got to tackle and run the ball every game. Dylan started the rugby team in Norwalk in the spring of 2019.

“A girls team followed that next fall, and both are still running strong,” he says.

Dylan currently plays with the University of Northern Iowa and encourages others to try rugby.

“Everyone is afraid to get hurt because you’re getting tackled without pads, but there



# FEATURE

are so many rules in the game that protect everyone.”

Dylan says the trade-off from being tackled is the bonds you form.

“The people you meet have such a high impact on the rest of your life with the opportunities they provide for you,” he says.

Keegan plays with Norwalk Rugby Club, a high school team governed by the Iowa Youth Rugby Association, which covers most of Iowa.

“I enjoy the family environment and sense of camaraderie that we build as a team,” he says. “I could see what it was like to play the sport and was able to familiarize myself with it because of my family’s history with it.”

Keegan’s team travels to a host stadium each Friday, where four to six teams meet, each playing a doubleheader. Norwalk recently hosted for the first time in its six-year history at the football stadium in Norwalk.

“This was a big milestone we’ve been working to get for a while. It was amazing to see the support we had,” Raymond says.

Keegan, like Dylan, encourages others to come to a practice and try it.

“It is such an amazing sport, and we have an



Dylan Johnson plays rugby at college and is a certified coach and referee for the sport.

even better family here at Norwalk,” he says.

Keegan’s favorite memory was the 2023 state tournament.

“We had a last game where everything seemed to click, and we played great rugby for the team. Although we came short of our goal, it was really encouraging to see that flash of what we could be as a team, and we picked up where we left off to start this season,” he says. ■



Keegan Johnson plays rugby and is coached by his father, Raymond, and brother Dylan.

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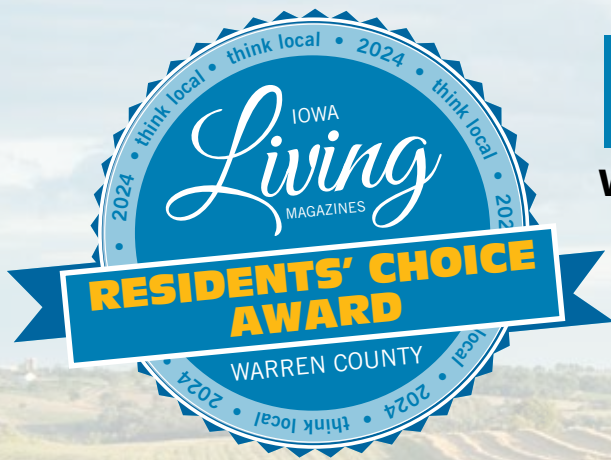
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See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll).  
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- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Brewery/Distillery/Winery
- Bakery
- Catering Company
- Server/Bartender (First and last name)

### AUTO BODY

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

### COMMUNITY

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

### SHOPPING

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

### ENTERTAINMENT

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

### HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
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## CONSIDERING memory care?

Asking these questions may help.

As you consider finding a new and safe home for a loved one experiencing cognitive decline, you may be curious about memory care communities. It's important to understand if your loved one is a good fit for memory care. Here are a few questions to help guide your decision-making process and truly consider if specialized memory care is needed.



### Is your loved one experiencing memory loss that affects daily life?

If memory loss is impacting their ability to manage daily activities, specialized memory care may be beneficial. Look for a community with a customized care approach that ensures your loved one receives the support they need. You'll want to look for a safe and secure environment with staff that's specially trained to care for those with dementia.

### Does the individual require assistance with activities of daily living (ADLs) or medication management?

Difficulty with ADLs may indicate a need for supportive care. The compassionate staff at a memory care community can help residents maintain their independence while providing necessary assistance such as help with bathing, transferring, medication management and more.

### Does your loved one exhibit signs of agitation, aggression or wandering?

These types of behaviors are common for those with memory loss and require specialized care. Communities with tailored programs can provide a structured environment for residents which helps them thrive. Additionally, staff members are specially trained to help redirect and provide cueing when necessary. If wandering is a concern, safety measures, such as those provided by a secured community, are likely necessary.

### Is your loved one experiencing social isolation?

Social engagement is essential for good physical and emotional wellbeing. Communities with memory care offer varied activities to foster a sense of community and belonging. Activities staff are well-versed in creating both vibrant group activities and one-on-one activities for those in their care.

### Have there been instances of confusion, especially in unfamiliar surroundings?

Confusion is common with those who struggle with memory loss. Safe and familiar environments can help reduce confusion. Memory care communities or neighborhoods are designed to feel like home and can provide a sense of comfort and security.

### Has there been a decline in their nutrition or appetite?

Those with memory loss can struggle to remember to eat — or they can forget they've already eaten and eat too much. Memory care neighborhoods provide nutritious meals and dining assistance that is essential for overall health. Communities with trained staff can ensure healthy eating habits. ■

Information provided by Holly Turner, Executive Director, The Homestead at Holland Farms Senior Living, 2800 Sunset Drive, Norwalk, 515-981-1888, [www.HollandFarmsLiving.com](http://www.HollandFarmsLiving.com).

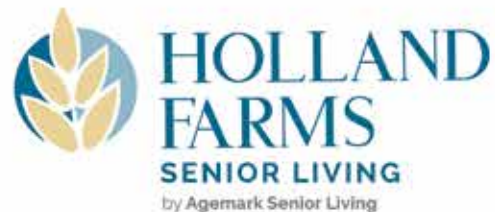


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The students in Advanced Fashion put on a fashion show to highlight their design lines.

# STUDENTS create, show fashion designs

## Transform initial ideas into stunning runway

Family and Consumer Sciences teacher Bailey Ashbacher started the Norwalk High School Fashion Show during her first year teaching in the 2015-2016 school year. At the time, students approached her because they were interested in starting an advanced fashion course. She thought that a fashion show would be a great way to allow students to practice more in-depth skills while also getting early fashion students excited to continue taking courses. Although her students had to take a two-year break from the show due to COVID, Ashbacher's students just recently hosted the 7th Annual Fashion Show this past April.

"I love watching their growth and creativity blossom throughout the year. It's incredibly fulfilling to see them transform their initial ideas into stunning designs, overcome challenges, and gain confidence as they showcase their work on the runway," Ashbacher says.

In order to participate in the show, students must first pass Fashion 1 and Fashion 2 in order to become eligible to take the Advanced Fashion course. At the beginning of the school year, Ashbacher's students are given tasks for what they need to create for their fashion line. All items are turned in before the show in order to make sure they fit the style of each line. This year, six student designers

and more than 30 models participated in the show. Ashbacher likes that she has a wide variety of students take fashion arts and that they are willing to try something new.

"Offering a platform for students to express their creativity and individuality through fashion allows them to explore their personal style and gain new knowledge in a supportive environment. Whether they are going into a fashion career or not, it's a practical learning experience for students that helps them learn about time-management, problem solving, critical thinking, collaboration and so much more," Ashbacher says.

The Norwalk High School Fashion Show is held annually in the school auditorium in conjunction with the Norwalk High School Art Show. This allows families, friends and community members to attend both events and support students from each program. The Norwalk High School Fashion Show is open to the public, with approximately 50 to 100 people in attendance each year.

"I'm excited to see what trends, themes and statements emerge in the future and how students are going to bring them to life. We hope to make each fashion show bigger and better every year. We love seeing support for these talented students that work so hard all year long," Ashbacher says. ■





# 5 THINGS you can do to control insurance costs

## 1. Investigate coverage and product options with your independent insurance agent.

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



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

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

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

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

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

**5. If you're going to drop coverages, consider dropping noncritical coverages.** Examples include towing and rental reimbursement, credit insurance, etc. Your independent agent can assist you in making these decisions. Consider discontinuing high-risk activities such as using ATVs, jet skis, etc. Catastrophic injuries are common with vehicles of these types. ■

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# RECIPE

## A CREAMY pasta delight perfect for dining outdoors

*(Family Features)* Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at [michiganasparagus.org](http://michiganasparagus.org). ■

### Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board  
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces



- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.

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# TWO birthdays

Who doesn't love a good birthday party — all the family gathered together, gifts, fun and games, cake and ice cream, etc.? I'm up for that anytime. I will admit though, the older I get, the less I like to celebrate these events personally. I mean, that number keeps climbing every year, and it seems it never stops. Can you imagine having two birthdays? On the surface my first response might be that I can't keep up with the first one, why would I want to keep track of two? But there is a good side to having two birthdays that might escape us. Here's why.



Of course, our first birthday celebrates the day of our natural birth. Mine is Oct. 23. I'll leave the year out of this since it's irrelevant in this context — thank goodness. We celebrate birthdays because, without them, we wouldn't be here. But the Bible shows us that it is possible for anyone to have not just one, but two birthdays. Yes, you could be celebrating the fun of having a birthday twice each year, not just once. How? In the third chapter of the gospel of John, Jesus himself said to a man named Nicodemus, "I tell you the truth, no one can see the kingdom of God unless he is born again." Of course, Nicodemus was confused by this statement. He couldn't understand how a person could somehow go through the natural birthing process again. And I agree. Who, in their right mind, would want to go through that again — as a baby or as a mother for that matter? But Jesus wasn't referring to natural physical birth. He was referring to a spiritual birth. He went on to say to Nicodemus, "No one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, 'You must be born again' " John 3:5-7.

The term "born again" can be translated as "born from above." Nicodemus had a real need, but it wasn't physical; it was spiritual. He needed a change of heart — a spiritual transformation that could only come from God himself. Spiritual new birth, that is, being born again, is an act of God whereby forgiveness of sins and eternal life is imparted to a person who believes by faith in Jesus as the Savior who died on the cross for sin, rose again, is alive today, and is the only one who can grant eternal life in heaven. Jesus made it clear that one must be born again to enter the kingdom of God. When a person experiences the blessing of spiritual birth, the Bible says they are made children of God — a relational spiritual standing that lasts not just for the length of one's physical life, but for all eternity. Being born again provides a spiritual "restart" to one's eternal soul. The Bible describes it like this, "Therefore, if anyone is in Christ, he is a new creation; the old is gone, the new has come" 2 Corinthians 5:17.

So, do you have two birthdays? If so, be sure to celebrate both each year. Without both, there's no way to experience the joys of eternity with the Lord in heaven. If you haven't, why not put your faith in Christ today by believing that he died on the cross for you and rose again, and receiving in him as your Lord and Savior? You'll be glad you did — forever celebrating two birthdays. ■

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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# NORWALK

## SUMMER SCHEDULE 2024

### VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 13	7:30PM	Urbandale	Norwalk High School
May 14	7:00PM	Waukee	Waukee Baseball/Softball Complex
May 15	7:00PM	Boone	Boone Memorial Park
May 16	7:00PM	Bondurant-Farrar	Bondurant-Farrar High School
May 20	7:30PM	Carlisle	Norwalk High School
May 21	7:00PM	Lewis Central	Norwalk High School
May 24	7:00PM	Gilbert	Gilbert High School
May 28	7:30PM	Ballard	Norwalk High School
May 29	5:30PM	Oskaloosa (DH)	Norwalk High School
May 30	7:30PM	Winterset	Norwalk High School- North Gym
May 31	7:30PM	Newton	Newton - Woodland Park
Jun 3	5:30PM	Indianola (DH)	Indianola High School
Jun 4	7:30PM	North Polk	Norwalk High School
Jun 5	7:30PM	DCG HS (DH)	Norwalk High School
Jun 7	7:00PM	Grinnell	Grinnell High School
Jun 10	7:30PM	Pella Christian	Pella Christian High School
Jun 11	7:30PM	Ankeny Centennial	Norwalk High School
Jun 12	5:30PM	Pella (DH)	Pella High School
Jun 14	7:30PM	Oskaloosa	Oskaloosa HS Baseball/Softball Fields
Jun 17	5:30PM	Newton (DH)	Norwalk High School
Jun 19	7:30PM	Indianola	Norwalk High School
Jun 21	5:00PM	DCG HS (DH)	Dallas Center Grimes Baseball Field
Jun 25	7:30PM	Des Moines Roosevelt	Norwalk High School
Jun 26	5:30PM	Pella Christian (DH)	Norwalk High School
Jun 28	7:30PM	Pella	Norwalk High School
Jul 2	7:00PM	Newman Catholic	Norwalk High School
Jul 8	7:00PM	Waukee Northwest	Waukee Northwest High School
Jul 9	7:30PM	ADM CSD	Norwalk High School

### VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 20	7:00PM	Ankeny	Norwalk High School
May 22	7:00PM	Southeast Polk	Southeast Polk High School
May 23	7:00PM	Ankeny Centennial	Ankeny Centennial High School
May 28	7:15PM	ADM CSD	ADM High School
May 29	5:30PM	Oskaloosa (DH)	Norwalk High School
May 30	7:00PM	Johnston	Norwalk High School
May 31	7:00PM	Newton	Newton HA Lynn Stadium
Jun 3	5:30PM	Indianola (DH)	Indianola High School
Jun 4	7:00PM	Boone	Norwalk High School
	7:30PM	Boone	Norwalk High School
Jun 5	7:00PM	Dallas Center-Grimes HS	Norwalk High School
Jun 7	5:00PM	Ames (DH)	Ames High School
Jun 10	7:00PM	Pella Christian	Pella Christian High School
Jun 11	5:30PM	Dowling Catholic (DH)	Norwalk High School
Jun 12	5:30PM	Pella (DH)	Pella High School
Jun 14	7:00PM	Oskaloosa	Oskaloosa High School
Jun 17	5:30PM	Newton (DH)	Norwalk High School
Jun 19	7:00PM	Indianola	Norwalk High School
Jun 20	5:30PM	DCG HS (DH)	Dallas Center-Grimes Softball Field
Jun 21	7:00PM	Valley	Valley High School
Jun 25	7:00PM	Winterset	Norwalk High School
Jun 26	5:30PM	Pella Christian (DH)	Norwalk High School
Jun 27	7:00PM	Pella	Norwalk High School
Jun 28	11:00AM	Multiple Schools	DCG BB/SB Complex-Dallas Center
Jul 2	5:00PM	Urbandale (DH)	Norwalk High School
Jul 3	5:30PM	Waukee Northwest (DH)	Norwalk High School
Jul 8	7:00PM	Lewis Central	Lewis Central High School

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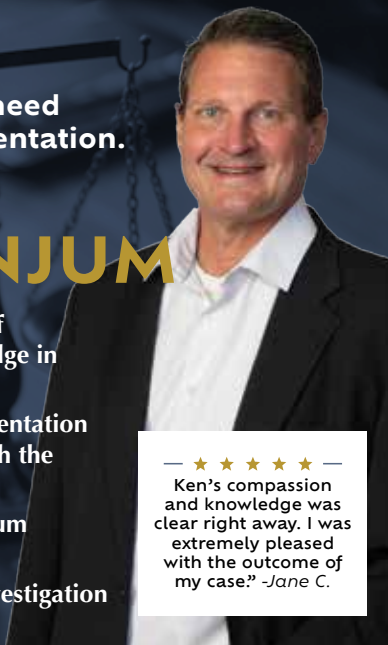
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 Ken's compassion and knowledge was clear right away. I was extremely pleased with the outcome of my case." -Jane C.



The value of a given personal injury case is often subject to debate. Insurance companies (who ultimately pay the damages) are notorious for seeking to pay as little as possible in exchange for a closed file.

Often, the representative for the insurance company will try to settle based on medical expenses plus a small amount for "general damages." Some companies are using computer applications to try to objectify what is actually a very individual inquiry. As a result, persons with an injury claim may find themselves lumped together with others reflected only as a data point in the insurance company's books.

Moreover, many first line adjusters have little authority to make an offer outside a pre-determined range set by the company. Despite what an adjuster might argue, the value of a case is not dependent on what the insurance company wants it to be.

The only way to truly determine the value of a case is by trial to a court or jury under the applicable law. Under Iowa law, the jury is to determine the amount of each element of damages separately. Typically, the jury may be asked to fill out a verdict similar to what is listed below:

State the amount of damages sustained by the plaintiff caused by defendant's fault as to each of the following items of damages. . .

If the plaintiff has failed to prove any item of damage, or has failed to prove that any item of damage was caused by defendant's fault, enter a 0 for that item.

- |                                      |         |
|--------------------------------------|---------|
| 1. Past medical expenses             | \$_____ |
| 2. Future medical expenses           | \$_____ |
| 3. Loss of full mind and body-past   | \$_____ |
| 4. Loss of full mind and body-future | \$_____ |
| 5. Past pain and suffering           | \$_____ |
| 6. Future pain and suffering         | \$_____ |

There may be lines for additional items of damages. Each item has its own definition under Iowa law. Below are a few definitions of what insurance companies try to call "general damages."

**Loss of full mind and body (past).** Loss of function of the mind and/or body from the date of the injury to the present time. Loss of mind and/or body is the inability of a particular part of the mind and/or body to function in a normal manner.

**Pain and suffering (past).** Physical and mental pain and suffering from the date of the injury to the present time. Physical pain and suffering may include, but is not limited to, bodily suffering or discomfort. Mental pain and suffering may include, but is not limited to, mental anguish or loss of enjoyment of life.

**Conclusion:** Every case is unique. A computer cannot determine a personal injury claim value. ■

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

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## KEEPING life in perspective

Fulscher does what he can to help others.



Mike Fulscher knows a thing or two about volunteering.

He currently serves several organizations through opportunities provided by his employer, Corteva. He's involved with YMCA Supportive Housing Campus, Central Iowa Shelter and Services and Habitat for Humanity. In the past, Fulscher has also helped with American Cancer Society initiatives through work.

Through those volunteer experiences, it's become evident to Fulscher that giving of his time and talent feels good.

Outside of work, Fulscher helps at the Iowa Food Bank several times a year and is part of the Norwalk Music Fest committee.

"I am a huge fan of music festivals, and Norwalk really needs more volunteers to help spread out the workload," Fulscher shares. "It's no small effort to make it happen, and it continues to grow. I would encourage others to give it a try."

Last year was his first with the Norwalk Music Fest. When organizers were short on emcees for the stages, Fulscher did a few more band introductions than planned.

"It wasn't perfect, but it was fun," he says.

For a bit of extra enjoyment, Fulscher has been a server for RAGBRAI stops with tips going to charity.

"It's fun to bring someone a little joy (beer)," he jokes.

Fulscher firmly believes people are here to serve others.

"Donating time is really just a small effort that is magnified beyond what you put in," he says. "The interactions keep life in perspective."

He adds, when volunteering, sometimes he does his thing behind the scenes and leaves. Other times, he gets to see gratitude firsthand.

"My last time at Supportive Housing, I was in the cafeteria serving drinks," Fulscher shares. "The appreciation expressed by many of the people there was heartfelt and humbling."

Everyone is busy, Fulscher says, but most people put in a fair number of hours in front of an entertainment screen of some size, too.

"Just take the first step," he encourages. "Once you get a time or two under your belt, you'll see the difference volunteering makes and how it can be its own reward. Depending on the activity, you can learn valuable life skills or lessons along the way. If you're young, pad that resume. If you're older, give back." ■



Jason Siemens, Edward Jones, presents the Neighbor Spotlight certificate to Mike Fulscher.

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# SPECIAL CENSUS COMING SOON TO NORWALK

## An important message from The City of Norwalk:

Our population has grown since 2020. Soon our community will conduct a Special Census. An accurate count of our current population may help us qualify for additional funding for important services we depend on every day. This may include services like street repair and transportation planning, public safety, schools, or programs for our seniors.

Our community can also plan for the future by creating public improvement strategies that minimize traffic congestion, meet the growing needs of our seniors, and project when and where new schools are needed. These decisions affect everyone!

## How to respond to the Special Census?

We encourage you to participate in our Special Census. Responding is important, easy, and safe, and only takes 10 minutes! Respond online when you receive your invitation in the mail, sometime in June. If you do not receive an invitation or are unable to respond online - don't worry - you can still respond when a U.S. Census Bureau employee knocks on your door.

## Thank you for taking part in this important civic activity!

If you have questions about our Special Census, contact City Clerk at email: [clerk@norwalk.iowa.gov](mailto:clerk@norwalk.iowa.gov)

## Interested in joining the team?

Special Census jobs are temporary and provide extra income with flexible hours and paid training. Pay starts at \$16.21 per hour. Apply online:

Filed representative <https://www.usajobs.gov/job/752213900>

Clerk position <https://www.usajobs.gov/job/782427900>



## Sgt Lewiston graduates Warren County Leadership Institute

Sgt Ben Lewiston graduated from the Warren County Leadership Institute on Wednesday April 24, 2024. The department has three other graduates from the program. Sgt Lewiston joins Sgt Ron Downing, Sgt Andrew Reed and Officer Drew Jackson as program alumni. The WCLI is a local program created in 1993 by the Warren County Economic Development Corporation to develop leaders. The program's main objective is to train leaders so that they can create the best future for themselves, their families, their communities and the county. Congratulations Ben on a job well done!



## Swing Into Summer Tennis

Come celebrate National Tennis Month in May with Iowa Tennis 4U. **FREE** Fun for the entire Family!

**When:** Sunday, May 5th at the Norwalk Middle School Tennis Courts from 2:30 pm - 4:30 pm

**Schedule:**  
Registration: May 5th, 2:30 - 2:45 pm  
Fun Games 2:45 pm - 4:00 pm  
Open Play 4:00 pm - 4:30 pm

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Lots of exciting new things happening in Norwalk Central! Visit [www.Norwalkcentral.com](http://www.Norwalkcentral.com) to learn more and stay up to date on Norwalk news.

## Employee Spotlight

### Reese Rand, Library Circulation Assistant

Reese was born and raised in West Des Moines, graduating from Valley High School. Thereafter they obtained a BFA in Animation from the Kansas City Art Institute. Reese joined the Norwalk Easter Library team in September 2023 as a part time Circulation Assistant. Reese enjoys “helping patrons big and small find resources no matter the material. Being surrounded by books all the time is pretty neat, too.”



Outside of work Reese likes to read (big surprise!), attend yoga and weightlifting classes, participate in a choral group and spend time with their cat Minnow.

In addition to their work at the library, Reese is a self-employed product designer and artist! They designed “Staff Picks” bookmarks for library coworkers as well as new stickers for mascot Scribbles to give out at the Norwalk Easter Public Library (and something else to be revealed this fall!).

When you visit NEPL be sure to say hello to Reese!



#### Your Norwalk Library is On the Move!

The City of Norwalk is entering into a purchasing agreement with Diligent Development on behalf of the Library in preparation for a much needed, larger library building. The location of the future library will be within the new Norwalk Central development near the corner of East 18th Street and Chatham Avenue. Visit <https://norwalklibrary.org/newlibrary/> for full details.

#### Read, Renew, Repeat: Summer at the Library

Readers of all ages can earn prizes and drawing entries this summer just for reading! Pick up your summer reading challenge materials for all ages (including children being read aloud to) starting May 28th.

We will be celebrating the start of the summer at the library at the Summer Kickoff Party on Saturday, June 1 from 10 am-1 pm! Free family fun includes bounce houses, foam machine, a craft, free popcorn, and more. There will also be tasty treats available for purchase from D'Ice Cream Man & Tropical Sno food trucks. And be sure to pick up your Summer Reading Challenge materials!

#### Your Ticket to Adventure - Adventure Pass

Use your library card to book some free fun with an Adventure Pass this summer! Visit <https://norwalklibrary.org/adventure-pass/> to reserve your pass for two adults and two kids to visit Blank Park Zoo, Des Moines Children's Museum, Greater Des Moines Botanical Garden, and Science Center of Iowa. One pass per venue may be used every 365 days.

Check full details on the website. Stop at the library to get your free “I'm an Adventurer” water bottle sticker (while supplies last)!

# IMPORTANT LINKS IN NORWALK!

T-ball Registration Information



New Playbooks  
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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. 11  
Norwalk Christian Church parking lot, 701 Main St.

Norwalk's Farmers Market offers locally grown fruit and vegetables, baked goods, meat, eggs, honey, fresh flowers and crafts.

## ServSafe Certified Food Protection Manager Course

May 30  
Warren County Extension Office, 200 W. Second Ave., Indianola

Registration deadline is three weeks prior to class date. Class size is limited. Cost is \$160 or \$110 for Iowa Restaurant Association members. Test-only options start at \$60. To register, visit [extension.iastate.edu/humansciences/servsafe](http://extension.iastate.edu/humansciences/servsafe).

## Free Community Concert

Friday, June 7, 6:30 p.m.  
Burkhead Electric, 2714 N. Jefferson Way, Indianola

Blake and Jenna Bolerjack, an award-winning Christian vocal duo from Oklahoma, have entertained and inspired audiences across the country. Now they are putting Indianola on their map. Join this family-friendly evening of uplifting and energetic music while benefiting the local community. A freewill donation is encouraged with proceeds going to Victory Christian Academy. Bring your own lawn chair. Dinner options available from local food trucks, including La Tiendita and Hy-Vee Grill. Dessert options available from Victory Christian Academy.



## Free Welcome to Medicare Seminar

Tuesday, May 21, 5:30-7 p.m.  
Indianola Activity Center, 2204 W. Second Ave., Indianola

The Senior Health Insurance Information Program (SHIIP) provides assistance with understanding and navigating Medicare. SHIIP services are free, unbiased and confidential. The seminar covers all parts of Medicare (A through D). To attend, RSVP by calling 515-962-5375.

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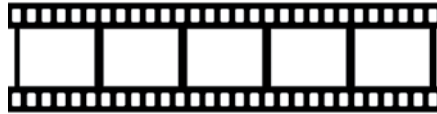
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**Gardens Galore in 2024**  
 Saturday, June 22, 9 a.m. to 2 p.m.  
 rain or shine

Tour Indianola-area gardens and visit with Master Gardeners who will be present at all of them. Tickets are \$10 with proceeds to benefit horticultural programs in Warren County. Tickets are available the day of the event at the ISU Extension and Outreach office, 200 W. Second Ave., Indianola.



**Moonlight Movie Nights**  
 Saturdays, June 7, July 12, Aug. 9, Sept. 13, starting at sunset  
 McAninch Sports Complex

The Park and Recreation Department will host Moonlight Movie Nights. Grab a blanket or chairs and join in. Warrior Eats concessions will have snacks and drinks for purchase. Movies will be, June 7, "Migration"; July 12, "Elemental"; Aug. 9, "Trolls Band Together"; and Sept. 13, "Coco."



**Paige Clark Memorial Poker Run**

Saturday, June 1, registration 9-10 a.m., cruise leaves at 10:15 a.m. Indianola Middle School, west parking lot

The Two-Lane Cruisers of Iowa is hosting this event. All makes and models are welcome. There will be 50/50 tickets. Cost is \$10 per hand. Stops will be: Armed Forces Park in Lacona, lunch at Williamson Tavern, Alba Armed Forces Memorial, and Jersey Freeze in Monroe. For more information, call Brian, 515-779-0103, or Cliff, 515-419-3824. ■



**Indianola Car Show, Tractor Show and Swap Meet**

Aug. 24, 9 a.m. to 4 p.m.  
 Warren County Fairgrounds, Highway 92, Indianola

The Two-Lane Cruisers of Iowa is hosting this event. To enter or for more information, call Curtis or Cliff, 515-577-2279 or 515-419-3824.



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## WHERE WE LIVE

By Lindsey Giardino

## LOCATION, location, location

Porter enjoys home with a rural feel.

Anyone who owns a rental property knows how much work they can be.

Kelsey Porter and her other half, Carson Whitley, sure do.

So, when they were searching for their own home, they only looked at new construction, which she says tends to be less time consuming to maintain.

“When the perfect house hit the market, and it happened to be in Norwalk, we started doing more research into the community,” Porter shares. “I have lots of family down in Winterset, so we loved that Norwalk has the small, rural feel while remaining an easy commute to downtown and all that West Des Moines has to offer.”

They like how quiet and family-oriented Norwalk is as well.

“We also only believe in investing in real estate in growing communities that have a lot to offer, so Norwalk became a no-brainer for us,” Porter says.

The couple officially moved to town in July 2022 from Cleveland, Ohio. Being on the west side of town in the Timberview/Blooming Heights area, they are close to all that the growing Cumming community has to offer, too.

What Porter likes most about her home is the open layout and chef’s kitchen for entertaining friends and family. She also appreciates the view of the polo field behind their home and downtown off into the distance.

“It makes us feel like we have space and quiet, but we are under 20 minutes away from all the action,” Porter says.

She says her neighbors are friendly, no matter where they are from.

“Here our neighbors are from all kinds of different places, like Wisconsin, Kentucky, Idaho and more, which makes meeting them and getting to know them super fun,” Porter says. “We also love that both Timberview and Blooming Heights have designated green spaces that the Parks Department plans to turn into cool destinations someday. That was a huge bonus when we were looking at our house, as it’s right across the street from one of them.”

Porter enjoys the outdoors and all Norwalk does in that regard, so she joined the city’s parks and recreation commission in July 2023. She also recently became part of the chamber and has enjoyed getting to know other young professionals in town.

“I love that the city is growing rapidly in what seems like a sustainable way,” Porter says. “It has been super easy for me to get involved at the city level, despite not having kiddos in the schools.” ■



Kelsey Porter and Carson Whitley found the “perfect home” in Norwalk and enjoy the community.

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## IT'S heating up

HVAC options to lower your utility bill this summer.

The cost of keeping your home or business cool in the summer months is going to be the biggest driver in utility costs. There are some simple steps that will assist in managing those costs. Here are our top 7.



solution. You will increase your comfort, reduce the workload on your existing system(s), and lower your utility bills, all at the same time. Ductless mini split heat pumps can be added to an existing HVAC design easily.

3. Replace your thermostat with a programmable unit. These are smart little tools that let you control the A/C when you're not home. Setting a timer on the programmable thermostat will allow you to set the temperature to fit your habits, which means the A/C won't have to work as hard or use as much energy.

4. Install ceiling and/or floor fans to circulate the air. Your home will feel cooler, along with helping your air conditioner work a little less hard. During the summer, use your ceiling fan in the counterclockwise direction. The airflow directly underneath the ceiling fan should push down, creating a wind-chill effect, which is going to make you feel cool.

5. Replace your air filters. It's such a simple chore, but the return is outstanding. A clean

filter improves the functioning of your HVAC unit, causing it to use less electricity. It's an easy, low-cost way to lessen your monthly electricity usage.

6. Keep your HVAC fan on "auto," rather than regulating the fan speed yourself, can actually save you money on your A/C bill. Why? When it's set to auto, your fan is programmed to run at the lowest speed and for the least amount of time possible.

7. An A/C won't run as efficiently if it's being blocked in some way. Therefore, when you remove unwanted debris or tall grass that could be obstructing the flow of air surrounding your unit, you are ensuring that the performance of your A/C isn't compromised and therefore costing you more. ■

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# REAL estate fundamentals

According to the NAR (National Association of Realtors), the average length of home ownership in the U.S. is eight years, which can mean buyers and sellers can go a long period of time between times they experience the real estate processes of buying and selling. And a lot can change in an individual's lifestyle and finances, as well as the local market conditions, in that period of time.



Some of the most common questions I hear from folks are basic but important and fundamental to the buying and selling processes. Here are a few helpful reminders.

**Q: We are thinking of buying a home. What are our first steps?**

**A:** Get pre-approved for a home loan with a qualified lender (bank, credit union, etc.). This will allow you to find out how much buying

power you have, which will start to funnel your home search parameters. Also, begin to research local Realtors in your area. Look up the agents' websites and online profiles, and check out their customer reviews. Choose at least three agents to connect with and ask how they would work with you. Find the right fit for you. A good Realtor knows how to listen well and ask questions and understands when/how to be an advisor, counselor, problem solver and project manager.

**Q: We are thinking of selling our home. How much is our home worth?**

**A:** Find out what your home is worth in the current market. A professional Realtor can provide a you with a complimentary CMA (Comparative Market Analysis). The CMA will take into account active and recently sold properties similar in style and in close proximity to your home, as well as other features. It will then make necessary adjustments to compare those properties "apples

to apples" to derive a possible list price. You may also want to consult with your financial advisor and tax professional to see if it makes sense to sell in the current tax year and in your overall financial plan.

**Q: What is the difference between a home's assessed value and market value?**

**A:** Assessed value is the value assigned to a property for tax purposes by a government entity (example: Warren County). Assessed value is typically reassessed periodically, usually annually or every few years, and may not always reflect the current market value. Market value is the price at which a buyer and seller would agree upon in an open and competitive real estate market. Market value can change frequently due to market conditions (locally and nationally), property improvements or other factors. ■

Information provided by, RE/MAX Precision, Norwalk, IA, Jeff Longman, 319-430-5523, sold@jefflongman.com, <https://jeff-longman.remaxprecisiondsm.com>.



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# BUILDING family bonds

## 10 activities for seniors and their loved ones

As life unfolds, the moments shared with family become invaluable treasures, especially for senior adults. Engaging in activities together not only strengthens familial bonds but also enhances physical and mental wellbeing. Here are 10 enriching activities tailored for seniors and their families to enjoy together:



1. **Nature walks and picnics:** Embrace the beauty of nature with leisurely strolls through parks or botanical gardens. Pack a picnic and relish the opportunity to share stories amid the serenity of the outdoors.
2. **Cooking and baking sessions:** Unleash culinary creativity by organizing cooking or baking sessions. Explore new recipes together, stimulating the senses and fostering healthy eating habits.
3. **Arts and crafts workshops:** Tap into creativity with arts and crafts activities. From painting to scrapbooking, these endeavors provide a platform for self-expression and exchange of ideas.
4. **Board games and puzzles:** Rediscover the joy of board games and puzzles during family game nights. These timeless activities foster friendly competition and teamwork.
5. **Storytelling and memoir writing:** Share family history through storytelling and memoir writing. Encourage seniors to recount life experiences, preserving their legacy for future generations.
6. **Gardening and planting:** Cultivate a connection with nature by tending to a garden together. Gardening offers therapeutic benefits and instills a sense of accomplishment.
7. **Music and sing-alongs:** Create lasting memories with music. Gather for sing-alongs or impromptu dance parties, evoking nostalgia and joy.
8. **Volunteering and community service:** Make a meaningful impact by volunteering as a family. Participate in local initiatives, fostering empathy and compassion.
9. **Technology workshops and digital photo albums:** Embrace technology by learning new skills together. Create digital photo albums to reminisce and connect across generations.
10. **Family outings and excursions:** Explore new destinations and create lasting memories. Visit museums, attend cultural events, or embark on scenic drives together.

In conclusion, engaging in activities with family members holds immense significance for senior adults, providing opportunities for connection, enjoyment and personal growth. By embracing these enriching experiences together, families can create cherished moments that will be treasured for years to come. ■

Information provided by Jjuan Hakeem, Edencrest at the Legacy, 2901 Cedar St., Norwalk, 515- 220-2952, [welcomelg@edencrestliving.com](mailto:welcomelg@edencrestliving.com).

# HOW your biases can affect investment decisions

Traditional economic models are based on the premise that people make rational decisions to maximize economic and financial benefits. In reality, most humans don't make decisions like robots. While logic does guide us, feelings and emotions — such as fear, excitement and a desire to be part of the “in” crowd — are also at work.



Behavioral finance has identified unconscious cognitive biases that can influence even the most stoic investor. Understanding these biases may help you avoid questionable financial decisions.

Can you relate to any of these common biases that can influence financial decision-making?

- **Anchoring** refers to the tendency to become attached to something, even when it may not make sense. In investing, it can refer to the tendency to hold an investment too long or rely too much on a certain piece of data or information.
- **Loss aversion bias** describes the tendency to fear losses more than to celebrate gains. For example, you may experience joy at the chance of becoming \$5,000 richer, but the fear of losing \$5,000 might provoke a far greater anxiety, causing you to take on less investment risk than might be necessary to pursue your long-term goals.
- **Overconfidence** is having so much confidence in your own ability to select investments that you might discount warning signals or the perspective of more experienced professionals.
- **Confirmation bias** is the tendency to assign more authority to opinions that agree with your own. For example, you might give more credence to an analyst report that favors a stock you recently purchased, in spite of several other reports indicating a neutral or negative outlook.
- **The bandwagon effect**, also known as herd behavior, happens when decisions are made simply because “everyone else is doing it.” This can result in buying high and selling low — what most knowledgeable investors strive to avoid.

Emotion-based decisions — shifting in and out of the market due to fear, overconfidence or following the herd, and subsequently missing the best-performing days over a 10-, 20-, 30-year time horizon can have a significant impact on your portfolio over time.

When it comes to our finances, instincts may work against us. Before taking any actions with your portfolio, it might be wise to seek the counsel of a qualified financial professional who can help you identify any unconscious biases at work. ■

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



# CELEBRATE National Speech-Language-Hearing Month with a visit to an audiologist

Along with enjoying nature’s soundtrack as we spend more time outdoors, there’s another reason to care for your hearing this May. It’s been designated as National Speech-Language-Hearing Month, previously known as Better Hearing and Speech Month. Organized by the American Speech-Language-Hearing Association, this month encourages people to seek treatment for hearing loss — particularly the 37.5 million adults who report some trouble hearing.<sup>1</sup>



Audiologists play a pivotal role in diagnosing, managing and treating hearing and balance disorders. They use a medical model approach to hearing health care, which not only ensures that any potential issues you may have are identified early but also opens the door to effective management strategies and treatments that can significantly improve your quality of life. Audiologists and their

teams provide everything from comprehensive hearing evaluations to fitting hearing aids and counseling you and your family.

In addition to missed conversations with loved ones, untreated hearing loss can also lead to several serious health issues, including cognitive decline; depression, anxiety and loneliness; and increased risk of falls.

Don’t put your wellbeing at risk. Scheduling regular hearing evaluations with an audiologist is a simple yet critical way to ensure optimal hearing health and overall wellbeing, allowing you to stay connected to the world and savor life’s special moments to the fullest. ■

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). 1 National Institute on Deafness and Other Communication Disorders. (2024). Quick statistics about hearing, balance and dizziness. <https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing#>:



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## HOW TO prevent bad breath

Bad breath can be embarrassing and, in some cases, cause anxiety. In other cases, a person may not notice they suffer from bad breath but others around them do. It's no wonder the stores are overflowing with gum, mints and mouthwash marketed to treat bad breath. However, gum and mints are only temporary solutions to the problem and do not treat the cause of bad breath.



Most bad breath is caused by bacteria that occurs naturally in your mouth. The mouth is a hot, humid environment — the perfect breeding ground for bacteria. When you consume food or drinks, remnants get caught in your teeth, gums and tongue. Bacteria will grow on these remnants and begin breaking them down. This process leads to tooth decay, gingivitis and, of course, bad breath. This is the primary cause of run-of-the-mill bad breath and can be treated with improved oral hygiene practices: brushing two minutes twice a day, flossing daily, and don't forget to brush or scrape your tongue. The top of your tongue is covered in tiny bumps that harbor a ton of stinky bacteria. If you struggle with bad breath, try purchasing a tongue scraper and using it daily. This is a step many people are missing.

Specific foods, tobacco use, dry mouth, tonsil stones and post-nasal drip can also contribute to malodor. If you commit to the oral hygiene practices above every day and still struggle with bad breath, speak to your dentist or doctor about potential underlying problems that could be the source. ■

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



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## Q: What is a sty, and how do I get rid of it?

**A:** A sty is a painful condition where bacteria have infiltrated an oil-producing duct present in the eyelid. This can occur on the upper or lower eyelid. Most styes are harmless and may heal on their own in about a week. Some can be more serious and turn into a widespread eyelid infection that requires the use of an oral antibiotic.



There are a few home remedies that may help the sty go away a little faster:

- Gently cleanse the eyelids. A tear-free baby shampoo or a specific eyelid cleanser — pre-moistened eyelid cleansing pads (found at drug stores) — can be applied with a warm washcloth and then rinsed off with water.
- Stop wearing eye makeup when you have a sty. Also, discard old makeup or applicators that could be contaminated.
- Apply a warm compress for 10 minutes three to four times a day.

A warm washcloth is not the best treatment because it returns to room temperature too quickly. A better option is specialized heated eye masks. They are typically made of special beads that get moist when warmed in the microwave and stay warm for eight to 10 minutes. Many optometric offices and drug stores carry these masks.

If a sty worsens or does not improve in a week, contact your eye doctor to have it looked at. ■

Information provided by Dr. Jonathan P. Anderson, O.D., Optometric Associates-Norwalk, 1228 Sunset Drive, Suite A, Norwalk, 515-981-5388.

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# WELLNESS

By Jen Penisten

## LIPOTROPICS for weight loss

Lipotropics, known as “metabolism plus” injections, are nutrients that help aid in fat/weight loss. While there are many compounds out there, typical nutrients include: inositol, B12 (cyanocobalamin), B6 (pyridoxine) and choline. Inositol helps insulin work better to regulate blood sugar and can also help regulate the “feel good” hormones in your brain, like dopamine and serotonin. B12 helps red blood cell formation, cell metabolism, DNA formation, and nerve function. Many people feel this boosts their energy. B6 is good for brain health, immune system health, neurological system health, and helps your body metabolize carbohydrates, proteins and fats. Choline is great for brain health, mood regulation, muscle control and fat metabolism. Together, these can aid energy, metabolism and general wellness. Many experience fat loss, less brain fog, better sleep and an overall improvement in their sense of wellbeing. Lipotropics are great tools but always pair better with a healthy lifestyle. Make sure to get plenty of sleep, drink your water, eat whole foods and get regular exercise. Whole food sources are a good way to get these nutrients, but they are also available in a highly absorbable injectable form called “metabolism plus,” along with other options to help your weight-loss journey. ■



Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, www.vividlifespa.com.

# HEALTH

By Dr. Jesse Stumbaugh

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

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

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

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

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

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



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



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## PLAN AHEAD

By **Sasha Mudlaff and Holly Peterson Miller**

## THANK YOU, Mom and Dad

Our mother died a few years ago after struggling through the late stages of Alzheimer's disease. Honoring her during this stressful time was our family's ultimate goal. And then, again, when she died, we wanted to honor her life in the best way we could. Well, we can tell you firsthand that having her preplanned funeral in place was extremely valuable in helping us achieve our goal. All of the information surrounding her death, visitation, service and burial were organized in a preplanning file at the funeral home. Knowing her wishes, having merchandise selections already made, having the details about what would be in her obituary already written down, and having the information for the death certificate already recorded all helped to make the process of funeral arrangements so much easier for our family.



Since that time, our dad has been "tweaking" his own preplan, which is currently in place at the funeral home, and, for that, we are so thankful. When that time comes, and our heads are spinning with grief, we won't have to wonder or guess. We will know exactly how best to honor him.

Thank you, Mom and Dad, for this gift. With love, from your two daughters. ■

Information provided by Sasha Mudlaff and Holly Peterson Miller, family owners, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-243-5221.

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## FITNESS

By **Dani McManus**

## Q: Does self-talk make a difference?

**A:** Positive self-talk is huge in a workout setting. It starts far before you even set foot in the gym. After all, how many people have actually talked themselves out of working out before? It happens to the best of us, but let's be honest, if it happens too many times, we start feeling bad about ourselves because we are not making any progress. The second you tell yourself you cannot do something, you have already convinced yourself that you can't. Why do we do that to ourselves though? If you would not say it to your friends, why do you think it is OK to say it to yourself? If you are constantly being critical of yourself, your stress will increase, and your motivation will decrease. Telling yourself that you can do that exercise or make it through that workout changes your mentality big time. You start making it through that exercise or workout, and it slowly starts getting easier. Allow yourself to have a positive mindset. Allow yourself to think that you are worth achieving that goal or you are good enough to accomplish it. Change your mentality; think positively. You never know who is watching. Even on your worst workout day, you could still be someone's motivation. Stop being so hard on yourself and start looking at those small steps you have already accomplished. ■



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).



# A CONVERSATION with chamber intern

It has been a joy and a privilege to participate in Norwalk High School's internship program as a business partner and employ another phenomenal student. I sat down with our intern, Jaylynn Brandt, to get her perspective on life in Norwalk and her experience working for the chamber.



**So, Jaylynn, what led you to intern at the Norwalk Area Chamber of Commerce?**

"I wanted to gain knowledge on marketing, social networking and working in a professional field. During my internship, I have learned so much about the business world."

**What are some of your accomplishments and experiences at NACC that you're most proud of?**

"I have gotten to contribute my ideas for social media and event planning and have done a lot with content creation. I brought the chamber's Twitter account back and created videos for the chamber's social accounts. Plus, I've loved getting

to connect and network with people."

**What will be your favorite memory from your internship?**

"My involvement with the Norwalk Area Women's Collective. I've loved those events, the topics, the discussions, and the supportive group of women. That group is a great example of what the chamber does to support not only their members but the community."

**What do you have planned for summer, and where will you be heading in the fall?**

"Softball and getting ready for college. I'll be spending as much time as possible with friends and family, and I'm looking forward to going to Lake Panorama. I have a scholarship to play softball for Missouri Western and just got accepted into their honors program."

**What do you think makes Norwalk so special? What will you miss most about your hometown while you're away for college?**

"The people are what make Norwalk so special. Everyone is so nice and naturally supportive of one another. Other than my friends and family, I'm really going to miss cheering on the Norwalk Warriors."

**Share your top three places to visit in the Norwalk area:**

- "1. The Chicken (order the Hot Chicken Sundae!)"
- "2. The bike trail (hop on at the Great Western Trailhead in Cumming, and it'll take you right downtown)"
- "3. Rose Farm."

**What would you like people to know about the school's internship program?**

"Engaging with students allows you to give back to the community and invest in the workforce. It's beneficial to both the business and the student. I am very grateful to the Norwalk Chamber for allowing me to have this learning experience."

Thank you, Jaylynn, for your hard work, enthusiasm and the creativity you've brought to the chamber this semester. Best of luck at Missouri Western, and we'll see you on the NorWALK of Fame." ■

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

# SPEED NETWORKING EVENT

with Lisa Even!

TUESDAY, MAY 21 • 2-4PM

*Hosted by the Norwalk Area Chamber of Commerce*

*Facilitated by Lisa Even*

**At St. John the Apostle Catholic Church**

**Registration: \$50/NACC Members, \$65/Non-Members**

**Who is Lisa Even?**

Lisa is from a small town in Eastern Iowa, crediting her start to her part-time job at a cafe. She now describes herself as a corporate-culture junkie turned entrepreneur. For 10 years, Lisa has been helping people Have Good Ripple Effect through speaking, workshops, and success coaching.

REGISTER  
HERE  
TODAY!

HAVE  
GOOD  
RIPPLE  
EFFECT

LISA EVEN

*Speaker, Facilitator,  
Coach and Joy  
Connoisseur*

# ART Show

The Norwalk High School Art Show was held April 17.



Phoenix Jones



Angela Davidson and Paige Hollingshead



Elias Schmolck and Allie Fuller



Carrie Krupke and Blayke Norton



Sara Bethards and Sarah Davis



Rebecca Petersen, Virginia Peterson, Kori Vos and Justin Vos



Donna and Sam Bussanmas



Jessica Holmes, Evelynn and Jennifer Latterell



Lucas Schnoor, Mary Mace and Kathryn Pierson



Andrea and Addy Tagtow



Graham and Eva



Sierra Sammons and Rebecca, Rylee and Colin Campbell



# GIRLS Soccer

Norwalk Warriors girls soccer games were held April 22 at Valley High School Stadium.



Jeff and Lisa Popken



Abby and Mark Laman



Kiya Determan



Michelle Roth



Dorrie Nichols



Julie Snyder



Janette, Cindy and Mark Gavin



Leah and Josh Holcomb



Pat and Gerry Eichman, Greg Nichols and Dave Durand



Paige Nichols and Ellie Durand



Amy and Alec Lester



Addison and Dereck Trebilcock

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Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

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Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

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