

NORWALK

JULY 2024

# Living

MAGAZINE

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offers events, exhibits  
and more July 24-29**

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WELCOME

## FARMING lessons for a town kid

The year was 1984, and I was choosing some of my elective courses while in high school. Several of my buddies were born and raised on farms, and they were all involved in FFA (formerly Future Farmers of America), which involved classwork. They convinced me, a town kid, to take the class, too. So I did.

Talk about a fish out of water. I was a good student, but the topics covered in the FFA class were beyond my scope. I first realized this at a soil judging event, where my buddies were nailing it and I was desperately lost.

We then had hands-on training on welding, and I was continually sticking rods to metal. In frustration, I submitted a piece from the scrap pile for my grade to our teacher, Mr. Greiman, which saved me for a while. "This is a good-looking weld, Goodman," Mr. Greiman told me. "You are really catching on." I wasn't.

The last straw was my livestock project, of which I did not have one. My buddies joked that I was going to have an ant farm. I knew I needed to find an out. I stuck it out for the semester and then quietly disappeared with a new respect for the farming culture and the know-how that is needed to be a successful farmer. It isn't easy.

I am reminded of my agricultural ignorance each year when I attend county fairs. As a child, I couldn't understand the fuss over all the farm animals. I was there for the carnival rides, the cotton candy and the demolition derby. Today, I always make time to tour the livestock barns, and I revel at the work these young people put into all their projects. It signifies their commitment, dedication, competition and tradition — and those are things all of us can learn from.

See you at the fair, and thanks for reading. ■

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Mollie Myer has been working with her dog, Roxie, since the German short-haired pointer was a pup.

# THE TRADITION *continues*

**Warren County Fair  
offers events, exhibits  
and more July 24-29**

**By Rachel Harrington**

Hot and muggy days have arrived, people are taking vacations, and a long-standing summer tradition — the Warren County Fair — is quickly approaching. This year, it runs from July 24-29 at the Warren County Fairgrounds in Indianola. And, as always, much of the fun can be had for free.

“We have great community partners who help support the fair to be able to offer free parking and free admission, as well as tons of free entertainment,” Alyssa Preston, social media marketing manager for the fair, says. “There is something for everyone, young and old.”



Along with the various forms of entertainment, 14 vendors will offer a variety of fair food to enjoy.

“This year, we have an exciting lineup for the grandstand,” Preston says. “On Wednesday night, grain trucks will return for the second year along with a new event: car chain races. Car chain races involve chaining two cars together to go around the track, and then we’ll have three cars chained together that will run laps around the track. Thursday night, we are excited to welcome Sanctus Real to the stage. Friday night we will have Shenandoah, with special guest Confederate Railroad. Saturday night will be the Demolition Derby. This year we have added a new class for minivans to the demolition lineup. For ages 3-8, we will have Power Wheels.”

Fans can purchase tickets for all grandstand events ahead of time online to snag a lower price.

Preston is personally excited about King Incognito’s Elvis tribute Wednesday night.

“Rhinstone Roper will be another new entertainer present in the entertainment zone,” she says. “The Rhinstone Roper will entertain kids of all ages with trick roping, bullwhip cracking and so many other fun Wild West skills including stunts by amazing trick horses.”

On Thursday morning on the free stage, the Warren County Fair Board has partnered with parks and rec departments from Indianola, Norwalk and Carlisle to host several friendly contests and competitions on Parks and Rec Day. The competition lineup includes: rooster crowing; braids, mullets and mohawks; twins, triplets and more; face-off cookie challenge; bubble gum blowing; and the tree pose challenge, which tests participants’ ability to hold the yoga tree pose.

Yet another new event for this year’s fair on the free stage Saturday night will be a concert by Eli Alger and Faster Horses. On Thursday and Friday night, Painting with a Twist, a company based in Urbandale, will hold painting classes in the Creative Corner, located inside the Morton building.

The 21 Warren County Fair board directors have been working since the close of last year’s fair to put together a wonderful week for the community. They invite one and all to come out for the fair and welcome all RAGBRAI participants who will be passing through during that time to stop in and see what fun Warren County has to offer. For a complete lineup of events, visit [www.warrencofair.com](http://www.warrencofair.com).

## A salute to the troops

Joy Clark, a U.S. Army veteran master sergeant, has been riding with an equine drill team performance group at Wildwood Hills Ranch for just more than a year. She began for the purpose of equine therapy at the recommendation of her counselor.

“Before I enlisted, I rode horses regularly but hadn’t ridden much since,” she says. “I did not expect to be riding in a group at first, but it’s been awesome. It’s a support group that checks on each other. If someone doesn’t come for a few practices, we call to make sure they’re OK.”

Clark says she enjoys many aspects of being a part of this riding group.

“When I retired from the Army, I missed the feeling of group cohesion that I’d had in the military,” she recalls. “This group of people



Joy Clark says Maya can be stubborn and testy, but her connection with the horse has been therapeutic.

with the same social understanding as I have is super supportive. Being with the group helps ease the tensions of the week, and it helps me be focused, present and connected with my family better. I also appreciate that it is close by and a short commute.”

When Clark joined the riding group at Wildwood Hills Ranch, she was paired with a horse named Maya.

“Maya is stubborn, testy and absolutely great,” Clark says. “I enjoy working with her and with horses in general. It brings me back to my childhood. I also like the physical activity of riding. Horse riding is very physical, and it is a partnership with the horse.”

The riding team performs at events such as county fairs and festivals to raise awareness for the group.

“We do a lot of coordinated maneuvers in our routines,” Clark explains. “From above, it would look like a dance with lots of patterns.” At each performance, the group lines up and does a tribute to the U.S. flag, a tribute to each military branch flag, and, lastly, a tribute to POWs and MIAs.

“The entire performance lasts around 15-30 minutes,” she says. “Being

at the fair allows others to know the group exists so they can reach out and get the support and help that they need.”

Clark says that getting ready for a performance varies from individual to individual.

“It took me a couple of months of regular attendance to get comfortable with maneuvers and routes,” she shares. “Our group meets for practice at the ranch for at least an hour of drill and routine. We slow down for newcomers so they can learn. We’ll do the routine seven to eight times in any given practice session.”

The number of performances the group does depends on facilities and scheduling.

The docket is pretty full this year,” she shares. “It is bigger than it was last year.”

The group will hold a summer fundraising event July 6 called Ridin’ at The Ranch from 11 a.m. to 8 p.m. The team will ride at the Warren County Fair on Saturday, July 27, tentatively around noon.

## Dogs make a point

When Mollie Myers was very young, she wanted to be a police officer and train dogs, her dad, Mike, says. Her family thought a good way to nurture her interest was for her to join 4-H and show dogs.

“A lot of my friends were into showing,” Mollie says.

The Myers had a 5-year-old German short-haired pointer named Parker, and Mollie began training with him to learn what showing dogs was all about.

Mike says Karen Dutcher, Mollie’s 4-H leader, teaches kids the basics of dog training.

“About 75% of what I do is train the kids to know what to do, and then they go home and train their dogs,” Dutcher says.

The group practices every Monday night from early April until the fair.

Two years ago, Mollie added a young German short-haired pointer puppy named Roxie to her training group. She began working with her early on and started her in classes at 10 months old.

“I think it’s easier to start with a puppy,” Mollie shares. “We have a better connection together. Training and showing a dog helps you bond with your dog and to learn to communicate with dogs and people alike.”

Mollie shows her dogs in all four classes: rally, showmanship, obedience and agility.

“Rally is a course with cards that tell you what to get your dog to do. Showmanship is basically showing off your dog. Obedience shows how well your dog obeys your commands. Agility is probably my favorite,” Mollie says. “It is a course full of obstacles like A-frames, tunnels, jumps and teeter-totters.”

Practicing with her dogs is a year-round affair for Mollie.

“Kids get a lot more out of it if they practice outside of class,” she



Mollie Meyer has enjoyed showing Parker and Roxie at the Warren County Fair.

admits. “It’s cool to see how much the new puppies learn over the year. Beginner kids and dogs start with everything on-leash. Over the years, they progress to off-leash. You’ve got to have a good connection with your dog so it knows what you want when off-leash. If you want to start with an older dog, it helps if you are the one who feeds it. That way they know to depend on you, a lot more than if your mom or dad does it.”

During the fair, Mollie says she gets feedback and questions from the judges that help her learn and grow.

“Once I was asked how much protein was in my dog’s food,” she remembers. “That threw me off guard. There are also vet-related questions like breed stance/rack.”

Working with her dogs has led Mollie to think she might want to be a veterinarian one day.

“As a dad, it’s neat to see kids learn a lifelong skill that a lot of other people don’t have with their dogs,” Mike says.

The Warren County Fair dog show will be July 24 starting at 11 a.m. ■



## DANGERS of heat, especially for those with dementia

We all know that heat can be extremely dangerous. But did you know that older adults, especially those with dementia, are particularly vulnerable to heat-related illnesses?

Nearly six million people in the United States live with dementia. A study by the National Institute of Health (NIH) indicated that people living with Alzheimer's-related dementia were 6% more likely to die on an extremely hot day.

Those with dementia-related memory loss are particularly at risk in the heat for several reasons, including:

- **Decreased judgement of weather conditions:** Loss of judgment and trouble making decisions is common for those who live with dementia. Problem-solving and decision-making are often impacted. For that reason, someone with dementia may misjudge weather conditions and not recognize when they are becoming too hot, need to drink water or should go back indoors.
  - **Increased skin sensitivity:** As we age, our skin cells become thinner, often appearing pale and even translucent. Blood vessels also become more fragile. Older adults have an elevated risk of sunburn. Additionally, some medications can make skin more sensitive and individuals more susceptible to dehydration.
  - **Tendency to wander:** Many, but not all, individuals with dementia may exhibit wandering behaviors. If your loved one demonstrates these tendencies, you may be worried about them exiting their home. Those who wander can easily become disoriented and even lost. In extreme heat, hyperthermia is a very real danger and can develop quickly.
- To ensure your loved one with dementia is safe in hot weather, make sure to do these things:
- **Pay attention to any health changes:** Caregivers should pay close attention to any signs something is wrong. These signs may include hot, dry skin; a rapid heartbeat; abnormal fatigue; dizziness or sudden, marked changes in cognitive function. If excessive (more than normal) confusion occurs, or your loved one becomes incoherent or unconscious, immediately call 911.
  - **Keep them hydrated:** Staying hydrated is important. Because dementia can impair a person's ability to know when they're hungry or thirsty, caregivers should monitor fluid intake and encourage their loved ones to drink fluids. Alcohol and caffeine should be avoided, as they contribute to dehydration.

- **Check on them frequently:** The Centers for Disease Control (CDC) estimates that around a quarter of all individuals with dementia live alone. For this reason, it is important to check on them frequently to ensure they're safe. Ensure their air conditioning is in good working order and their home remains cool. If you don't live close to your loved one, find someone who can check in on them frequently.

If you don't live near your loved one and don't have someone you can rely on to check in with them, it may be worth considering a day stay program or even a temporary respite stay during a heatwave. Contact your local memory care community to see if they offer these options. ■

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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## TEENAGE drivers at greater risk

Inexperience and immaturity make it much more likely that a teenage driver will have an accident than an adult driver. A driver in the age group of 16-19 is four times more likely to have an accident than an older adult and twice as likely to die in an auto accident. In some states, a 16-year-old is 20 times more likely to have an accident than an older adult. A 16-year-old is three times more likely to have an accident than someone 18-19 years old.

More than one-third of all deaths in the 16- to 19-year-old range are due to auto accidents. From an insurance standpoint, it is more expensive if your child has a vehicle driven primarily by them. Consider not getting your child his/her own auto and letting him/her drive a family car. If you insist on providing him/her with an auto, consider buying an inexpensive, but reliable, used car. Anticipate at least one or more fender benders.

In general, you are better off not buying collision insurance and not reporting these minor claims; an increased claims frequency can result in higher premiums or non-renewal.

Unless it is impossible, do not insure your child's auto under a separate policy. It is almost always advantageous, from a pricing and coverage standpoint, to have your child's auto on your policy. In addition,



since statistics show conclusively that teenagers have a higher claims frequency and severity, make sure you have a personal umbrella policy with at least a \$1 million limit. The cost can be as low as \$150 but could be as high as \$300 or more. Still, it's a bargain to protect yourself and your assets from catastrophic loss.

If applicable, ask for a "good student" discount. If your child's grade point average is a "B" or better, you could get a discount of 10-20% or more.

Most importantly, practice sound loss control. When dealing with teenage drivers, preventing accidents is more important than relying on insurance to fix things. Insurance can replace your vehicles and pay for broken bones, but it can't replace the most important thing in life ... your child.

Driving is a privilege, not a right. If your child violates your rules or the rules of the road, take that privilege away from them until they can demonstrate they understand the seriousness of this responsibility and the possible consequences of their actions. ■

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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# KEEP cool and healthy with filter maintenance

Maintaining a comfortable and healthy indoor environment goes hand in hand with a well-maintained AC system. Your AC filter plays a vital role in this equation, yet it's often overlooked. Before delving into the importance of AC filter maintenance, it's crucial to understand what AC filters are and how they function. We always recommend that your filters are changed out monthly unless you have a ductless heat pump, which offers the convenience of a permanent washable filter.

**What is an AC filter?** An AC filter is a crucial component of your HVAC system designed to capture and filter airborne particles like dust, pollen, pet dander and microorganisms. This essential filter prevents these contaminants from circulating in your indoor air, ensuring a cleaner, healthier and more comfortable living space.

**How does it work?** AC filters consist of a porous material that allows air to pass



through while capturing particles. The filter's effectiveness is measured by its MERV (Minimum Efficiency Reporting Value) rating, with higher ratings indicating better filtration capabilities. As air passes through the filter, it traps particles, ensuring that only clean, filtered air enters your living spaces.

## The importance of regular maintenance.

Neglecting AC filter maintenance can have several adverse effects on your HVAC system, your finances and your wellbeing. When filters become clogged and dirty, their ability to function as effective air purifiers diminishes. As a result, more contaminants circulate through your home, which can:

- **Impact energy efficiency:** A clogged or dirty AC filter restricts the airflow passing through your HVAC system. This increased workload consumes more energy, leading to significantly higher electricity bills. Regular filter maintenance can help maintain optimal airflow and energy efficiency.
- **Impact indoor air quality:** The decline in filtration capability can lead to a noticeable deterioration in your indoor air quality.

## Signs your AC filter needs attention.

- **Reduced cooling efficiency:** When the filter becomes clogged with dust, debris and other contaminants, it obstructs the airflow. As a result, the cooling process becomes less effective, and you'll notice that your home isn't reaching and maintaining the desired temperature as efficiently as it used to.
- **Increased energy bills:** Another telltale sign that your AC filter needs maintenance is a sudden and unexplained increase in your energy bills. When the filter is dirty or clogged, your AC system must run for longer periods to achieve the desired indoor temperature.
- **Allergies and respiratory issues:** Poor indoor air quality caused by a neglected AC filter can directly impact your health. If you, your family members, or even your pets are experiencing increased allergies or respiratory problems while spending time indoors, your AC filter might be to blame. ■

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## FAITH

By Rob Jones

# THE DASH between the dates

My wife and I have spent quite a bit of time in the south on vacations in recent years, most recently in the Charleston, South Carolina, area. These destinations provide insights into history that aren't available here in the Midwest. For example, while walking around Charleston, we stumbled upon a large, old church. Right across the street was the church's cemetery. We have found a certain fascination with looking around old cemeteries and the history of the lives of the people found there. This one did not disappoint. Besides including several signers of the Declaration of Independence who were buried there, we found the tombstone and marker of one Colonel William Rhett who was born in England in 1666. He was a sea captain who was also charged with the naval defense of what was then known as Charles Towne. Among other life achievements, he once captured a notorious pirate, became a lieutenant general, built the governor's mansion, became speaker of the house and donated the silver used in the church's communion services. Not a bad resume indeed.



The truth is, and the Bible attests to these facts, everyone is born, and everyone dies. It's only the stuff that happens in the middle that makes us unique and that counts, not just in the here-and-now, but also in eternity. Most tombstones either skip over that part entirely or offer mere platitudes about the person buried below. With every life reduced to a name and two dates, a tombstone offers a clue or two about who someone was and the impact of their life. To my knowledge about the closest the Bible comes to recording a tombstone epitaph is in the case of the Apostle Paul who, by his own hand, wrote the following about himself: "The time of my death is near. I have fought the good fight, I have finished the race, and I have remained faithful" (2 Timothy 4:6-7). Most of us don't get to choose what others put on our tombstone, but wouldn't you love to have them decide to put something like that on it? Paul had come through the crucible of life, a hard life with lots of suffering and persecution for the cause of the gospel, and, through it all, he had fought well — not physically, but spiritually. He remained faithful to Christ and the gospel all the way to the very end, in spite of everything he had endured. In the twilight of his last days, his eyes were focused on what was next... "And now the prize awaits me — the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing" (2 Timothy 4:8).

When it's all said and done — and my life is over and when your life is over — what will the dash between the dates include? What will be said about me and about you? Will we, like Paul, be able to reflect back at the end of it all and proclaim that we fought the good fight of faith, we finished our race, and we remained faithful to Christ and to His gospel? Are you looking forward to Jesus coming back and receiving His reward given to those who know and love Him? If not, if you're still breathing, it's not too late to impact that dash between the dates. ■

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



# INVESTING in Central Iowa land

## A viable alternative to the stock market

With fluctuating stock markets and economic uncertainty, many investors are seeking stable and profitable alternatives. One such option is investing in land, particularly in Central Iowa. I have seen



firsthand the benefits of land investments in this region for my clients. This article delves into why Central Iowa land investment is a compelling alternative to the stock market.

• **Stability and tangibility.** Unlike stocks, land is a tangible asset that provides a sense of security and stability. While stock values can be highly volatile, land generally appreciates over time, offering a more predictable return on investment. Central Iowa, with its steady economic growth and increasing population, presents a prime opportunity for land investors.

• **Economic growth and demographics.** Central Iowa's economy is robust and diverse, encompassing sectors such as agriculture, manufacturing, technology and healthcare.

Des Moines, the state capital, serves as a major economic hub with numerous employment opportunities and a high quality of life. The region's growing population further fuels the demand for housing, commercial spaces and infrastructure, driving up land values.

• **Agricultural investment.** Agriculture is a cornerstone of Iowa's economy. Central Iowa boasts fertile soils and favorable climatic conditions, making it ideal for farming. Investing in farmland can yield substantial returns, particularly with the global increase in food demand. The average price of high-quality Iowa farmland ranges from \$7,000 to \$22,000 per acre, with potential for appreciation as demand continues to grow. Additionally, innovations in agricultural technology are enhancing productivity and profitability, making farmland investment even more attractive.

• **Urban development and infrastructure.** Urban development is accelerating in Central Iowa, with cities like Norwalk, Cumming, Waukee, Altoona, Bondurant, Des Moines, Ankeny and West Des Moines experiencing

significant growth. New residential, commercial and industrial developments are emerging, creating opportunities for land investors. Whether you invest directly in development projects or hold land for future appreciation, the potential for profit is substantial.

• **Strategic location and connectivity.** Central Iowa's strategic location and excellent connectivity add to its appeal. Major highways, railroads and air transport facilitate easy access to national and international markets. The presence of interstates I-35 and I-80 enhances the region's logistical advantages, making it an ideal location for distribution centers and businesses.

• **Government incentives.** The state of Iowa offers various incentives for land development and investment, including tax incentives, grants and low-interest loans. These incentives are designed to encourage development and boost the local economy, making land investment even more attractive. ■

Information provided by RE/MAX Precision Norwalk, Brodie Wubben, 515-371-5193, Sold@brodiewubben.com

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The Land and Development Group with RE/MAX Precision in Norwalk is dedicated to helping investors navigate the Central Iowa land market. Whether you're interested in agricultural land, urban development, or recreational properties, Central Iowa has the potential to deliver substantial returns on your investment.

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## LEGAL

By Ken Winjum

# NUISANCES

It has always been the case that one person's use of property may interfere with another's rights or damage his or her property. Since 1851, the Iowa Code has recognized that civil actions may be brought to abate, enjoin or recover damages where a nuisance exists. Iowa Code Chapter 657.1(1) provides:

"[W]hatever is injurious to health, indecent, or unreasonably offensive to the senses, or an obstruction to the free use of property, so as essentially to interfere unreasonably with the comfortable enjoyment of life or property, is a nuisance."

The Supreme Court of Iowa just decided an important case involving this area of law. In *Vagts v. Northern Natural Gas Company*, (No. 23-0537 June 21, 2024), dairy farmers alleged that stray voltage from a gas pipeline under the farm caused distress to the dairy herd, resulting in loss of cattle and other damages.

At issue was whether the plaintiff had to prove "negligence" as part of the nuisance claim. The Court reviewed a number of cases starting with one from 1864 involving a ferry boat operating on the Des Moines river. The Court also discussed cases from 1883 (slaughterhouse); 1895 (smoke and soot from smokestack); 1904 (meat market); 1906 (creamery refuse); 1942 (sewage plant); 1952 (molasses polluting well water); and a recent stray voltage case against an electric utility. The Court concluded that negligence is not a necessary ingredient of a nuisance case.

The Iowa statute, which dates back to 1851, sets out 12 specific descriptions of what may be deemed nuisances. As one may expect, noxious exhalations, unreasonably offensive smells, along with offal, filth or "noisome substances" fall into this category.

Interestingly, "houses of ill fame," including houses where drunkenness, quarreling, fighting or breaches of the peace are permitted, may also meet the definition. Also included is dense growth of weeds or other vegetation along with trees infected with Dutch elm disease in cities.

Given the above, one might ask whether large scale animal feeding operations could be a nuisance. The Iowa legislature has made it clear that animal feeding operations are to be protected. Iowa Code §657.11 provides:

"The purpose of this section is to protect animal agricultural producers who manage their operations according to state and federal requirements from the costs of defending nuisance suits."

The statute further provides that the general assembly has balanced all competing interests and declares its intent to protect and preserve animal agricultural operations. Under this provision, a violation of law or failure to use generally accepted management practices, along with other requirements, are necessary to even establish a nuisance.

Conclusion: Nuisance law has a long history of providing a balance between necessary commercial pursuits and persons they affect. ■



## MASON makes Junior Achievement a priority

Gives back by working with students



Ashlie Mason is a long-time Norwalk resident. She moved to town with her family when she was in fifth grade and graduated from Norwalk High School.

Throughout her 17 years in the community, she has developed a real affinity for it.

Today, she works in Norwalk at Luana Savings Bank and gives back to the town she calls home however she can, including as a volunteer with Junior Achievement in the Norwalk Community School District.

"I love (doing this) because it allows me to teach the kids a little about what my world looks like and a very important aspect of what their world will look like when they get older and start to deal with their own finances," Mason says.

Her favorite part is simply interacting with the students.

"They get so excited to have someone come in and teach them new things," Mason says. "It blows my mind how fast these kids pick up on things and want to learn."

In addition to her involvement with Junior Achievement, Mason serves as a board member for the Norwalk Student Education Foundation, helping to better the schools and community she lives and works in.

"This foundation does a lot for the school district, from the kids to the teachers and everywhere in between," Mason says. "They are a very important part of our community."

In general, Mason enjoys giving back to her community because of her belief, "We should all be proud of where we live and work every day."

"Norwalk was so influential to me growing up, so it is nice to see all of our volunteers continuing that influence for other kiddos," she says. "Volunteering is self-fulfilling as well as rewarding to everyone in the community. There is no better way to show your appreciation for those in the community." ■



Jason Siemens of Edward Jones presents the Neighbor Spotlight certificate to Ashlie Mason.

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## BOX FANS AND AIR CONDITIONER DONATIONS ACCEPTED AT MANY AREA FIRE STATIONS.

**DES MOINES, Iowa** — IMPACT Community Action Partnership and area Fire Departments have partnered to collect fans for families in our community. “We typically have funding available to assist with cooling needs, however an increased demand during the winter months for heating assistance has depleted our funds. This year we will be relying on the community to assist struggling families with keeping cool,” stated Anne Bacon, CEO of IMPACT.

The community is invited to donate a new fan and/or air conditioner unit (in its unopened box), by dropping off at any of the following: City of Des Moines Fire Stations, Urbandale Fire Stations, Pleasantville City Hall, Altoona Fire Station, Norwalk Fire Station, or Hartford Fire Station during normal business hours. Donations will then be taken to IMPACT’s offices for distribution.

### DES MOINES FIRE STATIONS

- Station 1—1330 Mulberry St
- Station 2—1727 E Walnut St
- Station 3—2458 Easton Blvd
- Station 4—917 University Ave
- Station 5—711 42nd St
- Station 6—1919 SE 6th St
- Station 7—3500 E 12th St
- Station 8—1249 McKinley Ave
- Station 9—4800 Douglas Ave
- Station 10—5900 E Indianola Ave
- Station 11—4150 E 42nd St

### URBANDALE FIRE STATIONS

- Fire Station #41 – 7100 Douglas Ave, Urbandale
- Fire Station #42 – 3927 121st St., Urbandale
- Fire Station #43 – 15100 Meredith Dr., Urbandale

### ALTOONA FIRE DEPARTMENT

- 950 Venbury Dr., Altoona

### NORWALK FIRE DEPARTMENT

- 1100 Chatham Ave. Norwalk

### HARTFORD FIRE DEPARTMENT

- 150 W. Elm St., Hartford

### PLEASANTVILLE CITY HALL

- 108 W. Jackson St., Pleasantville

Financial donations can be made at [www.impactcap.org/donate](http://www.impactcap.org/donate).



## Moonlight Movie Night

The Parks and Recreation Department will host Moonlight Movie Night at McAninch Sports Complex this Summer. Grab a blanket or chairs and join us for a Movie under the moonlight! Warrior Eats concession stand will be open for the event with a limited menu for your snack and drink needs.

**Registration times:** No registration required!

**Program days/times:** Friday evenings

July 12, 2024 - Elemental

August 9, 2024 - Trolls Band Together

September 13, 2024 - Coco

**Location:** McAninch Sports Complex

## Elizabeth Holland Park Color Run - 2024

Join us for Elizabeth Holland Park Color Run! Check in begins at 6:00 pm. Colorful Gaiters will be provided for every registered participant, to assist in keeping powder out of your nose and mouth.

Wear white clothing and running shoes that can get stained. We suggest cotton based material. The powder is designed to wash out of most fabrics but we do not guarantee it will. Tutus, fuzzy boas, crazy hair, and any other dress up items are welcome! This is a time to express yourself so go all out! Sunglasses or eye wear are recommended to keep the powder out of your eyes.

**Registration times:** May 20 to July 15, 2024  
6:15 pm

**Program days/times:**  
Monday, July 15, 2024  
6:30 pm - 7:30 pm

**Check in begins at 6:00 pm.**

**Run begins at 6:30 pm.**

**Scan to register! >>**



# city of norwalk newsletter JULY 2024

📍 City of Norwalk, Iowa - City Hall    📧 @NorwalkCH    📷 NorwalkIACityHall

## Superhero and Mermaid Splash Bash

Enjoy a special night with Flash and Wanda from Iowa League of Heroes and swim with the Mermaid Princesses from Little Princess Parties. Plenty of photo opportunities and free ice cream, while supplies last! Participants must be accompanied by parent/guardian.

**Registration times:** April 1 - August 2, 2024

**Program days/times:** Saturday, August 3, 2024 at 10:30 am - 12:00 pm

**Cost:** \$15 per child, one parent allowed with paid admission. \$5 each additional parent, membership passes can not be used for events

**Location:** Norwalk Aquatic Center

**Scan to register! >>**



## Popsicles in the Park



Stop by Popsicles in the Park to help us celebrate Park and Recreation Month in July! Enjoy free freezer pops, while supplies last and yard game fun!

**July 17** Billy O. Phillips Park 1:00 pm - 3:00 pm

**July 24** Windflower Park 1:00 pm - 3:00 pm

**July 31** Warrior Park 1:00 pm - 3:00 pm

## EMPLOYEE SPOTLIGHT!

### Alli Shaffer, Police Department

I grew up in Milo and graduated from Southeast Warren High School. I then attended Iowa State University and graduated with a degree in Biology with a minor in Animal Ecology. I married my Biology lab partner, Dylan. We have a 3 year old son, Deacon, who keeps us on our toes every day.

We moved to Norwalk in 2019. I was hired as the Office Coordinator for the Norwalk Police Department in January 2022. Prior to working for the City, I was a Histotechnologist working in hospital laboratories both in Springfield, IL and Des Moines.

I love that every day is different at the Police Department. Expect the unexpected. I enjoy the camaraderie amongst the officers, and the Fire Department as well.

I am a 3rd generation graduate from ISU so my family attends as many Iowa State sporting events as possible. When it is warm, you can find us on the boat almost every weekend. I enjoy traveling and seeing new places. In my free time when I am not chasing around a toddler, I like to read.



## IMPORTANT LINKS FOR NORWALK!

### New Playbooks

View our updated Aquatic Center and Summer Parks & Recreation playbooks.



### Rent for Your Next Event!

Reserve a Norwalk Park Shelter or the Aquatic Center.



### Purchase an Aquatic Center Membership



### See what's happening at the public library!





## EVENTS IN THE AREA

Check for cancellations

### Elizabeth Holland Park Color Run

Monday, July 15, 6:30-7:30 p.m. Check in at 6 p.m.  
Elizabeth Holland Park

Join the Elizabeth Holland Park Color Run. Cost is \$15 for a single runner and \$45 for a family. Colorful Gaiters will be provided for every registered participant to assist in keeping powder out of your nose and mouth. Wear white clothing and running shoes that can get stained. Cotton-based material is best. Tutus, fuzzy boas, crazy hair and any other dress up items are welcome. This is a time to express yourself, so go all out. Sunglasses or eye wear are recommended to keep the powder out of your eyes. Register online at [https://norwalkparks.activityreg.com/selectactivity\\_t2.wcs](https://norwalkparks.activityreg.com/selectactivity_t2.wcs).



### Art in the Park

Fridays, July 19 and Aug. 2, 2-3:30 p.m.  
Norwalk Windflower Park

Enjoy making special art and craft projects. The kids meet once a month and make a different project each month. This program is for students who have completed kindergarten through sixth grade. Cost is \$17 for residents and \$19.55 for non-residents. Register online at [www.norwalk.iowa.gov/departments/parks\\_\\_\\_recreation/programs\\_\\_\\_activities/art\\_in\\_the\\_park.php](http://www.norwalk.iowa.gov/departments/parks___recreation/programs___activities/art_in_the_park.php).

### Fun Fest 2024: Victory Garage

Wednesday, July 31-Friday, Aug. 2  
Fellowship Community Church, 225 North Ave., Norwalk

Fellowship Community Church welcomes children to its annual Fun Fest event. It is free and for incoming K-fifth grade kids. It includes songs, games and tons of fun. Special guest Joe Bruce will use his gifts of ventriloquism and Biblical storytelling during the three days of teaching God's plan for redemption and restoration for each of us. Register your child at [www.fellowshipnorwalk.org/funfest](http://www.fellowshipnorwalk.org/funfest) or contact the church office at 515-981-0699. Pre-registration is open through July 28. Transportation is available if reserved with pre-registration. All are welcome to attend.



### 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.

### Moonlight Movie Nights

Fridays, 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 chair and join in. Warrior Eats concessions will have snacks and drinks for purchase. Movies will be, July 12, "Elemental"; Aug. 9, "Trolls Band Together"; and Sept. 13, "Coco." ■

## EDUCATION By T.K. West

### MEET Jessica Vasey

School nurse at Orchard Hills Elementary



Jessica Vasey with her husband, James Vasey, and kids, Abby, Lilly and Will Vasey.

When Jessica Vasey was 6 years old, she moved with her family from Indianola to Alabama, where she lived until high school. Her family then returned to Indianola, and she graduated from the Indianola Community School District. It wasn't until Vasey and her husband, James, bought their first home that she would move to the Norwalk community. This fall, she will be starting her second year as a nurse at Orchard Hills Elementary. She says she has only had great experiences with the community, and, when the job opportunity presented itself, she had to jump at it.

"Orchard Hills is like one big family. It's a great feeling to know we all support each other and that someone is willing and ready to jump in and help if needed," Vasey says.

Vasey says she enjoys working with students at the elementary school level because of their unwavering honesty and the daily hugs. She also likes getting to know the different personalities of her students. As a school nurse, Vasey typically sees between 30 and 60 students a day. During that time, she administers medications, assesses ailments such as stomachaches or a hurt ankle, and more. She also spends time with the families of students for updates on their child's health conditions or to discuss what could be going on with their child.

One of Vasey's biggest challenges of becoming a school nurse was defining the role for herself. Although she briefly shadowed a school nurse while in nursing school, she didn't have much additional exposure to school nursing prior to her current role.

"It has been a great challenge for me personally, and I have heavily leaned on the other school nurses in Norwalk for guidance. They have been amazing resources for me as I navigate this new role," Vasey says.

When not tending to students, Vasey enjoys watching her children participate in their activities. She also enjoys going on walks, seeing movies, attending concerts and spending time with friends. This is Vasey's first summer off, and she has filled it with many fun activities. She will also work at her second job in a neonatal intensive care unit. ■

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## 529 COLLEGE Savings Plan new rules boost retirement and education planning

With summer nearing its end and school coming back into session soon, 529 College Savings Plans are becoming a hot topic of discussion. 529 plans are a powerful way for families to save for a loved one's college expenses in a tax-advantaged way. Some of the biggest concerns or hesitations with funding 529 plans in the past were overfunding the plan, your child receiving a large scholarship, or fear that your beneficiary may choose not to attend college. Previously, if funds within the 529 plan were used for anything other than education costs, they were subject to income taxation and a 10% penalty.



Now, in 2024, the concern of overfunding the plan has been addressed. If there are unused funds within a beneficiary's 529 plan, they can now be transferred to a Roth IRA in the beneficiary's name.

While these new guidelines are exciting news for those who are contributing or have been wanting to contribute to a 529 College Savings Plan, they do come with a specific set of rules to keep in mind:

- To transfer the plan to a Roth IRA, the 529 plan must have been in place 15 years before the transfer can occur.
- If you change the name from one beneficiary to another, this could reset the 15-year clock.
- Funds that were contributed or earned within the past five years cannot be transferred.

The current maximum that you can transfer to the Roth IRA is \$35,000 over the beneficiary's lifetime. When transferring funds, annual Roth IRA contribution limits still apply. Currently, 2024's annual Roth IRA contribution limit is \$7,000. This amount is subject to change annually.

With this change coming into effect this year, families can feel more confident when opening and funding a 529 plan for a loved one without fear of the funds going unused. This change presents an opportunity for parents and grandparents to take advantage of funding and even overfunding a 529 plan for a child or grandchild. Even if you are not helping pay for higher education costs, you are helping your loved one get a head start on their retirement savings at an early age. ■

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

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## RECIPE

# BRING joy to mealtimes by dining together

*(Family Features)* The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

“Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being,” said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. “As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way.”

Visit [barilla.com/recipes](https://barilla.com/recipes) to discover more dishes that can help you follow the Mediterranean lifestyle. ■

## Cellentani Caprese pasta salad

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 7

- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste



### DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.



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## THE ROLE of funeral staff

"We don't need to worry about it; the church will take care of everything."

I have recently experienced the planning that goes into a family member's funeral service. When you want a celebration that truly reflects and honors the loved one who has died, you learn firsthand about the many details which need to come together.

You also appreciate the job of the funeral director and support staff, who make sure all of these details come together seamlessly.

So, when a family says they do not need the funeral home involved with services... we cringe.

We cringe because we know that churches don't typically have staff ready to take care of the many details that need to be attended to: creating memorial folders, memorial DVDs and other service items; checking in flowers and arranging them for the service; setting up displays of personal items for the service; and providing ushers, just to name a few.

Individually, these may not seem like big things; however, these details can quickly become overwhelming. That is why I urge you to take my personal experience to heart and let the funeral home do what they are here to do for the family. Let the funeral director "direct" and guide the family through these many details and decisions.

And remember... planning in advance will make this a smoother and less stressful process for everyone. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).



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## THE IMPORTANCE of friendship among seniors

As we journey through life, the value of friendships becomes increasingly evident, especially in our senior years. These relationships not only enrich our daily lives but also contribute significantly to our overall wellbeing and quality of life.

For many seniors, friendship plays a crucial role in combating feelings of loneliness and isolation that can sometimes accompany aging. Retirement, loss of loved ones and physical limitations can lead to a shrinking social circle. However, cultivating new friendships and nurturing existing ones can provide a sense of belonging and emotional support, creating a robust social network that helps seniors navigate life's challenges with greater resilience.

Friendships among seniors offer opportunities for shared experiences and meaningful connections. Whether it's reminiscing about the past, discussing current events, or simply enjoying each other's company, these interactions foster a sense of camaraderie and mutual understanding. The bonds formed through these friendships often transcend age differences, creating a supportive environment where individuals feel valued and respected.

Moreover, friendships can have a profound impact on mental and physical health. Studies have consistently shown that seniors with strong social networks tend to have lower rates of depression and anxiety. Socializing can also help keep the mind sharp and reduce the risk of cognitive decline, as engaging conversations and activities stimulate mental agility and creativity.

Friendships among seniors are often built on a foundation of trust, empathy and shared experiences. These qualities create a supportive environment where individuals feel comfortable expressing themselves and seeking advice. As seniors navigate the challenges of aging, having friends who understand and empathize can provide reassurance and encouragement, promoting a sense of emotional wellbeing and self-worth.

Additionally, friendships can lead to new interests and opportunities for personal growth. Seniors often discover shared hobbies or pursue lifelong passions together, whether it's gardening, book clubs or volunteering. These shared activities not only bring joy and fulfillment but also strengthen the bonds of friendship, creating lasting memories and a sense of purpose in later life.

In essence, the importance of friendship among seniors cannot be overstated. Beyond the practical benefits, such as reducing loneliness and enhancing mental wellbeing, friendships contribute to a sense of purpose and vitality in later life. They remind us that regardless of age, meaningful connections with others remain essential to leading a fulfilling and happy life.

In conclusion, fostering and maintaining friendships as we age is a valuable investment in our overall health and happiness. By nurturing these relationships, seniors not only enrich their own lives but also contribute to a supportive and vibrant community. As we celebrate the significance of friendship among seniors, let us recognize its profound impact and strive to cultivate these connections for a brighter, more connected future. ■



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

## 5 METHODS to improve your outcome with hearing devices

You, or a loved one, have hearing loss and use hearing aids prescribed by a hearing health care provider. You hear better with your devices but continue to experience difficulty hearing and understanding. Below are five ways to hear your best with your hearing aids.



### Request a comprehensive audiological evaluation

A comprehensive audiological evaluation is a thorough assessment of your hearing. This in-depth hearing test provides important information about your ability to hear and understand. These results should be compared to previous results to detect significant shifts in volume and clarity. Individuals with hearing loss should complete this evaluation at least every two years.

### Ask for reprogramming of your hearing aids

In most cases, hearing loss gradually worsens with age. When your hearing loss progresses, the prescription for your devices should change. For example, when your vision worsens, your optometrist increases the prescriptive strength of your lenses. Similarly, your audiologist should increase the prescriptive strength by reprogramming your hearing aids. This process may include minor adjustments or a new fitting. Reprogramming of hearing aids should occur at least annually.

### Inquire about custom earmolds

Depending on the style of your hearing aids and the severity of your hearing loss, custom earmolds may be an option. A custom earmold replaces a standard dome, which attaches to the tubing or speaker of most hearing aids and fits inside the ear canal. Custom earmolds can improve the performance of hearing aids by providing appropriate volume for specific pitches. Custom earmolds are an affordable solution and complement your current devices.

### Update the firmware of hearing aids and software of smartphones

Most hearing aids require frequent firmware updates and are only available with programming software for hearing health care providers. Software updates for smartphones are more frequent and available directly to patients. These updates are necessary to maintain the Bluetooth® connectivity of your devices and should be completed every four to six months. ■

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).

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## WELLNESS

By Jen Penisten

### WHERE to start with medical spa weight loss

With many options available, it can be extremely difficult to figure out what's best for you. GLP-1 injections such as semaglutide and tirzepatide are hot right now. These injections are effective treatment for food cravings, 15-20% body weight loss, weight that just won't go away and worry about chronic health conditions.



Many people have that "trouble spot" that won't go away no matter how many crunches, squats or lunges you do. The Emsculpt NEO can provide targeted fat loss and muscle gain, replacing 14-16 weeks of HIIT training in that area. This machine also increases metabolism for 12 months and helps get rid of visceral fat that increases your risk of stroke, heart attack and diabetes.

Lipotropic vitamin injections provide vitamins and amino acids that help your body break down carbohydrates and fats into energy rather than storing it. It can provide appetite suppression, better sleep, more energy throughout the day, and a general better sense of wellbeing.

Last but not least, the appearance of cellulite and loose skin can really affect body confidence. Morpheus8 and lipodissolve injections can provide targeted fat loss while Morpheus8 can also tighten skin. Common areas are below the chin, bra fat, lower abdomen, inner thigh and the flank area.

Ask about a plan that fits your life, goals and budget. ■

Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, [livin-vivid.com/life-spa](http://livin-vivid.com/life-spa)

- Jaw Pain
- Jaw Stiffness
- Jaw Clicking and Popping
- Headaches

You may be suffering from TMJ

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Dr. Stumbaugh was amazing! He went over what was bothering me and quickly came up with a plan of attack to get me back in the gym! I would highly recommend his team. — Ben K.

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## HEALTH

By Dr. Jesse Stumbaugh

### ALLEVIATING jaw pain

If you have trouble moving your jaw without pain, stiffness and other uncomfortable results, you may suffer from temporomandibular joint disorder. This disorder, commonly referred to as TMD or TMJ (after the jaw joint it involves), can stem from numerous causes and create equally numerous symptoms.



Thankfully, there are effective ways to alleviate this painful problem, including medical treatment such as chiropractic care and lifestyle modifications.

Dental treatments for TMJ commonly include procedures to help the teeth come together as they should and night guards to reduce muscular tension. However, these treatments may not help if your condition stems from a joint problem.

If chiropractic treatment is necessary for your TMJ, your chiropractor will work in close collaboration with your dentist to develop a personalized holistic treatment plan.

The kind of chiropractic adjustment and muscle work you receive will depend on the origin of the problem. For instance, if you have arthritis or an alignment problem in your temporomandibular joint, the chiropractor may adjust that joint directly. If you have a cervical spinal misalignment, your neck may receive the adjustments. ■

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.

## HEALTH

By Dr. Donna Grant

### 'WILL I be glowing by the time you're done?'

Periodically, we will have a patient in the office with a heightened concern of radiation exposure with dental X-rays. We can all agree that excessive radiation can be harmful and should be avoided when possible. So, how much radiation is in dental X-rays? We've compiled a list of things that expose you to more radiation than a dental X-ray:

- **Spending more than two days in Denver.**

It takes two days at altitude to be exposed to the same amount of radiation as a year's worth of dental X-rays.

- **Flying in an airplane.** Depending on the length of your flight, you could be exposed to another year's worth of dental X-rays.

- **Ceramic tiles and granite countertops.** The average radiation exposure from building materials inside a home over one year is 20 times higher than a year's worth of dental X-rays.

- **Eating a banana.** The amount of radiation exposure from eating a banana is about the equivalent of a single dental X-ray.

As we've moved into the digital world, the amount of radiation exposure with digital dental X-rays is 80% less than with traditional X-rays. The benefit of dental X-rays in diagnosing dental problems early far outweighs the minimal radiation exposure. After a trip to the dentist, the only thing that should be glowing is your smile. ■

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



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## HEALTH

By Dr. Jonathan P. Anderson, O.D.

### WHAT IS this 'blue light' I have heard about? Is it good or bad for you?

The answer is both. Blue light is very near ultraviolet light (UV) on the light spectrum. This means it has the highest energy of the light we can see. The cornea and lens of the eye prevent most UV light from striking the light-sensitive retina. However, virtually all visible blue light passes through the eye and reaches the retina. Computers, tablets and phones emit blue light. The amount of time people spend using these devices and the proximity to the user's face have eye care professionals concerned about possible long-term effects. However, studies have shown that consumer electronics do not put out enough brightness to cause retinal damage. That's the good news. The bad news is that too much blue light prior to going to sleep can decrease melatonin production in our brain, making it harder to fall asleep. Some blue light is good for you. It can boost alertness, help memory and elevate our mood. It is also important in regulating our body's natural sleep/wake cycle. A good blue light filter on glasses will let the good blue light in and keep the bad blue light out. ■



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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# CONNECTING to create a thriving community

Over the years, networking has been the foundation of almost all my personal and professional relationships.

Whether at a social event, a professional gathering or a casual meeting, I am often asked, "Where did you two meet?" and my response is invariably, "The Chamber." This simple exchange highlights the profound impact that chambers have had on my life. The connections I've made through these networks are invaluable. I am sure you feel the same way about many of your relationships. It's how we build a sense of community, which strengthens our ability to come together, support each other and work toward common goals.

In times of adversity, the strength of our connections can make us more resilient. The world often tries to isolate us, but our inherent nature is to seek connection, purpose, understanding and compassion, even as



business professionals. Chambers provide a platform for fulfilling these intrinsic human needs, creating a network of support that is invaluable both personally and professionally.

Whether you're new to the chamber experience or a long-time community member, networking through the chamber fosters a unique sense of camaraderie. It's not just about exchanging business cards; it's about building lasting relationships based on mutual support and collaboration. The collaborative spirit within our chamber is instrumental in creating a cohesive community. Here, individuals find opportunities for professional growth, personal development and community involvement. This spirit of collaboration and mutual growth is central to our mission at the Norwalk Area Chamber of Commerce: to promote, connect and grow together to strengthen our community.

To our current members, I extend my heartfelt thanks. It was apparent during my second day at our annual golf outing that your

commitment and participation are what make our chamber vibrant and successful. Your willingness to share your expertise, time and resources enriches our community in countless ways. Each connection you foster and every piece of knowledge you share strengthens our collective network, creating a sense of belonging and unity that makes our chamber an indispensable resource for all of us.

If you have yet to join, I invite you to become a member. Becoming a member opens doors to numerous opportunities to connect and actively participate in our community. Whether you're looking to expand your business, meet like-minded individuals or give back to the community, the chamber offers a platform to achieve these goals. The future is bright.

Together, we can build a thriving community. ■

Information provided by Mel Guanci, Executive Director, Norwalk Area Chamber of Commerce.

promote. connect. grow.

View the business directory  
[norwalkchamber.org](http://norwalkchamber.org)

## Connecting Community to Business

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### Community Events

- Ribbon Cuttings
- Member Programming
- Fall Warren County Women's Mentoring Event
- RUNorwalk 5K & 10K

### Welcome Center

- Business Directory
- Event Calendar
- Volunteer Opportunities
- Membership Information



Connect with the  
Norwalk Area Chamber  
and Join Today!



# CHAMBER golf

Norwalk Area Chamber of Commerce held its annual golf outing June 18 at The Legacy Golf Club.



Lorie Williamson and Mel Guanci



Scott Gray and Brent Williams



Dave Eppel and David Duffy



Nick Gustafson and Colton Verrips



Mallory Metzger and Katie Stewart



Adam Vandekamp, Scott Gray and Brent Williams



Colby Holdenberg and Joe Paletta



Tim Klinkner and Ralph Shippers



Benjamin Pearson, Joey Hofer, Mike Grund and Grant Thomas



Raunie Dardis



Tim Stephany



## OUT & ABOUT



Norwalk Area Chamber of Commerce held a ribbon cutting for Ashley McGee Tattoo, 1409 Sunset Drive, unit 5, Norwalk, on June 27.



Lorie Williamson and Ashley McGee at the ribbon cutting for Ashley McGee Tattoo.



Mayor Tom Phillips, Lorie Williamson and John Schmidt at the ribbon cutting for Ashley McGee Tattoo.



Meredith Hennesse and Jim Lane at the ribbon cutting for Ashley McGee Tattoo.



Travis Stanley, Tim Klinkner and Jon Neimeyer at the ribbon cutting for Ashley McGee Tattoo.



Kelly Krampe and Matt Logue at the Norwalk Area Chamber of Commerce golf outing June 18 at The Legacy Golf Club.



Casey Young and Dan Winslow at the Norwalk Area Chamber of Commerce golf outing June 18 at The Legacy Golf Club.



Tony White and Justin Leonard at the Norwalk Area Chamber of Commerce golf outing June 18 at The Legacy Golf Club.



Nicol Hoover and Mj Sharp at the Norwalk Area Chamber of Commerce golf outing June 18 at The Legacy Golf Club.



Mike Arndt and Lisa Van Erem at the Norwalk Area Chamber of Commerce golf outing June 18 at The Legacy Golf Club.



Chris Albright and Chris Peterson at the Norwalk Area Chamber of Commerce golf outing June 18 at The Legacy Golf Club.

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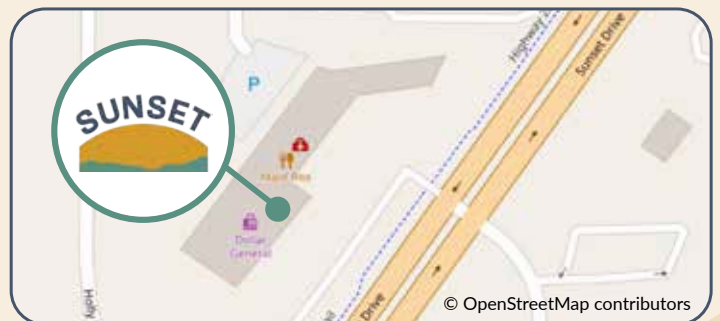
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