

Our Nevada

Iowa

February
2025

Studying Abroad

Nevada has welcomed two
exchange students this year!

PAGES 4-5

Valentine's Date Ideas

PAGE 3

Brewery Vision Realized

PAGE 11

Dress Donation for Harmony

PAGE 15

The Buzz

REQUEST FROM HARMONY CLOTHING CLOSET

Harmony Clothing Closet started the year with a simple, friendly request in a post on its Facebook page: "We kindly ask that you do not leave donations outside when we are closed."

Harmony's Board of Directors also put up signs by the door to remind people that leaving donations outside is not allowed and is furthermore considered "illegal dumping." And surveillance cameras have been installed.

Why is it so important that those donating follow these instructions?

First, donations left outside can be ruined by the elements. Second, if items sit outside or pile up for a period of time or if they are picked through by a passerby, they can create an unsightly mess. Third, if Harmony, a nonprofit entity, has to pay for additional garbage services to handle items left outside and ruined or messed up, this takes away precious financial resources that help fund the service Harmony provides.

Harmony Clothing Closet has been in existence in Nevada since the spring of 2007. It has become a valuable community resource and has served countless families from Nevada and other communities.

Harmony wants to continue to serve people, and it depends on donations to do this. But, it needs to receive those donations when it is open and staffed with volunteers. At this time, the open hours are generally on Mondays from 4-7 p.m. year-round. It is wise to follow the Harmony Clothing Closet Facebook page to keep up on changes and announcements.

If Harmony is going to the trouble of posting reminders, putting up signs, and installing security cameras, then it's obvious there have been problems and that they are doing all they can to address them. Our community needs to do the right thing and follow the rules so we won't lose this wonderful community resource.

ON THE COVER: Nevada High School foreign exchange students Mohamed Hammam and Silvana Espa.

Contents

FEBRUARY 2025 IN THIS ISSUE

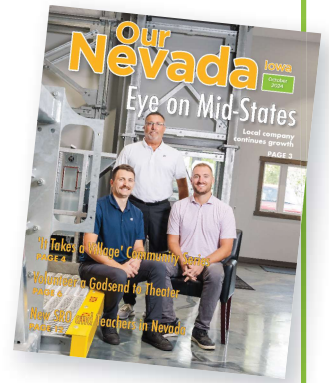
- MSN Valentine Date Ideas3
- Foreign Exchange Student Features4-5
- City News.....6-8
- Community Guide Information9
- Spotlight on Volunteerism.....10
- New Brewery Achieved..... 11
- Story Medical News..... 12-13
- Story County News 14
- Formal Dress Donation 15
- Calendar..... 16

CONTACT US

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ABOUT OUR NEVADA

Our Nevada is a monthly joint publication between the City of Nevada, Nevada Community School District, Story County Medical Center, Story County, NEDC, and Main Street Nevada.



Celebrate

Nevada is full of ways to celebrate Valentine's Day with your special somebody. Use our Promotions Committee's date ideas to inspire your own plans for "Love In Nevada!"

Overnight Rendezvous

Enjoy an evening of bowling at Sports Bowl.

Check into one of the City's awesome airbnbs.

Enjoy breakfast in our downtown area at one of several great food establishments.

Book a couple's massage at Best Life Hypnosis and Bodywork.

Enjoy another evening meal in the downtown, followed by drinks and a board game at The Well Brewery + Market.

Music & Romance

It may be sold out by now, but check out the Live Music with Colin Raye (country music superstar) event at Gatherings on February 14. Dinner is included.

Find out more at:
nevada-iowa-shows.com

Family Fun

Grab supper at one of Nevada's restaurants, then head to the Nevada Field House for a game of HORSE or Pickle Ball (be sure you have proper passes from Parks and Rec first)!

Outdoors Adventure

Enjoy winter fishing as you bike along Nevada's Indian Creek Greenbelt trail. The trail connects three fishing ponds.

For lunch, schedule a romantic picnic with Something Blue, or warm up with a bite at one of the wonderful downtown restaurants. Round out your bike ride and play disc golf at Harrington Park.

For an evening out, grab your skates and enjoy the ice rink at Lincoln and Jefferson Highways Heritage Park in front of city hall. Have a romantic meal in the downtown. Don't forget to catch the stars by laying out a blanket in Jennett Heritage Park south of town. If you're looking for a snack, pick up some popcorn from The Camelot or Bricktown before heading out.

Meet Mohamed

Full Name: Mohamed Hammam

Comes from: The country of Egypt

Age: 15

Exchange Program: Kennedy Lugar Youth Exchange and Study Program

Host Family: Josh and Jenny Angus

First thoughts about Iowa: It was hot and humid when he arrived in August. He's used to heat, but not humidity.

Something to note about his home country: Egypt is more than just deserts and camels. We have different landscapes.

Activities he's participating in at Nevada High School: Football, Drama, Soccer

Thoughts about the American Election: He paid a lot of attention to it, because most of the people in his home country were very interested in it due to the Palestinian War. Friends were messaging him on Election Day asking how it was going. As to whether his friends were happy with the result, he said their reactions are similar to Americans' reactions... some are happy, some are not.

Differences between Nevada, Iowa and where he is from: Mohamed is from the City of Luxor, which is over a million people. The school he goes to, however, is smaller than Nevada High School, because it's a private school. They have one classroom per grade.

What foods are you missing most from home? Things like Koshari, which is a popular dish with a base of pasta, rice, and lentils, topped with chickpeas, a garlicky tomato sauce, garlic vinegar, and crispy fried onions; and macarona bechamel, a pasta bake with penne, spiced meat, tomato sauce and bechamel (a roux of milk, butter, flour and seasoning).

How is school going here and how is it different from back home? Mohamed would have been a sophomore in his high school at home this year. He's classified at Nevada as a senior, because that's how all exchange students are generally classified. School here is going well so far. He's taking Spanish, chemistry, business, speech and math. The subjects are similar to what he's taken at home. Mohamed is used to starting the school day around 8 a.m. back home, but the end of the day is much different. "At home, we are done by 1:30. We don't eat lunch at school." And sports and many other activities in his home country are not affiliated with the school. Those are a club activity.

Where will he pick up with school when he returns home? He will be a junior in high school next year, with his senior year after that. After high school he'll attend college as everyone does in Egypt.

Unique about Mohamed:

- He is Muslim, which has created interesting situations. When the Angus family took him to the Iowa State Fair, he saw a live pig for the first time. He doesn't eat pork. An interesting time of adjustment for the family will be in March when Mohamed will observe Ramadan, a Muslim ritual that includes fasting from dawn to dusk. "It will be different here with everybody eating when I am not," he said. He'll eat in the evenings after the sun sets and will get up early in the morning to eat before the sun rises.
- He became better at speaking English by watching '90s sitcom, "Friends."

and Meet Silvi

Full Name: Silvana Espa

Comes from: The county of Italy

Age: 17

Exchange Program: Rotary Youth Exchange

Her Host Families: Charlie and Michelli Good, and Robb and Leah Schmidt

First thoughts about Iowa: It is flat, and everything is big, like cars, roads and houses, compared to her home country.

Something to note about her home country: How much culture we have. Italy is probably seen mostly that it's all about the food, a great lasagna! I talk about our monuments, our history, our philosophers. We have the most full, rich literature in almost all of Europe. And art, we have great artists and styles.

Activities she's participating in at Nevada High School: Band, Jazz Band, Choir, Spring Musical, Cheerleading, Cross Country, Track and Field

Thoughts about the American Election: I was impressed that American teenagers are involved in the election even though they don't have a vote yet. "Developing a political thought or opinion is essential for the country, and that's what I think that we don't have (with young people in Italy)."

Differences between Nevada, Iowa and where she is from: She is from the island of Sardinia, and a metropolitan area of around 30,000 people. It is a much older city with much older buildings. Nevada seems more organized to her.

What foods are you missing most from home? Pasta! Americans don't have good pasta. It's tasteless, I'm sorry.

How is school going here and how is it different from back home? I think I appreciate more about Nevada than a lot of people who live here. You have a lot of opportunities to develop so many skills, especially in school. Back home, there are no opportunities for extra-curricular activities at school. School is just studying. We don't have sports or dances like homecoming and prom. If students want to do other things in Italy, they must pay to join a club. Another difference about school in Italy is that high school is five years long, and they don't use the terms "freshman" through "senior." We just call it 9th, 10th, 11th, 12th and 13th.

Where will she pick up with school when she returns home? Next year, she'll be in her 13th year. She will also be simultaneously doing three months of catch-up work from her 12th year. Following high school, Silvi plans to attend university at Milan to study economy/marketing or languages.

Unique about Silvi:

- She speaks five languages — English, Spanish, French, Sardinian and Italian, which is the most common language spoken in Sardinia. "Sardinian is the proper language of my region, but is the language I know the least. It's mostly spoken by older people."
- She's fallen in love with America's Crumbl Cookies
- Her favorite place to shop is Target! She doesn't have Target at home.





Nevada Mayor Brett Barker presents a certificate of recognition to Lt. Nick Brown for his work on the Gold Helmet Challenge. (This presentation was made prior to Barker's resignation as mayor at the end of December.)

Lieutenant Brown thanked for his work on Challenge

The exposures firefighters face from modern-day products of combustion, engine exhaust and the products used to make protective gear, to name a few, put firefighters at great health risk, especially when it comes to cancer.

Because of this, the National Institute of Occupational Safety and Health developed the Gold Helmet Challenge to encourage fire departments to enroll their active members in a study exploring the unanswered questions about how cancer risk may vary across the country's diverse fire service.

Lt. Nick Brown of the Nevada Fire Department took the Gold Helmet Challenge to heart as he worked to assure that every member of the Nevada Fire Department was enrolled in the study. His efforts led to the NFD being the first department in Iowa to have all members enrolled, and the 17th department in the country to register at least 50 percent of its members.

"My father passed away from cancer a few years ago," Brown said, "so finding a way for researchers to connect cancer with certain occupations that have a higher risk of getting it was important. Hopefully they can find a way to prevent someone else from getting it in the future."

Nevada has 45 members in its department, so getting them all enrolled was no small task. "I kept a list of everybody and

checked members off as they got this done," Brown said. He continued checking his list and giving reminders to members until they completed the task of filling out a 15-30-minute survey about their roles in the fire department and how long they've been a firefighter.

Brown was thankful when he knew that everyone had completed the task. What he didn't expect was recognition for doing it.

Fire Chief Ray Reynolds recognized Brown at the Nevada City Council meeting in December to honor the commitment he'd made in getting all local firefighters on board.

"His personal phone calls, announcements, and peer pressure convinced all 45 members to register," Reynolds said, adding that it's no small task when you consider how busy life is for these volunteers. "Lt. Brown showed persistence of a leader and did not quit."

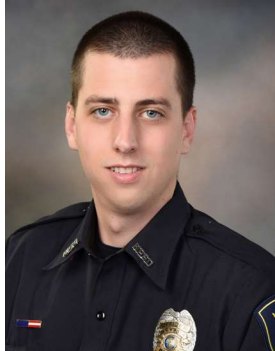
Reynolds said the department recognition for the Gold Helmet Challenge is nice, but the true goal is ending cancer in the fire service.

Brown is a 2017 graduate of Nevada High School and works full-time as an automotive repair technician for Dewey Collision Center. He has been a member of the Nevada Fire Department for six years.

City Employee News

PROMOTED TO SERGEANT

Nevada Senior Patrol Officer Sean Seymour was promoted to Sergeant with the Nevada Public Safety Department on Monday, Nov. 25. He was officially sworn in during the Nevada City Council meeting by Mayor Brett Barker.



Seymour joined the Department in 2017. A 2010 graduate of Indianola High School, he holds a criminal justice degree from Simpson College and had worked for the City of Marion as an officer prior to his employment with Nevada.

During his time with Nevada PD, he has trained officers, and instructed in firearms, driving, and SFSTs. He is a weapons armorer and manages the GTSB contract.

NEW OFFICER

Carter Morphey, 19, a native of Bancroft, Iowa, and a 2023 graduate of North Union High School in Armstrong, started employment with the City of Nevada on Monday, Dec. 9.



He'd been working other jobs while studying criminal justice at DMACC and felt drawn to pursuing a police job while finishing his studies.

As a high school student, Carter was part of a Student Academy offered by the Algona Police Department. That exposure, along with

being a reserve officer, solidified to him that this profession was the one he wanted to pursue.

"I like the community involvement that reserve officers have," he said, and that full-time officers can have. "Seeing what officers do, I really want to give back to communities in that way. That [culture] has been a big part of my upbringing."

Giving back and the idea that as a patrol officer, he'd be looking out for the safety of the community are things he really looks forward to doing.

He started attendance at the Iowa Law Enforcement Academy on Jan. 6 and is expected to graduate in late April. At that time, he'll return to Nevada to begin his work with the Nevada Public Safety Department.

Hanson appointed Mayor

On Monday, Jan. 13, the City Council appointed Brian Hanson to fill the vacant Mayor seat. At the same meeting, the Council also set the date for a "special election" to be held March 4, 2025. How did we get here?

At the Dec. 19, 2024 Council meeting, a resolution was passed to fill the Mayor vacancy by appointment after weighing the cost of a special election at approximately \$10,400 with the next regular election scheduled for Nov. 4, 2025. Notice was posted asking for applicants interested in filling the Mayor's seat. There were two applicants and both were interviewed by a committee of past mayors, community leaders and council members. The committee selected Hanson as the appointee.

However, a petition was presented in



Brian Hanson and his wife, Leslie

January with the number of signatures needed to force a "special election," meaning Hanson will serve as interim Mayor until a candidate is elected. The person elected would then serve as mayor until Dec. 31 of this year. The person elected in November 2024 will serve a full term as Mayor, beginning in January 2026.

Hanson has served as a past City Coun-

cil member for 18 years. He is owner and president of V&H Ag Services and has lived in Nevada for 47 years. He has served on many committees and boards, including Planning & Zoning Board, Joint City/School Committee, Baseball Field Planning Committee, Nevada Booster Board, Nevada Foundation Board, and as president of the Nevada Truck Pull.

The filing deadline for candidates in the March 4, 2025 "special election" is Friday, Feb. 7, 2025 at 5 p.m. For further information regarding the special election, please see the City Website at www.cityofnevadaiaowa.org, and go to the election page found under the City Clerk Department tab. You will also find special election information on the Story County website on the auditor's page.

Nevada Library News

REGULAR YOUTH PROGRAMS

Toddler Time (ages 0-3) — Tuesdays at 10:30 a.m.

T.A.L.E.S. (4th - 6th grade Tweens At the Library Enjoying Snacks) — Wednesdays at 3:30 p.m.

Teen Lounge (7th-12th grade) — Wednesday at 3:30 p.m.

STEAM Lab (K-3rd grade) — Thursdays at 3:15 p.m.

REGULAR MONTHLY ADULT EVENTS

Grounds for Murder Book Club - 1st Saturday of each month at 10 a.m.

Books After Dark Book Club - 3rd Tuesday of each month at 7 p.m.

Craft and Chat - 4th Thursday of each month at 10 a.m.

Sweet Reads Romance Book Club - 3rd Saturday of each month at 1 p.m.

ALL AGES MOVIE MATINEE

Saturday, Feb. 8, 10:30 a.m.

Save the Date

Attention Nevada High School Graduates! The 2025 Nevada High School Alumni Weekend & Banquet will be June 27, 28 and 29. Here are the options to find out more:

Call 515-291-4733

Email kls.alumni@iclou.com

Follow the Facebook Group: "Nevada Alumni Association CELEBRATING EVERY 4TH SAT. OF JUNE"

City Hall Foyer a collection site for Kiwanis mission

The Nevada City Hall Foyer will be a drop-off site for the Nevada Kiwanis club to collect items for the non-profit organization called "Sleep in Heavenly Peace."

According to its website, Sleep in Heavenly Peace started in a garage at Christmas time in 2012. Founders are Luke and Heidi Mickelson of Twin Falls, Idaho. They had a project to build one bed for a single family, and with the wood left over from building one bunk, they wondered, who else could benefit.



The mission of building beds for children who don't have a bed of their own has grown into a national organization with over 200 chapters that have built over 100,000 beds.

Jody Melcher of the Nevada Kiwanis club said the group had a program about Sleep in Heavenly Peace (SHP) at one of its meetings.

"We like their purpose — building beds for children who don't have one," she said.

A local chapter of SHP delivers beds to Story County communities, including Nevada. "We are hoping to support their work by having a bedding drive to collect and donate plain-colored twin sheet sets, mattress pads, pillows, and blankets." During the month of February, the Nevada Kiwanis organization will collect bedding for this purpose.

The City Hall foyer will be one location with a drop box for these donations. Kiwanis will announce any additional donation sites on their Facebook page: Nevada Iowa Kiwanis.

Find out more about Sleep in Heavenly Peace at shpbs.org.

All City offices and the Nevada Public Library will be closed on Feb. 17 in observance of President's Day. Offices will re-open Tuesday, Feb. 18.

New Community Guide being released this month

Another 36-page "Experience Nevada, IA" Community Guide will be released on Friday, Feb. 7, the day when this year's act's for Pizza Pie Looza, coming up May 10, will also be revealed.

The Guide isn't mailed to residents, but is available for residents to have if they want an issue (until we run out). Guides can be obtained at the Main Street Nevada office, 1016 6th St.

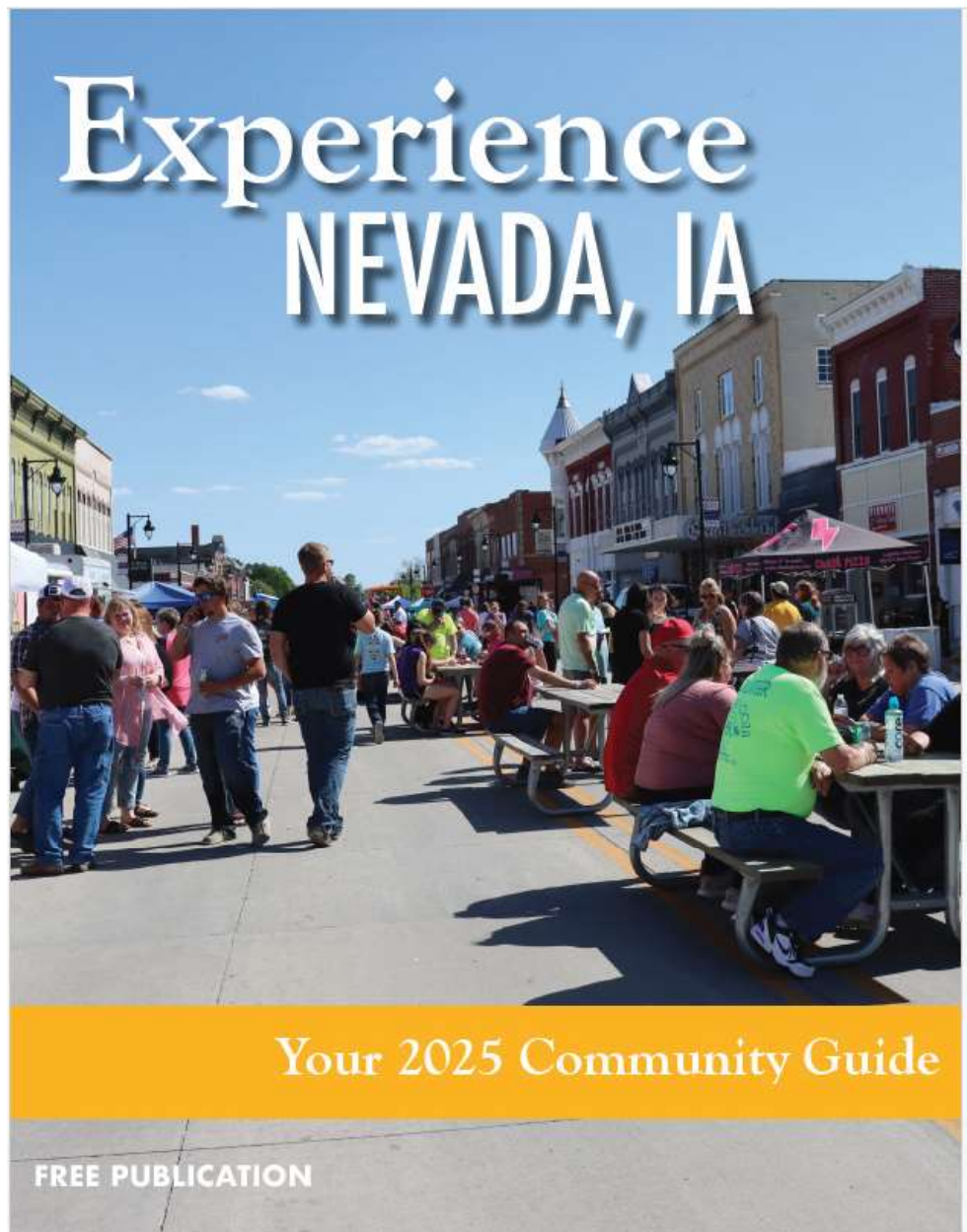
The first Experience Nevada Guide was printed in 2024, and copies were utilized in various ways to promote our community and all it has to offer. New Nevada residents received and will continue to receive the Guide in the Welcome Bags that Main Street Nevada distributes with support from the City of Nevada.

The Guide has also been handed out to many visitors to the community who come here for special events or stop in town for other reasons. The Guide has often been given out at special gatherings in Nevada that involve leaders from other communities. It has also been available at places people stay for lodging in Nevada and Ames.

What does the 2025 Community Guide feature?

- Ads from local businesses
- Nevada's history and Nevada today
- Full listing of annual community events
- Full listing of service groups
- History, arts & entertainment venues
- Educational resources
- Full listing of places for recreation, personal growth and family fun in our community
- Full listing of places to enjoy food and beverages in our community
- Full listing of community resources for those with health and other wellbeing needs

And more!





SODT'S VOLUNTEERISM

**Central Iowa RSVP:
Advisory Council,
transportation driver**

Seniors in Story Senior Expo

Senior Variety Show

**Nevada Food at First: Meal
delivery to Colo**

**Heartland of Story County:
Meals on Wheels delivery
(home-delivered meals
through MGMC & Heartland
Commodity box deliveries)**

Spotlight on Volunteerism

One of the greatest resources we have in Nevada is volunteers. There's no doubt, our community can always use more!

The Retired Seniors Volunteer Program (RSVP) specializes in lining up retired members of the community to meet many volunteer needs in the surrounding area. In Nevada, the program is thankful to have Jeff Sodt as one of its volunteers.

Sodt, a soft-spoken guy, has been volunteering with RSVP for more than 10 years.

"He has over 1,330 lifetime hours," said RSVP Volunteer Coordinator Kim Anderson, who also lives in Nevada. Anderson said Sodt is generally a driver, delivering meals and commodities for various organizations.

Sodt said at least once or twice a week he is also a driver of people who cannot drive themselves. "I mostly take shut-ins to doctor appointments or other appointments, maybe even to the grocery store," he said.

"I have a regular lady from Cambridge who goes to dialysis twice a week. I take her regularly," he said, and it's a pleasure, he added, that those he drives to and

from are always genuinely happy to see him.

Even a miscommunication about where he was supposed to meet a client is now just a fun story to share and brings a chuckle from Sodt when he recalls it. "We didn't communicate well enough... so I was upstairs and he was downstairs, and we were both wondering what was taking the other so long."

Sodt, who moved around a bit as a child and went to high school in Burlington, Iowa, came to Story County when he attended Iowa State University to study chemistry. He then went to work at Hach in Ames, first as a chemist. He moved his way into other positions with the big manufacturer, and was working in inventory management when he retired from Hach 13 years ago. Sodt met his wife, Roberta "Bert" (Griffith) — a Nevada native, when both were working at Hach in Ames. He inherited two children when he married Bert, and they now have seven grandchildren.

Shortly after retirement, while out bike riding, he ran into a college friend, Steve Lekwa of Nevada. Lekwa, a volunteer for Meals on Wheels deliveries, recruit-

ed Sodt to partner with him. Meals on Wheels was Sodt's first venture into community volunteerism.

It was a newspaper ad that caught his attention about RSVP's need for volunteers. "I was looking for things to do. I'm not one to sit around and watch TV or be on the computer all day," he said.

Sodt enjoys riding his bike and following the activities and sports contests of four school-age grandchildren living here. But he still has a good amount of time to volunteer, and he would love to see other retired members of the community get involved. "There are people and programs that need assistance. Our time (as retirees) is valuable, and I'd love to see people be generous with that time."

Sodt said, the RSVP staff is a fun group to work with, and has also talked him into serving on the RSVP Advisory Council, which meets about four times a year to review and offer suggestions about the activities of the organization.

If you'd like to learn more about volunteer opportunities with RSVP, email Kim Anderson at coordinator@cirsvp.org.

Vision fulfilled

Every 20 years or so, Nevada leaders go through a visioning process. Everyone in the community is invited to provide input on what they'd like to see accomplished in the community in a variety of areas. That input is then reviewed, prioritized and placed into a living document that a committee of city leaders continually reviews with a goal of achieving as many of the visioning goals as possible.

Currently, the committee is working on goals established in the 2040 Strategic Plan. And one of the goals listed, in the area of "Downtown Development," was achieved when The Well Brewery + Market opened at 1117 6th St. in November 2024.

Amber and Preston Gable are the owners of this new and unique business where Preston creates the brew - he has 10 on tap so far!

To understand how the Gables and Nevada's downtown vision came together, let's back up a moment.

Amber and Preston, who grew up in Northwest Iowa, moved to Stratford, Iowa in 2014. They followed their business ownership passion and converted a beautiful century brick barn into a winery. Back Country Winery has hosted many weddings and other events, and features a full stock of wonderful wines.

The Gables wanted to eventually add beer, but there were some challenges involved. "It was an interesting struggle at the state level, but finally we were given the go-ahead and were the first business to manufacture both wine and beer at the same location under new state regulations in 2021," Amber explained.

With a rural winery location, primarily suited for big events, the Gables began looking for a different, downtown type of location where they could have a brewery and tap room (the front side of the business where people can sit, enjoy beverages and visit). "There were a lot of factors from a business standpoint that made sense," Amber said. "We wanted to provide more hours and have more customer traffic, and a downtown location would be better for that."

Ironically, Henry Corbin, who was the Main Street Nevada Director at the time, attended a Practical Farmers field day event that the Gables were hosting, because he wanted to pick their brains on how a community like Nevada could attract a brewery to its downtown. And that sparked a relationship between Nevada and the Gables.



"It seemed like every time we came to this town, we'd meet someone new, and everyone was so willing to help us. People were especially passionate about this downtown," Amber said.

There was a building available that needed a lot of work, but provided ample square footage for a brewery. "We liked the historic character of the building, and we weren't afraid to roll up our sleeves and put in some sweat equity to create a place that we wanted," she said.

It was late 2023 when they purchased the building, and a year later that they were finally able to open. During the past year they've moved their young family, including four children, to the rural Nevada area, while still owning the winery in Stratford. They've not yet sold the winery, and are re-evaluating what they will do moving forward with that business, Amber shared.

The Well Brewery + Market opening has been a wonderful experience over the past few months for both the Gables and the community. The Nevada Economic Development Council and Main Street Nevada held a social hour in the brewery for their annual dinner event, and that was the first official night the brewery was open, Nov. 21, 2024. Since then, people have been coming in steadily to experience what the space offers, which includes beers on tap, over 20 wines, a few cocktails, and an assortment of "mocktails" for the non-alcohol drinkers. The brewery does not offer food at this time, but invites people to bring in their own food, especially from Nevada's downtown restaurants.

In December, the brewery was part of the Christmas On Main celebration, which found people enjoying some of the board games they keep on hand or sitting and visiting with family and friends. December was also the first time they held a brush painting class at the brewery.

"We hope people will stay connected with us about events through our social media page or by signing up for our business emails," Amber said. The business website is <https://thewellbrewerynevada.square.site/>. Go to the bottom of the home page and sign up under "Stay in the Loop" to receive event information.



Do You Know Your Numbers?

Understanding and Managing Hypertension is Key to Heart Health

During Heart Month in February, we are reminded of the importance of maintaining a healthy heart and how managing high blood pressure, or hypertension, plays a critical role in overall cardiovascular health. Often referred to as the "silent killer," hypertension typically shows no symptoms but can lead to serious health complications like heart disease, stroke, and kidney damage if left uncontrolled.

What is Hypertension?

Hypertension occurs when the force of blood against the walls of your arteries is consistently too high. This condition can result from a variety of factors, including genetics, poor diet, lack of physical activity, stress, and other health conditions such as diabetes or obesity.

Blood pressure readings consist of two numbers: systolic (pressure when the heart beats) and diastolic (pressure when the heart rests). A normal blood pressure reading is below 120/80 mmHg. Readings consistently above 130/80 mmHg indicate hypertension, which requires attention and possibly medical intervention.

"Hypertension is a condition many people rarely think about until it causes serious problems," says Dr. Art Check, a Family Practice provider at Story Medical Clinic - Nevada. "The truth is, by addressing high blood pressure early, we can prevent many of the complications that make it so dangerous."

Why Control Matters

Uncontrolled hypertension can put undue stress on the arteries and heart, increasing the risk of life-threatening conditions. Over time, the constant high pressure can lead to:

- **Heart attack or stroke:** Hypertension is a leading risk factor for both.
- **Heart failure:** The heart must work harder to pump blood, potentially leading to its weakening.
- **Kidney damage:** High blood pressure can damage blood vessels in the kidneys, affecting their ability to function properly.
- **Vision problems:** Hypertension can damage blood vessels in the eyes, leading to potential vision loss.

Managing Your Blood Pressure

The good news is that hypertension can often be managed effectively through lifestyle changes, regular monitoring, and, when necessary, medication. Here are some practical steps to help keep your blood pressure in check:

- **Adopt a heart-healthy diet:** Incorporate plenty of fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit salt intake and avoid highly processed foods.
- **Exercise regularly:** Aim for at least 150 minutes of moderate aerobic activity, such as walking or cycling, per week.
- **Maintain a healthy weight:** Losing even a small amount of weight can have a significant impact on blood pressure.
- **Limit alcohol and avoid smoking:** Excessive alcohol and tobacco use can contribute to high blood pressure.
- **Manage stress:** Techniques like deep breathing, meditation, and yoga can help lower stress levels.
- **Monitor your blood pressure:** Regular check-ups with your healthcare provider can help detect and address hypertension early.

"Small changes in your daily routine can make a big difference in blood pressure control," Dr. Check says. "Whether it's getting more exercise, eating healthier, or managing stress, these steps not only lower your blood pressure but also improve your overall quality of life."

The Role of Regular Check-Ups

Regular health check-ups are essential for monitoring blood pressure and other key health indicators. Your healthcare provider can work with you to develop a personalized plan to manage or prevent hypertension. If medications are necessary, your provider will help determine the right type and dosage for your needs.

To schedule an appointment with one of our Story Medical Clinic providers, call 515-382-5413 in Nevada or 515-387-8815 in Maxwell.

News & Notes

STORY MEDICAL OFFERS CARDIAC CARE CLOSE TO HOME

Story Medical partners with UnityPoint Health Cardiology at Penn to offer diagnostics, office care and rehabilitation services focused on helping people recover from a recent hospitalization related to a heart condition. Story Medical offers care for those who have had:

- Heart attack
- Valve surgery
- Stable congestive heart failure
- Possible other diagnoses

Appointments are offered in the Story Medical Outpatient Clinic in Nevada, and care is delivered by Dr. Padmanabhan Priyesh of UnityPoint Health Cardiology. Dr. Priyesh is Board Certified in the management Cardiovascular Disease and has special expertise in lipid management, peripheral vascular disease, valvular heart disease, and vascular ultrasound. To learn more, or to request your care be delivered at Story Medical, please call UnityPoint Cardiology at 515-263-2400.

WORK AT STORY MEDICAL

If you are looking for a new career in a friendly work environment, look no further than Story Medical. We are always recruiting and currently have a number of clinical and non-clinical positions open. Learn more about what is available and fill out an online application at [storymedical.org/careers](https://www.storymedical.org/careers).

FOLLOW US ON SOCIAL!

You can keep up with all that is happening at Story Medical by following us @StoryMedical on Facebook, Twitter and Instagram!

Supervisor Lisa Heddens re-elected as Chair

During the Organizational Meeting for 2025, the Story County Board of Supervisors elected officers and set the day and time for official meetings. Supervisor Lisa Heddens will serve again as Chair for the coming year, and Supervisor Linda Murken will serve as Vice Chair.

"I'm looking forward to serving as the 2025 Chair for the Story County Board of Supervisors. I have the great honor of working with Supervisors Faisal and Murken and all the other elected officials to meet the needs of the residents of Story County. Several items on our to-do list for 2025 are to further address public safety, housing, and transportation needs," Supervisor Heddens commented following the meeting. Heddens noted the Board will also focus on supporting economic growth while balancing agricultural

initiatives and protecting the environment.

Regularly scheduled meetings will continue to be held each Tuesday morning at 10 a.m. in the Board's Public Meeting Room at the Administration Building, located at 900 6th St. in Nevada. The time and place for additional meetings may be designated separately to accommodate the public.

Agendas as well as meeting video and audio recordings are available on Story County's website at www.storycounty-iowa.gov. To stay connected with Story County, residents are encouraged to sign up for the Notify Me tool at the County's website at <https://www.storycountyiowa.gov/list.aspx>. Notify Me allows users to subscribe to an unlimited number of email lists and stay informed.



Second-half taxes are due in March

The Story County Treasurer's Office is reminding property owners that second-half taxes are due March 31, 2025. To pay property taxes, you can go online to IowaTreasurers.org or mail payments to PO Box 498, Nevada, Iowa 50201.

We also have a drop box available 24 hours a day, seven days a week. The Treasurer's Office is open 8 a.m.-4:30 p.m., Monday-Friday, except for the second Tuesday of every month when the office is open 9:30 a.m.- 4:30 p.m. The Treasurer's Office number is 515-382-7340 or you can email the office at Treasurer@StoryCountyIowa.Gov.

OFFICE CLOSURE ANNOUNCEMENT

Story County offices and departments will be closed Monday, Feb. 17, in observance of the President's Day holiday.

Regular business hours will resume Tuesday, Feb. 18, with offices opening at 8 a.m.

Harmony Clothing Closet receives gift of new dresses

Harmony Clothing Closet in Nevada scored a significant gift from a local business during the recent holiday season.

More than 100 new prom, homecoming, and formal event dresses from Something Blue were delivered to Harmony's Prom Dress Exchange room on the upper level of Harmony Clothing Closet.

Sarah Gilchrist, a project manager for Something Blue, made the delivery. Gilchrist said Something Blue is not going to carry the homecoming and prom lines in the future, as the business will focus entirely on weddings and event décor.

"Harmony was our first thought" as to where the beautiful dresses could go, she shared. "We know that prom can be really expensive, and we wanted to help make sure the cost (of buying a dress) isn't prohibitive to anyone who wants to participate."



Sorting through new formal dresses received at Harmony Closet's Prom Dress Exchange from Something Blue are (from left) Linda Zaletel, Anne Zaletel, Elizabeth Gindt, Giada Colbeck, Ava Vanderhayden, and Sarah Gilchrist.

Gilchrist said the dresses are from Something Blue and a New Hampshire bridal shop, A Day to Remember, with which Something Blue has a relationship.

Elizabeth Gindt, coordinator at Harmony Clothing Closet, was on hand to receive the dresses with several additional volunteers. One of the first hurdles was getting the big boxes filled with dresses up the narrow Harmony staircase. Elizabeth's husband, Aaron Gindt, and volunteer Anne Zaletel handled most of the heavy lifting.

"It is really awesome to have a new influx of dresses that are modern and very stylish to offer the girls in this community and the surrounding communities," Gindt said.



Aaron Gindt carries a box of dresses into Harmony Clothing Closet.

According to Gindt, the Prom Dress Exchange receives steady use, loaning out dresses for all sorts of dances and events and even lending to community members for formal events. "We've even gotten college girls who come and borrow dresses for formal events," she noted.

Volunteers were having fun pulling the beautiful dresses from the boxes they'd been transported in and then sorting the dresses by style and color.

A reminder to residents: Harmony Clothing Closet is open for shopping most Monday evenings from 4-7 p.m. The Prom Dress Exchange is also open by appointment. Email Gindt for details: egindt@nevadacubs.org.

Postal Customer

Calendar of Events

CAMELOT FAMILY SATURDAY

February 1, 10:30 a.m. & 2 p.m.
"Trolls"

NCSD SCHOOL BOARD

February 3 & 17, 6:30 p.m.
Gates Memorial Hall

CAMELOT CLASSIC MATINEES

February 9, 2 p.m.
February 12, 2 p.m.
"Top Hat"

CAMELOT CLASSIC MOVIE

February 21, 7 p.m.
February 22, 2 & 7 p.m.
"Willy Wonka"

DUELING PIANOS

February 1, 7-10 p.m.
Christy Hall, 220 H Avenue
An After-Prom Fundraiser, providing the entertainment of two incredible pianists. Tickets are \$50 at the door.

TACO TUESDAY

February 4, 4:30-6:30 p.m.
American Legion Post

SENIOR CENTER POTLUCK

February 10, 11:30 a.m.
Senior Center (by City Hall), 1231 6th St. *Bring a dish to share. Program will begin around 12:15 p.m.*

CAMELOT CLASSIC MATINEES

February 23, 2 p.m.
February 26, 2 p.m.
"The Sting"

NEVADA COMMUNITY CUPBOARD OPEN

Every Saturday, 10-11:30 a.m.
1110 11th Street
Provides food for children, families, & seniors in need in our community

AMERICAN LEGION BINGO

Tuesdays, 7-9 p.m.
American Legion Post
\$5 plays all games.

CITY COUNCIL

February 10 & 24, 6 p.m.
City Hall

IT TAKES A VILLAGE

February 25, 6:30 p.m.
"Screenagers, Next Chapter" will address mental health in the digital age.

HARMONY CLOTHING CLOSET

Every Monday, 4-7 p.m.
1122 6th Street
Provides free clothing. Donations may be dropped off at this time.

STORY MEDICAL BOARD

February 6, 11 a.m.
Story Medical Center

AMERICAN LEGION MEAL

February 14, 5-7 p.m.
American Legion Post
Fish Fry with alternate choice of baked spaghetti. Cost is \$12 per adult (\$5 per child, age 10 and under)

AMERICAN LEGION AUXILIARY MEAL

February 28, 5-7 p.m.
American Legion Post
Hamballs, cheesy hashbrown potatoes, green beans, dinner roll, dessert and drinks. (\$5 per child, age 10 and under)

BOARD OF SUPERVISORS

Every Tuesday, 10 a.m.
Story County Admin. Bldg.

CAMELOT CLASSIC MOVIE

February 7, 7 p.m.
February 8, 2 & 7 p.m.
"Blazing Saddles"

CAMELOT CLASSIC MOVIE

February 14, 7 p.m.
February 15, 2 & 7 p.m.
"When Harry Met Sally"