

Our Nevada Iowa

April
2024

Celebrating Our Story

It's County Government
Month and Story County
has much to offer.

PAGES 2-3

Bridge Gets Historical Enhancements

PAGE 5

Nevada Police Officer Feature

PAGES 8-9

Expanding Mental Health Education

PAGES 12-13

Our Nevada Iowa

April 2024

The Opener

By Lisa Heddens, Board of Supervisors Chair

Happy Spring! What's the old saying? In like a Lion and Out Like a Lamb? Well, I'm hoping the snow and cold is behind us until next winter, and we can enjoy the other seasons in Iowa. I love when the trees start budding and the grass begins to turn green, and we can look forward to more constant warm weather. Like looking forward to warmer weather, I am also looking forward to all the things that April brings. Did you know that April has over 100 "awareness events" to recognize and celebrate, one being National County Government Month?



National County Government Month is an opportunity to highlight what county government provides to residents. County government provides an array of services such as, but not limited to, ATV, boat and vehicle registration; zoning permits; septic system inspections; voting information; elections; road and bridge work; public safety; general assistance; environmental education; veterans benefit information; and so much more. Check out our website for more information at www.storycountyiowa.gov.

Have you checked out our county parks and trails? With the sunshine and warmer weather, it's a great time to check them out and the conservation events happening throughout Story County. On our website go to "government" and "conservation" to learn more.

While we hope the snow and cold weather are done for several months, tornados, high heat and other weather conditions can arise. You can sign up for weather alerts through the Emergency Management Agency on our website.

Are you interested in getting involved or learning more about county government? Consider serving on one of our Boards or Commissions. You can also attend a Board of Supervisors meeting to learn more about the work that goes on. Board meetings are held every Tuesday at 10 a.m. with our agendas posted the prior Friday by noon. To learn more about the work that goes on at our meetings consider attending in person, or via zoom, if that's more convenient. We hope to see you!

ON THE COVER: Recreation on several in-county lakes and rivers is just one of the benefits that residents living in Story County can enjoy! This photo is from Hickory Grove Lake near Colo.

Contents

APRIL 2024 IN THIS ISSUE

- County News3
- Pizza Pie Looza 20244
- New Bridge in Nevada5
- Library News6
- City News..... 7, 10
- Police Officer Feature8-9
- Main Street Nevada News..... 11
- Story Medical Center News 12-13
- School News14-15
- April Calendar..... 16

CONTACT US

Email us at communitynewsletter@nevadacubs.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.



It's National County Government Month

National County Government Month (NCGM), held each April, is an annual celebration of county government. Since 1991, the National Association of Counties has encouraged counties to actively promote the services and programs they offer. Story County will celebrate National County Government Month (NCGM) during the month of April to showcase how the county achieves healthy, safe and vibrant communities. The theme for this year's celebration of NCGM is "ForwardTogether," inspired by the signature focus of National Association of Counties (NACo) President Mary Jo McGuire. ForwardTogether is about connecting, inspiring and leading — pillars of county government that build trust and drive toward solutions.

Fiscal Year 25 Budget Work

Story County has been working on the fiscal year 2025 budget. Fiscal year 2025 begins July 1, 2024, and ends June 30, 2025. The public hearing on the budget is scheduled for 10 a.m. on Tuesday, April 23, in the Public Meeting Room, second floor, of the Story County Administration building.

Any questions you may have regarding the County budget can be directed to Lisa Markley in the Auditor's Office at 515-382-7210. Audio from department and office budget worksessions can be found on our website at www.storycountyiowa.gov/Archive.aspx?AMID=54.

Get ready for summer camps

Story County Conservation's (SCC) summer nature camps engage kids entering kindergarten through ninth grade in various outdoor experiences, with the goal of teaching new skills and forming a connection with nature that will last a lifetime — and registration opens soon!



Registration will take place online at www.Mycountyparks.com, and will open Thursday, April 16, at 6 p.m. Mark your calendars, as some camps fill up quickly!

Camps are based at McFarland Park (Ames) or Hickory Grove Park (Colo). Contact SCC at 515-232-2516 with any questions, or visit www.storycountyiowa.gov/1002/Nature-Camps for camp descriptions and more.

Need financial assistance? We encourage you to check out NatureConnect, SCC's service assistance program, that provides 50 percent off the cost of nature camp and program registrations, camping, and more. Contact Mid-Iowa Community Action (MICA) at 515-956-3333 to verify need and obtain coupon code. Make sure to obtain coupon code prior to camp registration opening, as the code must be used at time of camp registration.

Volunteers needed for nature camps

Assistance from volunteers plays a large role in making nature camps a success year after year! Volunteers will be needed weekdays through June and July, with timeslots available 8:45-11:45 a.m. and 12:45-3:45 p.m. to assist naturalists with camp activities.

Volunteers must first complete a background check. Parents are NOT allowed to volunteer for their child's camp.

Interested? Contact Community Engagement Coordinator Madi Nolte for more information at 515-598-4761 or mnolte@storycountyiowa.gov.

Citizen of the Year Nominations Open

Do you know someone who goes above and beyond for their community? The 2024 Story County Citizen of the Year nominations are now open. To nominate someone, please follow this link to the Google form, <https://forms.gle/gZpXdWahpniZuToL6>.



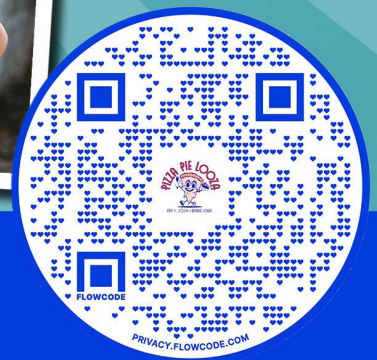
SATURDAY, MAY 11



Nevada, Iowa Main Street · Music & Food Festival!

MAIN EVENT SPONSOR

Please follow "Pizza Pie Looza" on Facebook or visit PizzaPieLooza.com



TICKETS ON SALE!

Buy online or stop by: RE/MAX Concepts (1124 6th Street, Nevada)

Featuring **FOOD, MUSIC, & BEER TENTS!**

FREE EVENTS START AT 1 PM

LINCOLNWAY ENERGY FREE STAGE



On Stage at 1:00PM

Bring the Whole Family!



On Stage at 2:30PM



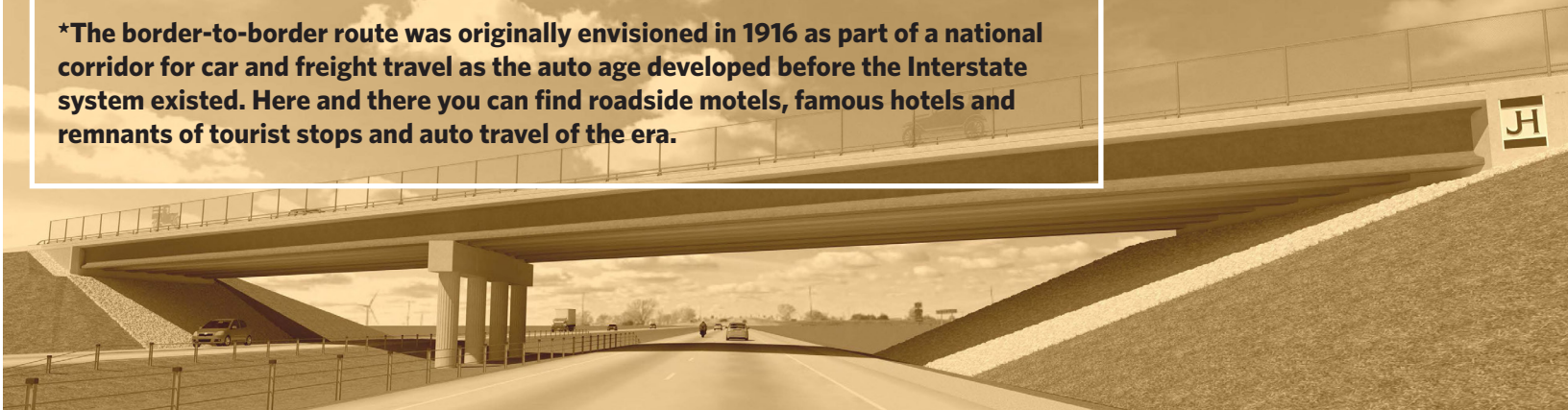
On Stage at 4:00PM

KID ACTIVITIES 2-5 PM

ABOUT THE JHHSB:

*The Jefferson Highway Heritage Scenic Byway runs along Highways 65 and 69, north-to-south: Northwood, IA to Lamoni, IA.

*The border-to-border route was originally envisioned in 1916 as part of a national corridor for car and freight travel as the auto age developed before the Interstate system existed. Here and there you can find roadside motels, famous hotels and remnants of tourist stops and auto travel of the era.



Nevada's new bridge to honor original highway history

By now, most Nevadans have had the chance to drive over or under the new S-14 bypass bridge in Nevada.

The bridge was selected by the Iowa Department of Transportation to receive "greater design enhancements" because of its high traffic counts and because it is part of the Central Iowa Highway Corridor.

The bridge aesthetics designer is Kimball Olson, aesthetics coordinator for the Iowa DOT's Bridges & Structures Bureau.

"The Jefferson Highway Heritage Scenic Byway (JHHSB) runs through Nevada, Iowa. The theme of the aesthetics was chosen with the context of the community and the visual impact to the travelers," said Olson.

Enhancements that are done or will be done in the near future on the bridge include: Integral thin brick inlay in the west barrier spelling out "Jefferson Highway;" special concrete rustication on the barriers, abutments (bridge ends) and supporting pier; the JH logo on the northeast and southwest corners of the bridge, which will be painted blue and white and be visible to travelers on Highway 30; and perforated "echo panels" that will be installed as part of the pedestrian fence system. The fascia beams will be painted a medium gray color to improve appearance, and the trail area along the bridge will be opened when all work is completed.



Closeup view of galvanized, perforated steel plate "echo panel"

Links to More Information:

*History on the Jefferson Highway and Interstate Trail: [History of the Interstate Trail, Jefferson Highway and Jefferson Association — Iowa DOT](#)

*Iowa Byways program: <https://iowadot.gov/iowasbyways/iowas-byways-home>

*Jefferson Highway Heritage Scenic Byway guide: [IowaBywaysTravelGuide.pdf \(iowadot.gov\)](#)

*Planning an adventure along the JHHB: <https://www.traveliowa.com/trails/jefferson-highway-heritage-byway/99/>

April includes National Library Week

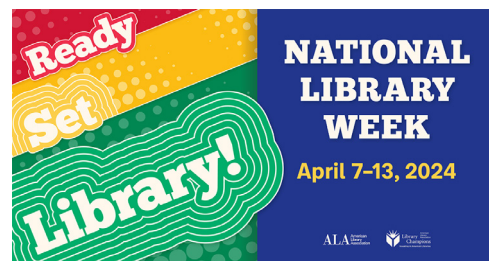
PLEASE HELP US WITH OUR READATHON GOAL!



Friday, April 12, is "Drop Everything and Read Day," and we have a favor to ask of our community.

We are looking to celebrate the day, and kick off National Library Week with a Community Readathon in the meeting room of the library. From 10 a.m. to 2 p.m. that day, we are asking everyone in the community who is able to attend to give us at least 20 minutes of reading as we pursue a "Community Readathon goal" of 7,500 reading minutes!

We'll have snacks, drinks, comfy chairs and floor space for curling up with your book, plus plenty of books for you to choose from. You can also bring reading materials with you. Anything counts for reading: Newspapers, magazines, or any type of book in whatever format you choose. We hope to see City Council members, City employees, Main Street business people, students from school...anyone and everyone is invited!



Closed for Staff Development

Monday, April 1

The library will be closed on April 1 for Staff Development.

Welcome to Medicare

Wednesday, April 3, 6:30 p.m.

Have questions about Medicare? Come to a free presentation by the Senior Health Insurance Information Program for people turning 65 or older about the basics of Medicare. We'll learn about Medicare Parts A & B benefits, prescription drug benefits (Part D), Medicare Advantage plans, and Medicare supplement insurance. Participants will also learn how to identify Medicare fraud, errors, and abuse.

Teen Craft: Perler Beads

Monday, April 22, 3:30 p.m.

Join us for a fun and casual craft! We will have all different colors of Perler beads and plates for you to design whatever you would like! We also have many different patterns available for you to choose from or you can design your own. Once you have your design laid out on the design plate, we will iron it and you will have an awesome decoration, key chain, picture frame, etc., to take home. For grades 5th-12th.

Growing Composting Worms

Tuesday, April 13, 6:30 p.m.

Join host Rick Fenneman of Iowa Worm Composting to learn about the life cycle of composting worms and how you can help the environment by using worms to send less waste to the landfill. Each participant will leave with his or her own starter worm bin. Registration required.

National Library Week Activities — April 7 through 13

Library Lovers Book Discussion

Wednesday, April 10, 6:30 p.m.

Do you love books and libraries? We do too! Bring your favorite book about books or libraries for a book club! We'll discuss these amazing books that celebrate reading and libraries.

Midwest Author Series: Tirzah Price

Thursday, April 11, 6:30 p.m.

Young Adult author and former Iowa Librarian Tirzah Price will join us via Zoom to discuss her Jane Austen Murders series, the importance of libraries, and her writing career. Join us in the meeting room or register to get the Zoom link and join us from home!



Tirzah Price holds an MFA in Writing for Children & Young Adults from Vermont College of Fine Arts, and is a senior contributing editor at Book Riot. Her novels include *Pride and Premeditation*, *Sense and Second-Degree Murder*, and *Manslaughter Park*.

Family Movie

Saturday, April 13, 10:30 a.m.

Let's end National Library Week with a fun family-friendly interactive movie experience. We'll provide the snacks, props, and movie (*Matilda*), you bring the family, friends, and fun! Popcorn provided by the Friends of the Nevada Public Library.

*** Friends of the Nevada Library are partnering with Nevada's Fareway to "Roundup for Reading" during National Library Week! Please round up if you can!**

Street rehab project announced

A street rehabilitation project has been announced as part of the 2024 Street Improvement plans.

This spring/summer season, on F Avenue and G Avenue – from 6th Street to 10th Street – street rehabilitation will occur. The rehabilitation will include removing the curb and then replacing the street, which will be milled and overlaid.



these blocks is at the point where it will rapidly deteriorate if no rehabilitation is performed.

Engineers anticipate the project will

take two to three months to complete, and it will be happening at the same time as another separate city streets project around the elementary school area.

The condition of the pavement on

Open burning season begins

BE SURE YOU KNOW THE REQUIREMENTS AND SAFETY CONSIDERATIONS BEFORE YOU BURN!

As you start your outside cleaning, the Nevada Public Safety Department reminds you of City and Nevada Ordinance 105.05 about open burning.

Springtime open burning season for yard waste is April 1 through May 15, from 8 a.m. to 7 p.m. each day.

It is important to remember these additional requirements to comply with the law and to remain safe while burning yard waste:

- Yard waste must be 40 feet from any structure (including wooden fences and utility poles).
- An approved incinerator for yard waste is permitted no closer than 15 feet from structures.
- Burn barrels are not approved for burning rubbish or yard waste.
- An adult must attend any fire until it is completely out.

- You must have a source of extinguishment near the open fire; one suggestion — a garden hose.
- Flammable liquids shall not be used to start or aid fires. Moreover, it's just a bad idea.
- You may not burn in the street or alley.
- Please respect your neighbors when burning. Never burn when it's windy or conditions are not absolutely perfect for burning.
- We recommend informing your neighbors when you intend to burn, so they do not inadvertently call the fire department.

Those who violate this ordinance will face a first offense fine of \$300, with court costs of \$85. No fire is worth this, so burn at the appropriate times and within the dates provided. If you have questions about the burning ordinance, contact DFEMS Ray Reynolds at 515-382-4593.

Spring clean-up at the City Cemetery

Spring clean-up of the municipal cemetery will happen this month during the week of April 15-19.

During this time, Nevada Parks and Recreation staff will dispose of all decorations, including those placed

in vases, saddles, or on shepherd hooks if they are damaged or unsightly.

Any decorations you wish to keep must be removed by April 15, before our spring clean-up begins. You may

put out new decorations after the clean-up period, starting April 22.

If you have questions, please call the cemetery office at 515-382-6240 and talk with Sexton Gene Fritz.

Andrew Henderson leads a yoga class at his wife's studio in Nevada.



Sergeant shows his true career flexibility

The life of a cop can be stressful.

The life of a yoga instructor is pretty much working to create a space that's stress-free.

So, what happens when you mix the two careers? You create a balance that someone like Sgt. Andrew Henderson, 39, of the Nevada Public Safety Department, understands. Henderson not only works long days for the Nevada Police Department; he also teaches yoga on Thursday evenings.

"They're totally different worlds," said Henderson, but worlds that also complement one another.

"Because police work can be really stressful, and because you're sitting in a car a lot, wearing a belt and vest and all this stuff that adds 30 pounds of extra weight to your frame, physically, I think yoga is excellent for police officers. It can stretch our bodies back out and put us at homeostasis."

Henderson said the practice and history of yoga is all about connecting mind and body. "It's a lot of breath work, and in some ways, it might be harder than police work, because in doing yoga, you have to get out of your head."

Getting out of one's head is not an easy thing, especially for cops who have to

be thinking and totally present when they're on duty. To come to a yoga class and leave all that stuff that's in your head behind for a while, it's a challenge, but one Henderson has gradually overcome. "I had to learn to get out of my own way," he said, to fully embrace the transformative values of yoga.

"As officers, we see a lot of weird stuff, so clearing that out of our head can be good for us," and he noted that getting into yoga has become "a thing" for a small percentage of first responders (cops, firefighters, EMS professionals) across the country in recent years. Henderson said the breath work in yoga can help officers in their jobs when they find themselves in a stressful situation or going into "the red," as cops call it. Henderson believes the practice of yoga has helped him as an officer to stay calmer during stressful situations.

Henderson was introduced to yoga by his wife, Meagan, who loved yoga from a young age, but got more serious about the practice of yoga when she was pregnant with their first of five children 16 years ago. Becoming a healthcare professional, Meagan continued learning and growing with yoga, and eventually became an instructor, leading classes for Story Medical Cen-

ter at Gates Hall in Nevada. Being able to teach and share her love of yoga with others in the community, Henderson said, "I think that's when she really fell in love with it."

It was probably 2018 when Henderson said Meagan invited him to go along. It became the couple's "date" time. "It was a way to be with my wife more, and it was a good workout." Henderson had been on the police force for three years by that time and had just been promoted to detective.

The more they got into yoga as a couple, the more Meagan wondered if her lifelong dream of having her own yoga studio was possible. "She wanted to teach more yoga and provide that service, and she also knew with a studio, she could do as much yoga as she wanted," he said.

In January of 2020, she realized her dream, opening a studio at a private gym in Nevada, and eventually moving the gym to a downtown location in a historic hotel building which the couple now owns together.

It's been a busy time for Henderson. As a detective, who was promoted to sergeant in 2021, he enhanced his police skills by studying and taking online courses to earn a bachelor's degree in computer forensics and digital inves-

tigations. As a property owner in the downtown, he helped his wife create a beautiful yoga studio space, while also working to continue renovations on the large historic hotel property, which includes several other businesses and residential apartments. As a husband and father, he saw his family grow to five children this past year when they welcomed newborn twins. As a practicing yoga individual, he finally let his wife convince him to earn his 200-

hour certification to be an instructor at her studio.

Though he never imagined himself as a yoga instructor, he admits that it's enjoyable. "I love providing the service to others and giving them the best class I can."

He also likes continuing to practice yoga. "I enjoy the fact that it's an hour at a time that is just for me. I don't get that very often. Even when I consis-

tently was lifting weights at the gym (something he still enjoys), people would talk to me. With yoga, you're listening to the instructor as they give you a pathway that's just for you during that hour."

Life is really busy at times, he admits, and it's sometimes hard to think about fitting in his yoga time. "I might dread it before going because I have so much else to do, but every time I'm done with yoga, I'm so glad I did it."

A FEW MORE INTERESTING NOTES ABOUT ANDREW HENDERSON:

- He grew up in Zearing and graduated from Colo-Nesco High School in 2003.
- He attended Kirkwood Community College after high school and took general classes, then returned home and worked at Menards for a year-and-a-half. He then took a job with Saxton, a company that designs and installs office furniture. He worked for Saxton for eight years, overseeing the installation of office furnishings.
- He met Meagan through a mutual friend. The two married while he was working for Saxton and moved to Nevada in 2012.
- He joined the Nevada Fire Department, which was his gateway into public service.
- He was hired by the Nevada Public Safety Department as a police officer in 2015.

- The class he teaches presently is called "vinyasa yoga," which offers more movement and more of a workout, he said.
- His favorite yoga class to take: Hot Yoga, a class that is offered in a room that is heated to 100-plus degrees. He loves that you get a great workout and come out sweating. "It may not feel good right when you finish, but it's a great workout."
- The type of yoga his wife would say he needs more of: "Restore Yoga, because it's about holding poses longer, and it's the best yoga for getting out of my head."
- His favorite yoga pose: "I really like the half-pigeon, because it's a good hip opening pose. For me, with my belt on and always carrying a gun on my hip, my hips get really tight."
- What he wears to do yoga: "Shorts and a t-shirt. You don't have to get all fancy to do this."



Andrew and Meagan with their children: Lily, a junior in high school; Olivia, a freshman in high school; Finley, a fifth grader; and twins, Briggs and Sawyer, 5 months old; and Sgt. Andrew Henderson in his official police photo.

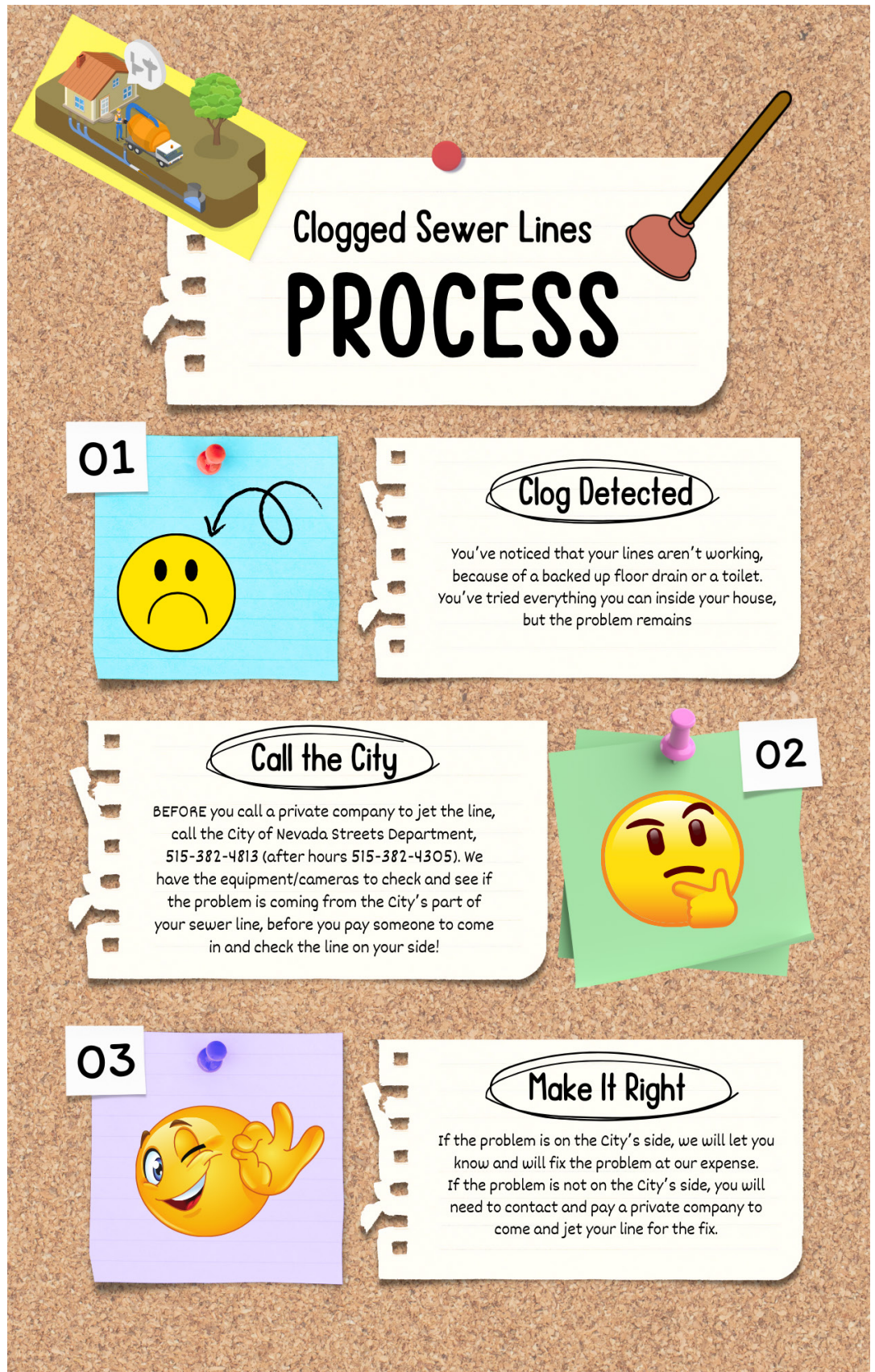


Public Arts Advisory Commission begins work

The recently created Public Arts Commission has some exciting plans for residents to experience and participate in the cultural and artistic legacy of Nevada. Members of the Commission are in the early stages of identifying locations for public art displays, as well as identifying art locations that are presently in and around the city.

Later this spring, a survey will be available to gather input from the public on their ideas for the development of meaningful public arts in and around Nevada. You can look for survey information in a future edition of Our Nevada. Until that survey is available, please reach out to anyone on the commission if you have thoughts to share.

Public Arts Commission members are: Jason Schneider, Wade Presley, Janice Gammon, Mindy Buyck, Nancy Port, Dylan Jacobson, and Tina Schmidt. Jordan Cook and Sandy Ehrig also contribute as advisors.



Clogged Sewer Lines PROCESS

01

Clog Detected

You've noticed that your lines aren't working, because of a backed up floor drain or a toilet. You've tried everything you can inside your house, but the problem remains

02

Call the City

BEFORE you call a private company to jet the line, call the City of Nevada Streets Department, 515-382-4813 (after hours 515-382-4305). We have the equipment/cameras to check and see if the problem is coming from the City's part of your sewer line, before you pay someone to come in and check the line on your side!

03

Make It Right

If the problem is on the City's side, we will let you know and will fix the problem at our expense. If the problem is not on the City's side, you will need to contact and pay a private company to come and jet your line for the fix.

Reminder: Hydrant flushing in May

Residents are reminded that the City's bi-annual flushing of all hydrants will take place in the month of May. This is a necessary maintenance activity that helps to maintain the water system's integrity, and ensure hydrant effectiveness for fire control.



Erin Barnes (center) and Lisa Thompson (back row) of Main Street America are shown with members of Main Street Nevada during a March 6 tour.



Our Main Street Matters

Main Street Nevada held an informational breakfast meeting for the community in March to discuss the valuable contributions of OUR main street to Nevada. It's no secret that a vibrant downtown helps small communities in many ways. It is a place for shopping, services and gathering with friends. It's the heartbeat of a community.

Main Street Iowa is a resource. MSI provides a variety of technical services and training opportunities for designated Main Street programs to build the capacity of local revitalization efforts. As a Main Street Iowa community our program receives support in each of the Four Points: Economic Vitality, Organization, Promotion and Design. A few resources of special mention include consultations from the Downtown Resource Center for renderings on building facades and assistance in merchandising retail space. These renderings and in-person visits provide us valuable tools that are no cost to us and have high impact to our revitalization efforts.

MSI also provides opportunities for local programs to utilize grant programs within the state. Our grant committee works directly with building owners to submit grant applications. Our Main Street District has been awarded three Main Street Iowa Challenge Grants, two Community Catalyst Grants and one downtown housing grant totaling \$875,000. These grant dollars help our building owners propel their revitalization efforts forward.

In addition to these great resources mentioned, three times a year Main Street Nevada is required to attend workshops in other communities. These sessions provide educational opportunities as well as tours of rehabilitated buildings and creative use spaces. In March, Main Street programs from across the state spent two days in downtown Ames. Later this year, Main Street Nevada will also

visit Cedar Rapids and Ottumwa. Through these trainings, ideas and resources are brought home to further our downtown district's growth.

Through partnerships with the City of Nevada, NEDC, the Nevada Community School District, business owners, building owners and community members, Main Street Nevada enjoys collaborating to keep the downtown revitalization efforts moving along, because OUR Main Street Matters.

MAIN STREET AMERICA CEO VISITS NEVADA

At the conclusion of the Ames workshop in March, Main Street America President and CEO Erin Barnes made a quick trip to Nevada. While here, she toured Copper Spaces (our first co-working space), the Tipton Apartments (our first second-story rehabilitation project), the Journal Building (our first project utilizing the State Historic Tax Credit program) and the Camelot. As a local program who has been awarded many grants, it was beyond exciting to showcase Nevada's projects to our National Main Street leader!

DID YOU KNOW?

Iowa has over 50 Main Street communities.

Main Street Nevada is volunteer driven, with one paid staff member.

Main Street Nevada is a 501(c)6 non-profit.

There are 72 businesses in our downtown district.

Main Street Nevada will celebrate its 5-year anniversary this August.



Grant Funds Aim to Build Community Resilience

Story Medical is expanding mental health education and training initiatives within the county

In a significant stride toward enhancing mental health awareness and response capabilities, the Delta Dental of Iowa Foundation has awarded a \$25,000 grant to the Story Medical Center Foundation. With the funds, Story Medical is expanding mental health education and training initiatives within Story County, fostering a more resilient and empathetic community.

This grant is part of the Delta Dental of Iowa Foundation's Community of Health Grant programs, strategically designed to kindle innovation, strengthen nonprofit organizations, and initiate comprehensive health initiatives. The funds will play a pivotal role in expanding the reach of mental health education and support services.

Specifically, the grant will fund the training of instructors, equipping them with the skills to conduct Mental Health First Aid sessions across the community. The goal is to establish a sustainable network of trainers from diverse backgrounds who will contribute significantly to the expansion of mental health education in Story County, particularly in rural areas.

Certified instructors form the backbone of the program, teaching community members to recognize and respond to mental health and substance use-related crises.

They are integral in tailoring discussions, providing a list of resources, and supporting learners throughout the process. With a national curriculum as their guide, instructors are empowered to teach Mental Health First Aid to diverse audiences within their communities.

This approach empowers community members to recognize and respond to mental health crises efficiently and effectively.



Mental Health First Aid, likened to CPR for mental health, imparts knowledge of risk factors, warning signs, and strategies for assisting individuals in both crisis and non-crisis situations. Certified instructors, accredited by the National Council for Mental Health Wellbeing, undergo training endorsed by the U.S. Department of Health and Human Services and the Iowa Department of Health and Human Services.

The generous \$25,000 grant from the Delta Dental of Iowa Foundation will cover registration fees, training materials, and any necessary travel expenses for those being trained. This strategic investment is poised to create a lasting impact, fostering a community where mental health education is not just a program but an integral part of building a resilient and supportive society.

“Delta Dental of Iowa and our Foundation are committed to partnering with organizations that share our goal to create healthier communities by strengthening the health and smiles of all Iowans,” says Suzanne Heckenlaible, Executive Director of the Delta Dental of Iowa Foundation.

“We are proud to invest in the Story County Medical Center Foundation’s efforts to increase community awareness and understanding of mental health challenges as well

as increase the number of community members able to recognize the symptoms, and respond with appropriate support and connection to resources when needed.”

Liz Zuercher, Coordinator of the Story Medical Center Foundation, emphasized the critical role of mental health education in building a resilient community, and says she envisions a community empowered to address mental health challenges effectively through the training of Mental Health First Aid instructors.

“We believe that investing in mental health education is crucial for building a resilient and empathetic community.”

To learn more about becoming a Mental Health First Aid instructor, contact Liz at 515-382-7728 or lzuercher@storymedical.org.

News & Notes

WOMEN ON WEIGHTS CLASS OFFERED THROUGH MOG

Our Women on Weights class—offered to women as a benefit of membership in the Medically Oriented Gym—is now enrolling new participants.

The group class is led by the MOG’s Alicia Ulve and guides women through a variety of exercises using weights to build strength and improve balance. The 45-minute class is offered on Tuesdays and Thursdays. Currently, the 11 a.m. and 3 p.m. classes have openings.

If you are a MOG member, visit with Alicia or Michael Melchert for details on joining the class. If you are not a MOG member and are

interested in joining, please visit with your primary care provider or call us at 515-382-7114.

Single membership is \$55 per month, and Single + 1 membership is \$80 per month.

MANAGE YOUR CARE ONLINE WITH MyUnityPoint

MyUnityPoint is an online tool especially for Story Medical patients that offers direct access to portions of the electronic health record and more. By creating a MyUnityPoint account, patients can:

- View medical information securely via the Internet.
- Stay in touch with physicians.
- Request prescription refills online.

- Manage and view details of past/upcoming appointments.
- Create an account at <https://chart.myunitypoint.org/mychart>.

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.

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!



Cub Crew mentorship kicks off

In a partnership known as “Cub Crew”, 4th grade students were paired with 1st and 2nd grade students. The purpose of this mentorship was to help support 1st and 2nd grade students by having a 4th grade mentor listen to and practice reading books with their student. Four days per week, the students met in the mornings and spent 10-15 minutes together. This program started after winter break and lasted for six weeks.

The 4th grade students were trained before winter break by Erin Klopstad and Lisa Cave (Reading Specialists), Erin Murphy (School Counselor) and Kedra Hamilton (Instructional Guide). The older students learned how to actively listen, give positive feedback, and help when a student got stuck on a tricky word.

The benefits of this program are measurable as well as immeasurable.

1st and 2nd grade students built reading fluency and stamina. 4th grade students took on responsibility, created a friendship and monitored their younger buddy. Throughout this program, there was lots of laughter, kindness and joy! It was amazing to watch strong and caring friendships grow as 1st and 2nd graders grew their reading skills and 4th graders celebrated their success!

SEEKING APPLICATIONS FOR NEVADA CSD HALL OF HONOR

The Nevada Community School District Hall of Honor has been established to recognize alumni who have distinguished themselves based upon academic excellence and achievement, career accomplishments, community service, personal excellence, and dedication to lifelong learning.

Applications are due by April 15. For

more information, visit <https://bit.ly/3uKuVs6>

PRESCHOOL AND KINDERGARTEN SIGNUP

Central Elementary is now taking signups for preschool and kindergarten for the 2024-2025 school year!

If you have a child who will be 4 (preschool) or 5 (kindergarten, not currently attending Nevada) by Sept. 15, please call Central Elementary to get your child signed up at 515-382-2383.

SPRING EVENTS

Spring brings the excitement of changing seasons and warmer weather ahead. With spring activities, that changing weather often brings changing schedules!

Be sure to keep an eye on our Activities Calendar for any postponements and cancellations.

<https://bit.ly/ActivitesCalendar>

MEDICAL REMINDERS FROM THE NURSES

Incoming Preschoolers: a completed immunization record and a current physical exam before school starts.

Incoming Kindergartners: a dental screening certificate (no earlier than age 3) and a student vision card/form.

The vision card/form should be performed no earlier than one year prior to enrollment. If your child had their eyes screened here at school through the Iowa KidSight program this last January, you do not need another evaluation for kindergarten.

Incoming 3rd Graders: a student vision card/form which should be performed no earlier than one year prior to enrollment.

Incoming 7th Graders: all students entering 7th grade must have proof of TDAP (Tetanus, Diphtheria and Pertussis) and Meningococcal Vaccines before school starts in the fall. Medical or Religious waiver will be accepted if signed by the physician and/or notarized.

Incoming 9th Graders: Iowa law requires that all 9th grade students provide proof of a dental screening. Any screening from 8th grade or a dental screening while in 9th grade will be accepted.

Incoming 12th Graders: seniors will need proof of a second Meningococcal vaccine, done after the age of 16 years. First dose was required for 7th grade.

Sports Physicals: all 7-12 students participating in sports will need a yearly sports physical. Physicals are good for 13 months and need to be signed and dated by the health care provider and parent.

Any student with a food allergy can fill out the Diet Modification Request Form. This will need to be signed by the health care provider and parent.

All forms can be found at www.nevadacubs.org.

NEVADA FFA DISTRICT CONTEST RESULTS

In early March, 17 Nevada FFA members participated in the North Central District FFA Contest at West Marshall High School.

- Ag CSI team earned second place gold and qualified for state competition
- Gavin Egeland earned a gold award in

extemporaneous speaking

- Nevada FFA Chapter website earned a silver award
- Ag Impact team earned a silver award
- Experience the Action team earned a gold award



Iowa FFA State Vice President and Nevada graduate Josie Kelly presided over the delegate business session.

FFA ANNUAL GREENHOUSE SALE TO BE HELD

With the onset of spring, the members of the Nevada FFA chapter plan to host their annual greenhouse plant sale. The greenhouse is filled with vibrant colors and fragrant scents as the students work hard to present their work to the public.

The FFA greenhouse sale is a highly anticipated event in the Nevada community and this year is shaping up to be no exception.

The FFA students have been preparing for the plant sale for months, carefully cultivating a wide variety of plants in their greenhouse. The sale will feature an assortment of vegetable plants, including tomatoes and peppers, as well as a variety of hanging baskets.

In addition to providing the community with high quality plants, the greenhouse sale serves as a fundraising event for the FFA chapter. The money raised from the sale will go toward supporting the FFA's many educational programs and activities.

Additionally, the greenhouse sale allows FFA students to showcase their learning, skills, and dedication to agriculture.

The greenhouse sale will be held at the high school greenhouse, which is located behind the HS on the east side.

The FFA plant sale promises to be a fun event for the whole family with lots of options and variety. So mark your calendars and come out to support the Nevada FFA -- and pick up some beautiful plants for your home or garden!

April Greenhouse Sale Dates

Saturday April 20, 8 a.m. - 1 p.m.

Saturday April 27, 8 a.m. - 1 p.m.

Postal Customer

Calendar of Events

NCSD SCHOOL BOARD

April 1 & 15, 6:30 p.m.
Gates Memorial Hall
Auditorium

BOARD OF SUPERVISORS

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

LEGION TACO TUESDAY

April 2, 4:30-6:30 p.m.
American Legion Post

BINGO

Every Tuesday, 7-9 p.m.
American Legion Post
\$5 a packet plays all games

FRIENDS OF LIBRARY BOOK SALE

April 5 & 6, 10 a.m.-1 p.m.
Nevada Public Library

SCMC BD OF TRUSTEES

April 4, 11:30 a.m.
Story Medical Center

CAMELOT THEATER FDN CONCERT

April 6, 7 p.m.
Major Blues and the Mugshots, the band that played during RVTV in 2023, will return to the Camelot Theater for a fundraiser concert for theater improvements. Find out more online:
camelottheaterfoundation.org

NATIONAL LIBRARY WEEK

April 7-13
"Drop Everything and Read"
Readathon at the Nevada Public Library, April 12, 10 a.m.-2 p.m.

SENIOR CENTER POTLUCK

April 8, 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.*

CITY COUNCIL

April 8 & 22, 6 p.m.
City Hall

AMERICAN LEGION MEAL

April 12, 5-7 p.m.
American Legion Post
Fish Fry or Pork Steak. Cost is \$12 per adult (\$5 per child, age 10 and under)

CAMELOT THEATER PRESENTS STORY THEATER COMPANY

April 12, 7 p.m.
April 13 & 14, 2 p.m.
Teen Production of Comedy of Terrible Errors

MAIN STREET NEVADA MIX-N-MINGLE

April 17, 4-6 p.m.
at The Connect Chiropractic,
1210 6th Street

CAMELOT THEATER ELTON JOHN TRIBUTE

April 19, 7 p.m.
Featuring The Rocket Man Experience

CAMELOT THEATER SONG-WRITERS IN THE ROUND

April 20, 7 p.m.

CAMELOT THEATER CLASSIC MOVIE

April 25, 6:30 p.m.
Showing "Smokey and the Bandit" Concessions available

CAMELOT THEATER KARAOKE NIGHT

April 26, 7 p.m.

AMERICAN LEGION AUXILIARY MEAL

April 26, 5-7 p.m.
American Legion Post
Hamburgers/Brats off the grill, along with chips, salads, desserts and beverages. Hosted by the Bill Couser Family. Cost is \$12 per adult (\$5 per child, age 10 and under)

AMERICAN LEGION AUXILIARY POTATO BAR

April 30, 4:30-6:30 p.m.
American Legion Post
Cost is \$12 per adult (\$5 per child, age 10 and under)