

Our Nevada

Iowa

March
2025

Announced

For this year's
Pizza Pie Looza

PAGES 2 & 3



Citizen Hero Award

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The Wall That Heals

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Mrs. Kelley's Legacy

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The Buzz

PIZZA PIE LOOZA 2025 ARTISTS ANNOUNCED

According to recent community surveys, the relatively new Pizza Pie Looza has become one of, if not *the* most popular annual event in Nevada. Measured through an app that can calculate visits to the downtown, Pizza Pie Looza 2024 was the biggest day of the year, showing over 8,200 visits to our Main Street District. No doubt, the second-Saturday-of-May event has seen major growth in attendance during its first three years.

A few weeks ago, headliners were announced for the fourth annual Pizza Pie Looza evening concert. On the facing page, you will see the headliners' names and a QR code link to pizzapielooza.com where you can buy concert tickets. If you are uncomfortable buying tickets online, physical tickets will be available at the RE/MAX Concepts office, 1124 6th St., in Nevada.

Pizza Pie Looza began as an initiative to bring more people into Nevada to see all that our community has to offer. A small group of community leaders went from talking about this idea to bringing a committee together for planning. The planning committee is now roughly 25 people strong. This group meets monthly and sometimes twice a month as the event draws nearer.

The committee couldn't make any of it happen, however, without generous sponsors and energetic volunteers. From our major corporate sponsor, Burke Corp., to our in-kind and smaller "pieces of the pie" sponsors, every dollar is needed as we try to keep this event going for Nevada. If you would like to make a contribution to help sponsor Pizza Pie Looza, those details are also available at pizzapielooza.com.

We are always looking for more volunteers, because every "helping hand" matters on the day of the event. Our volunteers have done everything from handing out water to other volunteers to setting and tearing down the main stage, for those who want to get a workout with their volunteer time! You will also find a volunteer link at pizzapielooza.com.

Finally, the committee wants to thank all of you who attend Pizza Pie Looza. Without the community supporting the event, it wouldn't be worth doing. Here's to what we hope is another successful year! See you May 10!

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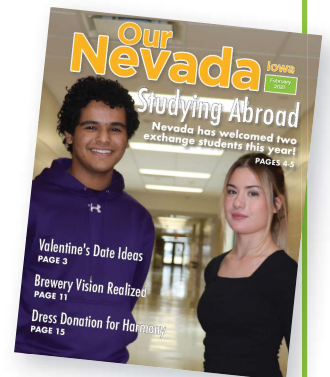
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CONTACT US

Email us at communitynewsletter@nevadacubs.org or mbarker@cityofnevadaiaowa.org

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.



2025

PIZZA PIE LOOZA



Fun for the Whole Family!
**Food Vendors & Kid Activities,
Beer Tents & Free Music
by Local Musicians
starting at 1pm!**



SATURDAY, MAY 10

6TH STREET, NEVADA · MAIN STAGE GATES OPEN 5PM, SHOW STARTS 6PM

**Time subject to change. Please follow "Pizza Pie Looza" on FB or visit PizzaPieLooza.com*



PIZZAPIELOOZA.COM

FEATURING



TERRI CLARK



BlackHawk



WITH SPECIAL GUEST

BRYAN WHITE



Leslie Dooley with her son, Ayden

Nevada family grateful for life-saving outcome

Imagine having your own child go into cardiac arrest before your very eyes, and knowing you must act to save them.

Leslie Dooley of Nevada doesn't have to imagine. She lived it, and at the Jan. 13, 2025, Nevada City Council meeting, Leslie was presented with a Citizen Hero Award for her actions on Dec. 4, 2024, when, her 22-year-old son, Ayden, stopped breathing.

Nearly a month-and-a-half later, Leslie still got emotional thinking back on that day, a day her son says he can't remember. "I have a hard time remembering that time in general," Ayden said, noting his memories now are mostly from November and earlier.

Leslie's OK with her son having no memory of the event, but it's one she will likely never forget. Working from home as a statistician for the federal Health Resources Services Agency, Leslie was in her office at the front of the house that Wednesday (Dec. 4, 2024)

when Ayden, who lives in the basement of his parents' home, stopped in to talk with her.

He pulled out his laptop, and the two were visiting about his upcoming finals and grades at Iowa State University, where Ayden is studying mechanical engineering. Leslie turned back to her own computer to look at a few emails, and heard her son make some "really strange" breathing sounds.

"I thought he was being goofy, and I turned back around." Ayden, who'd been sitting on a sofa in the room, had an odd look about him. "It was very clear that something was not right. He had a strange yellow color and he was hunched forward with his hands clutched and tense. When I spoke to him, he didn't respond."

Her first thought was that he was having a seizure, but as a lactation consultant, Leslie is trained annually in CPR, and as she called in to 911 and started checking

Ayden's pupils and pulse, she couldn't find a pulse.

"It became apparent that he needed CPR," she said, and with that burst of adrenaline we so often hear about in crises, Leslie lifted her son off the couch and onto the floor and began chest compressions. "In my mind, I kept saying, 'I have to keep his blood moving,' and I was somehow able to separate myself just a little bit from thinking about this being my baby."

Very soon, Nevada police officers arrived, followed by other first responders. "They knew they were prepared for a cardiac event and were able to come right in with everything they needed," she said.

Story Medical Ambulance then took Ayden to the local hospital, where he was cared for until MercyOne Air Med landed to take him to Des Moines. It was the beginning of what would be a long month for the Dooley family. Not

only did both Leslie and her husband James get Covid at points of the month, but Ayden, who had been kept sedated for a few days before having an internal defibrillator device implanted for his heart, was released from Mercy only to be rushed to the ER twice at Mary Greeley Medical Center in Ames in the coming days. He was then hospitalized at MGMC with pneumonia and fluid around his lungs, before finally coming back home a day after Christmas.

Leslie and James are grateful for the support they had from both family members and Ayden's close high school friends and their parents. Ayden too is thankful. "I really appreciate my friends. They missed work just to see me. That really means a lot."

The Dooleys are now focused on trying to figure out what caused Ayden to have a cardiac episode at such a young age. They are working with doctors at Iowa Heart on things like genetic testing to try to understand if Ayden might still be at risk.

"It's scary just knowing it could happen again," Ayden said. "That's always in the back of my mind." He's grateful

Two steps to save a life:



to have the internal defibrillator, even though it makes lying on his back uncomfortable.

Leslie tries not to think about how differently the day of Dec. 4 could have gone. She is thankful that she and her son are close and that he stopped in her office that day to talk before going downstairs, where she wouldn't have known he was suffering. She also thinks about how grateful she is to have the CPR training she's had. She strongly advocates for other people, especially parents, to receive the life-saving training.

At the Jan. 13 City Council meeting, the Nevada Public Safety Department and Story Medical were given a Clinical Save Award by Zoll, the company that provides training for Nevada Public Safety officers and firefighters. It was

noted by Fire Chief Ray Reynolds that the training received was vital in how the events of Dec. 4 played out.

Leslie and James are grateful for all the responders in Nevada and at Mercy who were involved in saving Ayden's life. "I'm beyond thankful and impressed," Leslie said. "They were all incredible."

Having been raised in Chicago and lived in cities, Leslie is also very thankful to now live in a community like Nevada. "At THE scariest time in my life, everyone responded and acted in such a way that made it less scary, and made it the absolute best. Seeing the genuine concern and care everyone had ... I really felt that sense of community, and I think it's rare. I don't know that I have the right words to say what everyone means to me."

James agrees. "Saying thank-you isn't enough," he added.

The family plans to celebrate the great outcome by treating themselves to a bucket-list item this coming summer. The family, including Ayden's sister, Maddie, will travel to Hawaii...Aloha!



The Dooley family (center dad James, Ayden, mom Leslie, daughter Maddie) posed for a photo at the January 13 Nevada City Council meeting with many of the responders who were there for them on December 4, 2024, when Ayden went into cardiac arrest. Everyone was thankful for a life-saving outcome.



Enjoy the outdoors with pets responsibly

Spring weather is just around the corner and that means more humans and our four-legged friends will be out enjoying the sidewalks and trails.

The Nevada Parks and Recreation Department reminds pet owners of a few simple courtesies when utilizing the City's sidewalks and trails, and when making visits to our City parks and City cemetery with your pets.

Please be sure to pick up after your pets with a pet waste bag. We have pet waste bag stations placed at most entrances to the City's trail system. If you do not bring a bag with you, please take one of ours.

Pets must be restrained at all times. Failure to restrain your pet may result in a citation as outlined in the City of Nevada's Municipal Code of Ordinances. This is a safety issue for all park users, as well as for each pet.

Pets are not to be let out on any of our sports playing fields. The Parks and Rec staff works very hard to provide quality athletic fields for our community sporting events. Kids, coaches, and spectators involved in these activities deserve a clean and sanitary venue for their activities.

Finally, dogs are allowed in the cemetery if they remain on a leash and stay on the roadways. At no time shall

anyone allow their dog to run at-large in the cemetery. We have pet waste bag stations at the cemetery for you to use, if needed.

Everyone likes to have positive outdoor experiences and enjoy clean environments. Please be a responsible pet owner so everyone can enjoy Nevada's outdoor public spaces.

If you have questions or concerns regarding your pet and City ordinances, reach out to Animal Control Officer Nancy Pritchard, at 515-382-4593, or if it concerns our parks and trails, reach out to Nevada Parks and Recreation, 515-382-4352.

Nevada Library News

REGULAR YOUTH PROGRAMS

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

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

Teen Lounge (7th-12th grade) — Wednesdays 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.

GARDEN GOALS & VISION BOARDS



Join the Nevada Public Library and Master Gardener, Sarah Wood for a two-part garden vision board program to spark your garden creativity and help you realize the garden of your dreams!

Part 1 — Tuesday, March 4

Part 2 — Tuesday, March 11

**You must register for both parts

Citizen Spotlight: Dugger

Dr. Kristian Dugger, optometrist at the McFarland Eye Center in Nevada, was recognized for his retirement from the Iowa Army National Guard during a formal ceremony at Camp Dodge in Johnston on Dec. 7, 2024. Dugger joined the U.S. Army in September 1988 through the University of Northern Iowa Army Reserve Officer Training Corps (ROTC) program. He was commissioned as a second lieutenant on May 13, 1992 through Indiana University Army ROTC and received his Doctor of Optometry degree from Indiana University in May 1994. Dugger practiced optometry on active duty for four years and has been in civilian practice with McFarland Clinic PC since 1998.

Dugger was promoted to the rank of Colonel during a ceremony held at the Iowa Army National Guard Freedom Center on Oct. 14, 2017. He served as State Surgeon, Iowa Medical Readiness Detachment, Iowa Army National Guard, until Oct. 11, 2024. His military career included service in the U.S. Army, U.S. Army Reserve, Indiana Army National Guard, and the Iowa Army National Guard, where he has served since 2002. His service included active-duty tours in both Germany and Iraq. COL (ret) Kristian Dugger's last official day in the Army was Jan. 31, 2025.



Dr. Kristian Dugger is shown with his wife, Angie, and receiving recognition at a formal ceremony.

MANUFACTURING MINUTE WITH PARAGON



Jake Swegle

Glenda Swegle

David Swegle

Ownership: Paragon is owned by David and Glenda Swegle and employs their two children, Jake Swegle and Rebecca Nastuzzo. Glenda has begun scaling back her involvement and turning more work over to Rebecca, who will work with OSHA, reportable injuries, payroll, and various other human resources matters, and with her degree in culinary science, Rebecca also oversees the syrup room. Jake works in sales and marketing for the business and is gradually taking over meetings for his father.

History of the business: It started in 1979 as Goodlaxson Manufacturing Industries in Colfax, Iowa. In 1992, the business was acquired by Margaret and Cliff Wilson, who employed and then gradually sold the business to Margaret's son, David Swegle, who has also worked as an engineer for the business. The Wilsons moved the business to Union, Iowa, and needing a larger space, in 2000, owners Glenda and David brought the business to Nevada, Iowa.

Goals of the business: Since David's designing of the 1911-4 ounce popcorn machine in 1995, which started a mini-revolution of sorts in developing a home market for commercial quality popcorn machines, the business continues to develop new product lines.

Jake said when it comes to popcorn machines, Paragon has engaged in making machines for all tiers of needs, from the smaller home models to the large tier models for schools and other bigger concession areas. Now, they're entering the top tier with models to serve large movie theaters, amusement parks, and larger stadiums.

The company has also expanded product lines by making more types of things, including sno-cone and cotton candy-making equipment to portable sinks, which are popular for food trucks and outdoor events.

What they like best about Nevada: Glenda was happy to see Nevada become a Main Street community. "We followed what Main Street did in Conrad and when Main Street Nevada came around that got me excited because a community's main street is important."

QUICK TAKES

**LOCATED AT 731 W
18TH STREET (WEST
BUSINESS PARK)**

**EMPLOYS JUST OVER
30 PEOPLE**

**OWNERS: DAVID AND
GLENDA SWEGLE**

**CAME TO NEVADA:
IN 2000**

**SLOGAN:
MANUFACTURED FUN**

Find out more: paragonconcessions.com



THE WALL THAT HEALS

Traveling Memorial coming to Nevada this year!



Big things are coming to Nevada this summer! One of them is 375 feet long and 7.5 feet tall. The Wall That Heals is a 3/4-scale replica of the famous memorial wall in Washington, D.C. It has been displayed in nearly 800 communities throughout the nation and Nevada is honored to be on the 2025 tour!

The Wall That Heals will be in Nevada Aug. 7-10. This traveling exhibit honors more than 3 million Americans who served in the U.S. Armed Forces in the Vietnam War, and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Visitors can see The Wall up close, do a name rubbing, visit the mobile Education Center, and participate in tours and programming. This is a free event.

The committee, comprised of local military veterans and community leaders, is planning some ceremonies and programs during the four-day event. These may include Taps being played at sundown to honor service members who paid the ultimate price.

More information will be available as the event draws closer. Make sure to follow the Saluting Service page on Facebook as well as the Main Street Nevada, IA Facebook page.

To make this event successful, MANY volunteers are needed. If you are interested in helping out with this event, scan the QR code to sign-up. Groups are encouraged. This would be a great thing for employers to do for a community service day!

Additionally, if you have a Vietnam Veteran you'd like to honor during this event, please let us know. The committee is working on ways to recognize our local heroes. Send an email to vincentheavy74@gmail.com.

To learn more about The Wall That Heals, visit its website at vvmf.org/The-Wall-That-Heals

We'd like to thank the following sponsors for helping secure the hosting of this event:

Allen L. Kockler Co.
Burke Corporation
Weiss Tree Service
State Bank & Trust
Rex Gross
Story Medical
South Story Bank & Trust
American Legion Post #48
American Legion Post #48 Auxiliary
McFarland Eye Clinic
Erickson Family



Unserved or underserved?

NOFA8 PROJECT BRINGING HIGH-SPEED INTERNET AND FIBER-BASED PHONE SERVICES TO RURAL AREAS

Central Iowa Broadband (CIB), an affiliate of Colo Telephone Company, has completed Phase I and is about to start Phase II of bringing high-speed internet and fiber-based phone services to rural Story County residents, many with rural Nevada addresses. This is all happening as part of the NOFA8 project.

According to CIB's Customer Experience Specialist Avery King, the locations for where to install fiber have been based on "reported underserved and/or unserved locations" as established by the Federal Communications Commission.

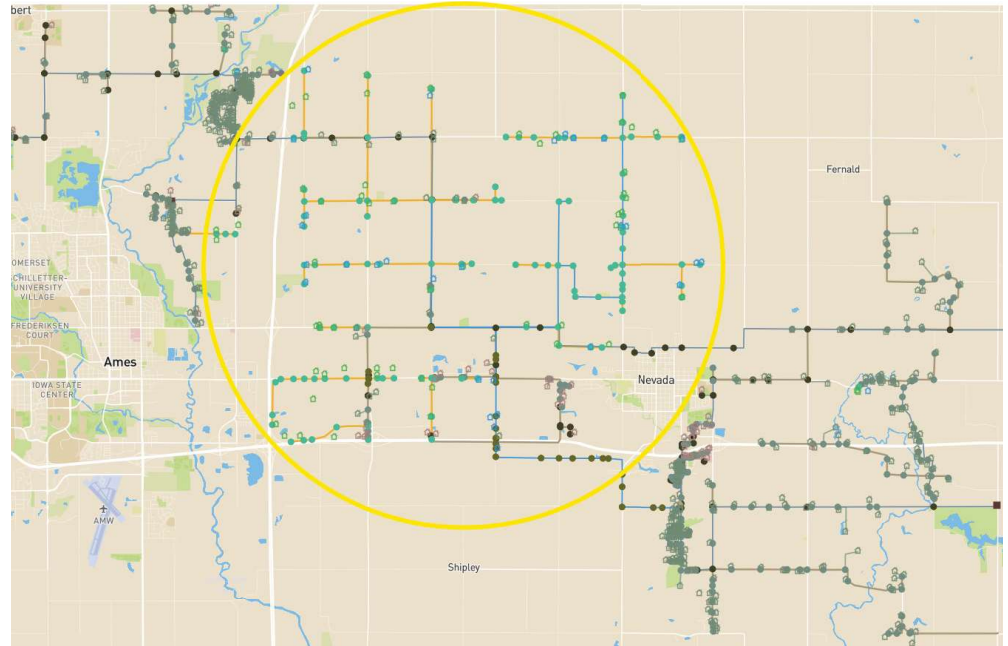
Phase I of NOFA8, which concluded several weeks ago, included 27 locations, some of which were along Stage Coach Road in Ames, some along 19th Street south of Nevada, some along Highway 30 headed east of Nevada, and a few properties on 670th and 663rd Avenues.

"We received permission from 21 of those property owners to bury our fiber," King explained. "We do get people who say 'no' during our projects, and the downside (of saying no) is that should they change their mind in the future, there are significant construction costs they'll become responsible for."

CIB estimates it will spend \$3.2 million on this project. "We are also receiving funds made available through the State of Iowa, DOM DoIT Division," King said.

Colo Telephone Company/CIB took on the project because the company wants to make a difference for the future with fiber, which in the communications world is considered "future proof" and offers the flexibility to deliver additional services in years to come.

"We believe it is important to provide



The grey route is where Colo Telephone/Central Iowa Broadband currently serves. The colored route, covering northwest rural Nevada, is the NOFA8 area. This map does not include the additional addresses they hope to pick up along the way if those are within a reasonable distance.

service to as many people as possible," King said. "Rural customers are often left underserved or unserved, and this project will allow us to serve those who have been waiting a long time for a reliable service."

King said Central Iowa Broadband is excited to reach more rural areas and provide reliable high-speed internet and phone services through NOFA8. "Our high-speed internet is ideal for use with on-demand streaming services, such as Netflix and Amazon Prime, as well as live TV streaming services, such as Hulu Live, YouTube TV and DirectTV Stream. Our speeds offer symmetrical uploads and downloads, starting at 250 mbps up to 1G."

As residents in areas where fiber is readily accessible know, fiber can transport virtually unlimited bandwidth and accommodate the increasing demand for high-speed internet connections from multiple users and devices. Fiber-optic cables are less

susceptible to glitches and can withstand shocks, vibrations and interferences from inclement weather, unlike towers and satellites.

Phase II of the CIB project to bring reliable fiber services to rural residents is set to begin this spring and will consist of more than 100 locations, all of which are rural Nevada addresses. King added that CIB will pick up additional customers/areas as the project allows.

If you would like more information on the areas that are served, or may potentially be served, by Colo Telephone/CIB, go to [NOFA 8 | Colo Telephone Company](#).

If you have questions about whether you have a rural Nevada address that might be served in this project, and even if you're not within the service area but would like to know more about rural fiber, call Avery King at 641-377-2202 or email: avery@colotel.org and she'll be glad to talk with you.

Second-half property 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, Neva-

da, Iowa 50201.

We also have a drop box available 24 hours a day, 7 days a week. The Treasurer's Office is open from 8 a.m.-4:30 p.m., Monday through 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.

CITIZEN OF THE YEAR NOMINATIONS NOW OPEN

Do you know someone who goes above and beyond for their community? The



2025 Story County Citizen of the Year nominations are now open. To nominate someone, please scan the QR code or go to [www.](http://www.storycountyia.gov)

www.storycountyia.gov > County News > 2025 Citizen of the Year Nominations Open.

REGISTER TO RECEIVE STORY COUNTY ALERTS

The Story County Iowa Alerts system, through Smart911, allows you to register your entire family at one time with the options of how you would like to receive your alerts. You can choose from email, text or voice message and you also can receive severe weather alerts from the National Weather Service directly to your email or phone.



If you have not registered, you can follow this link to sign up and ensure you are getting accurate and timely updates regarding severe weather in Story County.

<https://www.smart911.com/smart911/ref/reg.action?pa=StoryCountyIowa>

Show us your nature pictures

SUBMISSIONS ACCEPTED UNTIL MARCH 20, 2025

We want to see the parks through your eyes! Story County Conservation (SCC) encourages picture-takers of all skill levels to submit their best SCC park and nature photos for the Annual Photo Contest. Amateurs only!

- Images may show people interacting with nature while recreating, be scenic photos of SCC landscapes, be portraits of plants and wildlife, and more.
- Images will be used by SCC to encourage the public to enjoy SCC parks and natural areas, promote programs, etc. — online and in print.

Photo Categories:

Connecting People with Nature — Action shots of friends, family, and four-legged companions enjoying Story County Conservation parks, trails, and campgrounds! Photos in this category must be taken in SCC parks/trails. *Note: Ada Hayden is not owned by SCC.*

Landscape — Wallpaper-worthy photos showcasing scenic views of SCC parks/trails. Photos in this category must be taken in SCC parks/trails. *Note: Ada Hayden is not owned by SCC.*

Flora & Fungi — Micro or macro shots of Iowa's native plants and fungi.

Fauna — Portraits of Iowa's wildlife in its natural habitat.

Submit your photo(s) to: <https://www.storycountyia.gov/FormCenter/Conservation-3/Annual-Photo-Contest-2025-electronic-pho-252>. For more information, go to: <https://www.storycountyia.gov/1579/Conservation-Parks>



Mrs. Kelley's Legacy



As Tori Kelley prepares to retire from Central Elementary, we celebrate her remarkable career and the lasting legacy she leaves behind. Her innovative approach to physical education has inspired countless young lives, instilling a love for movement, teamwork, and personal growth.

One of Mrs. Kelley's signature activities revolves around the Olympics. She brings this global event to life for students with opening and award ceremonies, creative versions of Olympic events, and lessons on peace and unity. We go over the top when it comes to the Olympic ceremonies.

Her creativity is also evident through themed days like Talk Like a Pirate Day and Teddy Bear Day, where students perform physical challenges alongside their stuffed companions. One of the most highly anticipated events is the Haunted House at Halloween. "They start asking about it in August," she shared.

Another beloved tradition is Mario Kart, where students race around the gym on scooters collecting objects that give them super powers or slowing their classmates down. It is highly engaging for the students as this is based off a popular video game but students are using physical activity instead. Second-grader Mason Egeland exclaimed, "I love the races and getting the prizes!" Third-grader Emma Luing added, "Mrs. Kelley always

makes sure we have fun and stay safe."

Field Day stands as one of her enduring legacies, where students spend the entire day engaging in outdoor activities, cheering each other on, and embracing the joy of movement. "The kids are exhausted but happy," she noted.

Kelley's teaching emphasizes not only fun but also creativity and skill development. She encourages students to adapt games at home with household items. "If you don't have a hockey stick, use a broom. If you don't have a puck, try using a ball," she suggests. There are always things students can find around the house to adapt games and skills they are working on in class. She always wraps up PE classes by fostering sportsmanship through student shout-outs to their peers.

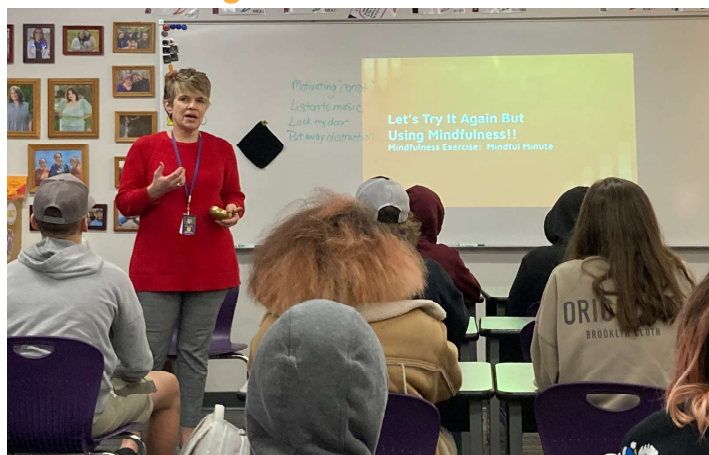
A strong advocate for outdoor play, Mrs. Kelley reminds students to get fresh air. "Your lungs need you to breathe fresh air. Inside has everybody's germs that are circulating, so get outside, run so you have to breathe hard, and clean your lungs," she advises students. "Walk your dog, play football, go for a walk, and get off the video games."

Thank you, Mrs. Tori Kelley, for your boundless creativity, dedication, and profound impact on generations of students. Your legacy will always be cherished in the Nevada Community School District.

Eighth Graders Work on Executive Functions Through Mindfulness Practice

Eighth graders have been working to grow their executive function skills. Executive function refers to skills that you use to manage everyday tasks like making plans, solving problems and adapting to new situations. Recently, they have been working on focus and sustained attention.

Kate Wieczorek, eighth-grade math teacher, invited Meg Frideres, who serves as a mindfulness coach for the Nevada Community School District, to visit her classes. Frideres (pictured) shared mindfulness practices that can help in growing the ability to focus and sustain attention. These practices can also help manage stress which many students say they deal with often.



Senior Success: Unlocking Scholarship Opportunities for the Class of 2025

Nevada High School is excited to share opportunities for local scholarships available to our graduating seniors. Scholarships help reduce the cost of college, and several organizations are offering funding to support your educational goals.

Local Common Scholarship Application

Deadline: March 28th

The Local Common Scholarship Application allows Nevada High School students to apply for multiple local scholarships through one simple process. Completing this application provides you with the chance to be considered for several different scholarships, from various local organizations, all with one submission.

Key Cooperative Scholarship

Deadline: March 24th

Key Cooperative is offering scholarships to Nevada High School seniors who are pursuing further education at an accredited two- or four-year college, university, vocational or trade school program in the U.S. Senior has demonstrated involvement in agriculture, leadership, and/or community service. This is a great opportunity for students with a background or interest in agriculture.

Marc Olson Scholarship

Deadline: March 28th

The Marc Olson Scholarship is awarded to a Nevada High School senior pursuing post-secondary education (college, university, trade or vocational); a motivated self-driven entrepreneur with plans of starting a small business or plans to major in business or business management. The scholarship honors Marc's legacy of hard work and dedication to both his community and his career.

Dan Engler Memorial Scholarship

Deadline: April 1st

The Dan Engler Memorial Scholarship is awarded to a Nevada High School senior who has demonstrated outstanding community service and academic achievement. This scholarship honors Dan's commitment to the Nevada community and his passion for helping others.

Story County 4-H Foundation Scholarship

Deadline: April 1st

Story County 4-H members are eligible for this scholarship if they are planning to further their education. The scholarship is intended to reward students who have shown leadership, responsibility, and a commitment to their communities through 4-H participation.

Plus Many More!

In addition to the scholarships listed above, there are a number of other local scholarships available to Nevada High School seniors. Be sure to check the scholarship update email or stop in the guidance office for additional opportunities and updates.

For more information, or if you need assistance with the application process, feel free to contact the High School Counseling Office. We're here to help you with your scholarship applications.

Email: msledge@nevadacubs.org or jwesterhoff@nevadacubs.org
Phone: 515-382-2521



Family Health Matters

Raising healthy children isn't just about doctor visits—it's about building a strong foundation for lifelong wellness

With Spring Break on the horizon, the days of outdoor play are clearly in our sights. As the weather warms and the hours of daylight grow longer, it's a good bet your children will be buzzing about the opportunities to get out of the house and run around a little bit.

And *that* is a wonderful thing.

Raising healthy children isn't just about doctor visits—it's about building a strong foundation for lifelong wellness. Encouraging kids to develop healthy habits early on can lead to better physical and mental health well into adulthood. From the regular exercise offered during activities like outdoor play to balanced nutrition and quality sleep, small, daily choices add up to long-term benefits.

According to Dr. Audra Poterucha, a family medicine provider at Story Medical Clinic—Nevada, the key to success is making health a fun and natural part of daily life.

Fueling Young Bodies with Nutrition

One of the most important aspects of childhood health is balanced nutrition. Teaching kids to enjoy a variety of foods, rather than restricting them, sets the stage for a lifelong healthy relationship with food.

"It's all about balance," says Dr. Poterucha. "Encourage kids to try different fruits, vegetables, and whole grains. If they see parents enjoying healthy meals, they're more likely to do the same."

Try involving children in meal planning and preparation. Let them pick out a new fruit at the store, stir ingredients in the kitchen, or help set the table. When kids feel involved, they are more likely to enjoy the meal and make healthier choices.

Keeping Kids Active

Physical activity is another essential piece of the puzzle. The CDC recommends at least 60 minutes of physical activity per day for children. That doesn't mean forcing them to do structured workouts—running, playing outside, riding bikes, or even dancing in the living room all count!

"The key is to find activities they enjoy," says Dr. Poterucha. "If they love soccer, swimming, or just playing tag in the yard, encourage that movement daily. The goal is to make activity a regular part of their routine."

Limiting screen time is another way to encourage active play. Try setting device-free times during the day and offering alternative activities like board games, puzzles, or outdoor adventures.

Prioritizing Sleep and Mental Well-Being

Healthy habits extend beyond diet and exercise—quality sleep and mental well-being are just as important. Kids need 9-12 hours of sleep per night, depending on their age. A consistent bedtime routine with no screens before bed can help establish healthy sleep patterns.

Parents should also create a safe space for kids to express emotions and manage stress. Encouraging open conversations about feelings, practicing mindfulness, and ensuring children have a good support system can help their emotional well-being.

"Helping kids develop strong mental and emotional health is just as important as physical health," says Dr. Poterucha. "Building resilience, encouraging open communication, and modeling healthy stress management can make a huge difference in their overall well-being."

Building a Foundation for Lifelong Health

Small daily choices—like choosing water over soda, taking a walk as a family, or ensuring bedtime routines are consistent—can add up to a lifetime of healthy habits. Leading by example is one of the most effective ways parents can help their children establish wellness routines that will benefit them for years to come.

At Story Medical, we are committed to supporting families in building healthier lives. If you have questions about your child's health or need guidance, our providers are here to help.

Our primary care clinics are proud to serve children. To schedule an appointment with one of our providers, please call 515-382-5413 in Nevada or 515-387-8815 in Maxwell. Learn more about all our providers at storymedical.org.

News & Notes

STORY MEDICAL NOW OFFERING SHIIP COUNSELING IN NEVADA

In an effort aimed at providing vital services to older adults in our community, Story Medical is now offering Senior Health Insurance Information Program (SHIIP) counseling—a free, confidential service designed to help Medicare beneficiaries and their families navigate their healthcare coverage options.

Medicare can be complex, but SHIIP counselors provide unbiased guidance on topics such as Medicare benefits, supplemental insurance, Medicare Advantage plans, and prescription drug coverage. Whether you're enrolling for the first time, reviewing your current plan, or have questions about claims and billing, our trained SHIIP counselors are here to assist.

"Our goal is to help community members make informed healthcare decisions," says Joni Johnston, Director of Financial Services at Story Medical. "SHIIP ensures that Medicare beneficiaries have access to clear, accurate information so they can choose the best coverage for their needs."

For more information or to schedule an appointment with a SHIIP counselor at Story Medical, call 515-382-2111. Let us help you navigate Medicare with confidence!

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 apply online at storymedical.org/careers.

Postal Customer

Calendar of Events

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*

HARMONY CLOTHING CLOSET

Every Monday, 4-7 p.m.

1122 6th Street

*Provides free clothing. Donations may
be dropped off at this time.*

BOARD OF SUPERVISORS

Every Tuesday, 10 a.m.

Story County Admin. Bldg.

NCSD SCHOOL BOARD

March 3, 6:30 p.m.

Gates Memorial Hall

CITY SPECIAL ELECTION

March 4, 7 a.m.-8 p.m.

*Find out more: storycountyiowa.gov; go
to Auditor & Elections Page and click
on "Elections" in the left sidebar*

TACO TUESDAY

March 4, 4:30-6:30 p.m.

American Legion Post

STORY MEDICAL BOARD of TRUSTEES

March 6, 11 a.m.

Story Medical Center

AMERICAN LEGION BINGO

Tuesdays, 7-9 p.m.

American Legion Post

\$5 plays all games.

FRIENDS OF LIBRARY BOOK SALE

March 7 & 8, 10 a.m.-1 p.m.

Nevada Public Library

AMERICAN LEGION FISH FRIES

March 7, 14 & 21, 5-7 p.m.

American Legion Post

*Meals feature an alternate choice of
main course. Cost is \$12 per adult (\$5
per child, age 10 and under)*

CAMELOT CLASSIC MOVIE

March 7, 7 p.m.

March 8, 2 & 7 p.m.

"Risky Business"

CAMELOT CLASSIC MOVIE

March 9, 2 p.m.

March 12, 2 p.m.

"Singing in the Rain"

SENIOR CENTER POTLUCK

March 10, 11:30 a.m.

Senior Center, 1231 6th St.

*Bring a dish to share. Program will
begin around 12:15 p.m.*

CITY COUNCIL

March 10 & 24, 6 p.m.

City Hall

COMMUNITY BLOOD DRIVE

March 11, 1-6 p.m.

Gates Hall

*Sponsored by the American Legion
Auxiliary*

SPRING BREAK

March 17-21

CAMELOT CLASSIC MOVIE

March 21, 7 p.m.

March 22, 2 & 7 p.m.

"Lethal Weapon"

CAMELOT CLASSIC MOVIE

March 23, 2 p.m.

March 26, 2 p.m.

"Ocean's Eleven (1960)"

AMERICAN LEGION AUXILIARY MEAL

March 28, 5-7 p.m.

American Legion Post

*Fish or spaghetti and meatballs with
au gratin potatoes, coleslaw, bread,
dessert and drinks. (\$5 per child, age
10 and under)*

CAMELOT CONCERT

March 28, 8 p.m.

*Featuring co-headliners: Tyler Richton
& The High Bank Boys and Cory Waller
& The Wicked Things
Tickets \$20 each + tax*