

Our Nevada

Iowa

February
2024

Caring for Seniors

Membership program helps
older residents stay in shape.
PAGE 4

Big Project near Elementary School
PAGE 11

New Walking Program in Nevada
PAGE 13

Main Street Apartments with a View
PAGE 14

The Opener

By Nate Thompson
CEO, Story Medical



At Story Medical, we are proud to serve such exceptional communities. We take seriously our role of delivering a continuum of care for patients across the spectrum of ages.

In serving several smaller towns, we are ensuring that residents have easy access to medical services without the need for extended travel. This accessibility is particularly crucial in emergencies, where timely medical intervention can be a matter of life and death.

We are also proud to deliver a diverse range of sub-specialized services to community members in need of advanced care. From services for children provided in our clinics to comprehensive outpatient services like general surgery and podiatry, inpatient care, rehabilitation, Senior Care and more — we relish the integral role we play in helping our community get well and stay well.

Beyond medical services, we are also proud to contribute significantly to the social and economic well-being of our communities. As a major employer, we remain focused on continuing to create jobs and career opportunities for healthcare professionals and support staff. At the same time, we are always looking to build a sense of community by hosting health education programs, wellness initiatives, and participating in community outreach events.

Truly, community hospitals like Story Medical are not just healthcare providers; they are anchors that strengthen the social fabric of smaller towns, ensuring that residents receive quality care across all stages of life.

We are proud to be the choice of so many and look forward to continuing to provide medical services that create healthier, more connected, and more resilient communities.

ON THE COVER: Michael Melchert (left) and Ginny Heitz take a break during a recent workout in the Medically Oriented Gym at Story Medical. Michael leads classes in the MOG daily. Ginny has attended classes in the MOG for nearly a decade.

Contents

FEBRUARY 2024 IN THIS ISSUE

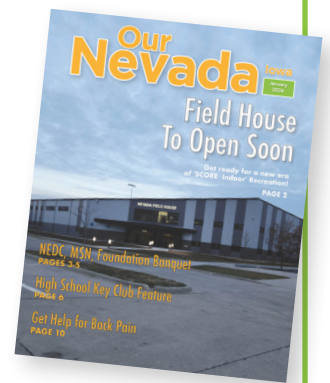
- Nevada School News.....3
- Story Medical News..... 4, 5
- NEDC News.....6
- Leadership Nevada7
- Main Street Nevada Board7
- Story County News8-9
- City News.....10-13
- Big Project near Elementary School 11
- New Walking Program 13
- Record Call Volume for Fire, EMS 13
- New Main Street Apartments14
- Alumni Reunion News..... 15
- February 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.





Cross Grades Collaboration

Mrs. Snyder's 3rd grade writers shared their published personal narratives with Mrs. Heiden's Kindergarten class. All kids enjoyed their time learning about each other's lives and making connections.

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>

NEVADA FFA ANNUAL FRUIT SALES TOTAL OVER \$28,000

Nevada High School FFA members sold, mixed, and delivered over \$28,000 in fruit, cheese, sausage, and snacks sold to customers around the Nevada community. "To reach this level is awesome, big congrats to our students on an outstanding sales accomplishment", stated Kevin Cooper, Nevada FFA advisor.

In addition to selling pre-packaged goods, the Nevada FFA chapter also purchased bulk fruit and re-packaged it into specialized mixed boxes for variety preferences. After wholesale product cost, the chapter realized a profit of \$9,570. Money from this fundraiser will be used to help pay for the annual FFA banquet, career development contest, leadership conferences, scholarships, and FFA jackets. These funds will also help pay for other activities the Nevada FFA chapter sponsors.



Follow us on Social Media!

@NevadaCSD





Helping Seniors Stay in Shape

Membership program delivers medically supervised workouts

As a fixture in Nevada for decades, Story Medical has always taken pride in promoting a holistic approach to fitness that helps community members maintain health and wellness—especially seniors.

One program that is popular among older adults looking to stay in shape is the Medically Oriented Gym (MOG). More than just a fitness program, the MOG has become a thriving community that helps seniors stay active, physically and socially.

The MOG is a hub of activity during weekdays on the medical center campus just south of Highway 30.

Overseen by the team of Michael Melchert and Alicia Ulve, the MOG hosts more than 20 classes Monday through Friday, each lasting 45 minutes. With a membership exceeding 190 individuals, the MOG has developed a reputation of delivering an excellent option for those recovering from a health issue, managing a chronic condition, or simply looking to stay in shape.

Ginny Heintz, a dedicated MOG participant for nine years, was introduced to the program after her husband, Paul, had open heart surgery.

"I wasn't necessarily looking for something because I had a treadmill at home and I used it pretty religiously," Ginny says. "But after Paul's heart surgery, it just was something to do as a couple. We are in a nice routine now. We just wake up and get ready, and head over on Monday, Wednesday and Friday mornings."

The Heintzes have embraced the MOG as a couple, emphasizing



the importance of exercise as a shared activity.

While many other couples take a similar approach, there is a social aspect to the MOG workouts for all who attend. Ginny highlights the social aspect, noting that the MOG has become a community of friends.

"We don't do as much socially as we used to, so this has given us some of that regular contact with others," Ginny says. "We look at everyone in the class as a friend."

Ginny says that Michael and Alicia contribute to the positive atmosphere, not only providing comprehensive medical oversight of each class participant, but creating a sense of camaraderie among participants.

"We take pride in the way the MOG goes beyond traditional exercise programs," Michael says. "The program kind of embodies Story Medical's commitment to community well-being."

"It's not just a great program," Ginny adds. "It is the kind of program that encourages people, no matter where they are fitness-wise, to try it out and experience the power of regular exercise and community connection. It has been great for me and for Paul."

SilverSneakers at Story Medical

Are you an older adult looking to remain active in a self-directed program? The MOG is open to SilverSneakers members during open gym hours.

SilverSneakers is a fitness program designed for older adults and is offered as a benefit through many Medicare Advantage plans, Medicare Supplement carriers, and group retiree plans. The program promotes active lifestyles for seniors by providing access to fitness classes, gym facilities, and wellness resources.

Please note that not all Medicare plans include SilverSneakers, and the availability of the program can vary by location and insurance carrier. Individuals interested in joining SilverSneakers should check with their Medicare Advantage plan or Medicare Supplement carrier to confirm whether the program is included as a benefit.

If you are interested in joining the MOG, please visit with your primary care provider or call 515-382-7114.

News & Notes

STORY MEDICAL CLINIC OFFERS CARE FOR CHILDREN

Story Medical's family medicine providers have specific pediatric training focused on primary care for newborns and children. In addition to three physicians, Story Medical Clinic offers access to care provided by four Physician Assistants. Story Medical Clinic offers care in Nevada and Maxwell.

"Being in smaller towns like Nevada and Maxwell allow us to get to know our patients very well," says Rachel Frederick, PA-C, of the Nevada Clinic. Frederick is a Certified Clinical Lactationist with a special interest in serving new moms and babies. "As a young mother myself, I know how important it is to be flexible and patient-centered. That is the type of care we offer here."

To learn more about services for children at Story Medical Clinic, visit storymedical.org/clinics. To schedule in Nevada call 515-382-5413 or in Maxwell call 515-387-8815.

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!

NEVADA 2040/Goals & Strategies

You may have heard about the Vision process that City and community leaders work on and then use as a guideline for planning and decision making. But, have you ever taken a look at exactly what the Vision plan says or considered the progress the community is making in regards to it?

This month, we have outlined the top five goals, the areas those goals fall under, and the progress being made toward each goal to help you follow along with what's happening in our community.

We are hoping to share goals 6-10 in next month's issue of Our Nevada.

HOUSING

Goal 1: In 2040, the number of housing units has increased by 514 to serve the needs of current and new residents.

Progress: 63 new housing units as of 12/31/2023

Key Accomplishments:

- Hotel converted into 38 housing units.
- USDA facility converted into 4 rental units.
- Upper story housing units — 9
- 4 subdivisions planned or underway.
- Food at First funding for owner-occupied repairs
- Developer identified to renovate SCMC North Campus to market rate rental housing.
- 2 housing ordinances reviewed.

Work to be Done: Additional housing units, additional funding for owner-occupied repairs

DOWNTOWN DEVELOPMENT

Goal 2: In 2040, Nevada's downtown is thriving, with filled storefronts and ongoing Main Street programming and promotions that are supporting businesses and drawing customers to the area.

Progress: 10 percent or less vacancy as of 1/1/2024

Key Accomplishments:

- Camelot renovation progress
- CDBG application planned to support downtown façade improvements.
- Brewery attracted to Nevada opening spring/summer 2024.
- Design standards in the works

Work to be Done: Parking, retail storefronts, signage, alley utilization, revolving loan

COMMUNITY EVENTS & ACTIVITIES

Goal 3: In 2040, Nevada's recreation facilities and opportunities have expanded to support both youth and adult activities.

Key Accomplishments:

- Field House nearing completion; opening February 2024
- Disc golf course improvements
- Transition at Indian Creek Country Club

Work to be done: Dog park, splash pad, mini golf, skate park expansion, trail improvements

Goal 4: In 2040, Nevada offers year-round events and activities drawing residents and visitors.



Nevada, Iowa

Key

Accomplishments:

- Volunteer marketing
- Event marketing
- Main Street Farmers Market
- Spring community event added — Pizza Pie Looza

Work to be done: Block Parties, Evergreen Heritage site and site utilization, discovery or history center

CULTURE OF COLLABORATION

Goal 5: In 2040, coordination and collaboration are the norm in Nevada due to ongoing communication and interaction between business, education, nonprofit, and government leaders.

Key Accomplishments:

- "Our Nevada" publication
- Quarterly Stakeholder meetings
- NEDC Business Appreciation Event, MSN and NEDC Retention Visits
- MSN Networking Events
- Website enhancements

You may view the full 2040 plan on the City website: <https://cityofnevada-iowa.org/wp-content/uploads/2022/01/Final-Draft-Nevada-2040-Plan.pdf>.

Leadership Class of 2024

Leadership Nevada is back in session. This year, we have 16 participants ranging from business owners to an elementary teacher. This group will meet one full day per month for 11 months to learn more about the Nevada community. Each session will have a focus area, such as healthcare, agriculture, education, industry, etc. The goal by graduation is for each participant to have gained more knowledge about Nevada and understand how he or she plays a part in the success and growth of the community.

In January the class learned more about Main Street Nevada, participating in the board meeting during lunch. Additionally at this first session, several volunteer groups came and discussed volunteer opportunities within their organizations. All Leadership Nevada participants are required to volunteer at least 10 hours of their time during the year. They will also be completing a project that better the community. We hope the participants will continue to serve the Nevada community after graduation.

CURRENT CLASS LIST

Brian Bappe	Emily Holm
Terence Beaston	Mike Kunkel
Muriel Burnett	Holly Manternach
Emma Cassabaum	Erin Mousel
Chris Scobba	Dane Neelson
Erin Coughlin	Justin Ott
Tyler Davis	Audra Poterucha
Amanda Grismore	Jaclyn Richardson

2024 MSN Board of Directors

Meet our 2024 Officers!

President Jon Augustus is co-owner of Allen L. Kockler Co. He has been a part of Main Street Nevada since its inception in 2019. He has previously served as Treasurer and Vice President.



Jon Augustus

its inception in 2019. Other roles she has had within the organization are Board Secretary, Economic Vitality Committee member and Grant Committee member.

Treasurer Jane Ramthun is the Vice President of Finance for Story Medical. She has been a part of Main Street Nevada for three years. This will be her second year as Treasurer.

Secretary Brooke Hartmann is Student and Career Services Specialist at Iowa State University, and a Nevada resident. She has been with Main Street Nevada

for three years and has previously been Chair of the Design Committee. This is Brooke's second year as Secretary.

Main Street Nevada's 16-member Board of Directors meets once a month. In addition, Board Members are encouraged to be on one of the organization's four committees. These members serve three-year terms, though many are on their second term. The board is comprised of five downtown building/business owners, five employees of investors, two community members and four ex-officio members.

Vice President Christa Skaggs is the HR Director for 21st Century Rehab. She has been a part of Main Street Nevada since



Christa Skaggs

BOARD

Jon Augustus (President)
 Christa Skaggs (Vice President)
 Jane Ramthun (Treasurer)
 Brooke Hartmann (Secretary)
 Evie Peterson (Past President)
 Lisa Oxley
 Steve Skaggs
 Amber Olson

Andrew Henderson
 Brian Quandt
 Julie Samson
 Linda Wendt
 Steve Gray (ex-officio)
 Brenda Dryer (ex-officio)
 Jordan Cook (ex-officio)
 Brett Barker (ex-officio)



New Year, New Chairperson

SUPERVISOR HEDDENS ELECTED TO TOP POST

During the Organizational Meeting for 2024, the Story County Board of Supervisors elected officers and set the day and time for official meetings. Supervisor Lisa Heddens will serve as Chair for the coming year, and Supervisor Linda Murken will serve as Vice Chair.

"I'm looking forward to serving as the 2024 Chair for the Story County Board of Supervisors. I appreciate the opportunity to serve in this capacity, and to continue working with my colleagues on affordable housing, broadband, addressing infrastructure and transportation needs, supporting economic opportunities and agricultural initiatives and protecting our environment," Supervisor Heddens commented following the organizational meeting.

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 Street in Nevada. The time and place for additional meet-



ings 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.storycountyia.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.storycountyia.gov/list.aspx>. "Notify Me" allows users to subscribe to an unlimited number of email lists and stay informed.

Holiday Office Closure

Residents are reminded that Story County offices will be closed on Monday, Feb. 19, in observance of Presidents' Day.

Calling all photography enthusiasts!



Story County Conservation is seeking photos from your outdoor adventures for its Annual Photo Contest. We have youth and adult divisions with cash prizes!

Submissions are being accepted from Feb. 1 through March 20. For rules and to enter, visit www.storycountyia.gov/587/Annual-Photo-Contest or use the QR Code shown here.

Photos entered in this content will be used by Story County Conservation to promote its parks, outdoor recreation, and programs.

Homestead Tax Exemption for claimants age 65 or older

CLAIMANTS MUST BE 65 AS OF JANUARY 1, 2024

Story County Assessor Wayne Schwickerath, announced that in 2023 the Iowa legislature established a new homestead tax exemption for claimants 65 years of age or older.

In addition to the current regular homestead tax credit of \$4,850, eligible claimants who own and occupy their residence and are 65 years of age or older on or before Jan. 1, 2024 are now eligible for a homestead tax exemption. The Homestead exemption is an additional \$6,500 of taxable value. The Homestead exemption for the 2024 assessment year will be for taxes which are payable the fall of 2025 and the spring of 2026.

The military service tax exemption is being increased to \$4,000 in taxable value for assessment years on or after January 1, 2023, for an honorably separated, retired, furloughed to a reserve, placed on inactive status, or honorably discharged veteran as defined in Iowa Code section 35.1(2)(a) or (b). Prior to 2023, the military exemption was \$1,852 of taxable value. The increase in value to \$4,000 will be applied automatically to all current qualifying military applications on file. If you are not already receiving this, please go to <https://www.storycountyiowa.gov/706/Credits-Exemptions-Schedule> to find the application.

You can file for the homestead exemption by going to the Story County Beacon website at www.storyassessor.org, type in your address, scroll down and fill out the Homestead exemption application. Please print out the application(s) and mail to the Story County Assessor's Office at 900th 6th Street, Nevada, Iowa 50201. The deadline for filing the Homestead exemption, Homestead credit and military exemption is July 1, 2024.

If you have any questions, please contact the Story County Assessor's Office at CountyAssessorWeb@storycountyiowa.gov or call the Story County Assessor's Office at 515-382-7320 for additional information or assistance.



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, 2024. Think ahead — as the 31st is on a Sunday — to avoid late penalties. 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. The Treasurer's Office number is 515-382-7340.

City Employee News

ANDERSON PROMOTED

Zach Anderson, who started work with the City's Parks and Recreation Department in 2020, has been promoted to a new post.



Zach, who was working as a Laborer/Equipment Operator, stepped into the role of Building and Grounds Coordinator, which Jayson Kingsbury vacated. Zach took over his new responsibilities late in 2023.

Zach is a 2013 Nevada High School graduate who earned a Leisure Youth and Human Services degree from the University of Northern Iowa in 2017. He and his wife, Raegan (also a Nevada High School graduate), live in Nevada.

YOUNG HIRED FULL TIME

Evan Young has begun a full-time assignment with the City.

Evan, who previously worked as a seasonal employee with the City's Parks and Recreation Department during the past four years, stepped into a full-time opportunity created by the resignation of Jayson Kingsbury and the promotion of Zach Anderson.



Evan is a graduate of the Nevada Class of 1977. His wife, Kristi, died about five years ago. They have one son, Ryan, a Nevada High School graduate in 2010, who lives and works in Ames.

NEW OFFICER

Skyler Koder was sworn in as a new Nevada Police Officer in December.



Skyler attended Iowa State University, and following in his father's career footsteps, he earned a degree in criminal justice in the spring of 2019. Skyler's father, Jeff, was a sheriff's deputy in Marion County.

During his time at Iowa State, he met Tanner (Messerli), who graduated from ISU in the fall of 2018. The two married, moved to Nevada, and now have three children: Tatum, 3, and twins Eleanor and Parker are 17 months.

Skyler is attending the Iowa Law Enforcement Academy early this year.

Parks and Recreation Department has seasonal employment opportunities

The Nevada Parks and Recreation Department is accepting applications for a variety of seasonal employment opportunities for the upcoming spring and summer. Positions are open until filled.

Aquatic Center: Positions available for the Management Team, Lead Lifeguards, Lifeguards and Swim Lesson Instructors. If you are at least 15 years old by mid-May and are interested, consider taking the Lifeguard Training Class. Contact Nevada Parks and Recreation for training information. Classes are offered at no cost for anyone who successfully completes the class and works for Nevada Parks and Recreation.

SCORE Complex Guest Services: This position serves all of SCORE Complex and our guests. Includes admissions, concessions, cleaning, etc., for all of our activities and events that may take place at SCORE, including but not limited to the Field House, pool, 4-plex, etc.

Umpires: Youth baseball and softball umpires. Weekday evenings from mid-April through the end of June.

Athletic Complex Site Supervisor: As needed for field

preparation, cleaning, trash pick-up, other general duties.

Parks/Cemetery Maintenance: General grounds and building maintenance throughout the city. Must be at least 17 years old by March 31. Hours will be generally Monday through Friday, 7:30 a.m.-4 p.m., and weekends as scheduled to assist with weekend rentals and events.

There are positions available for the months of April through November and positions available from the end of May through August.

Please contact Nevada Parks and Recreation at 515-382-4352 or email nevadarecreation@gmail.com for additional information or to request the application link.

Offices to be closed

City offices will be closed on Monday, Feb. 19, in observance of President's Day. Offices will re-open on Tuesday, Feb. 20, at 8 a.m.

Big project happening near elementary school this year

A major streets/infrastructure improvements project in the Central Elementary School area is coming up this year in Nevada and will impact traffic and properties on several streets.

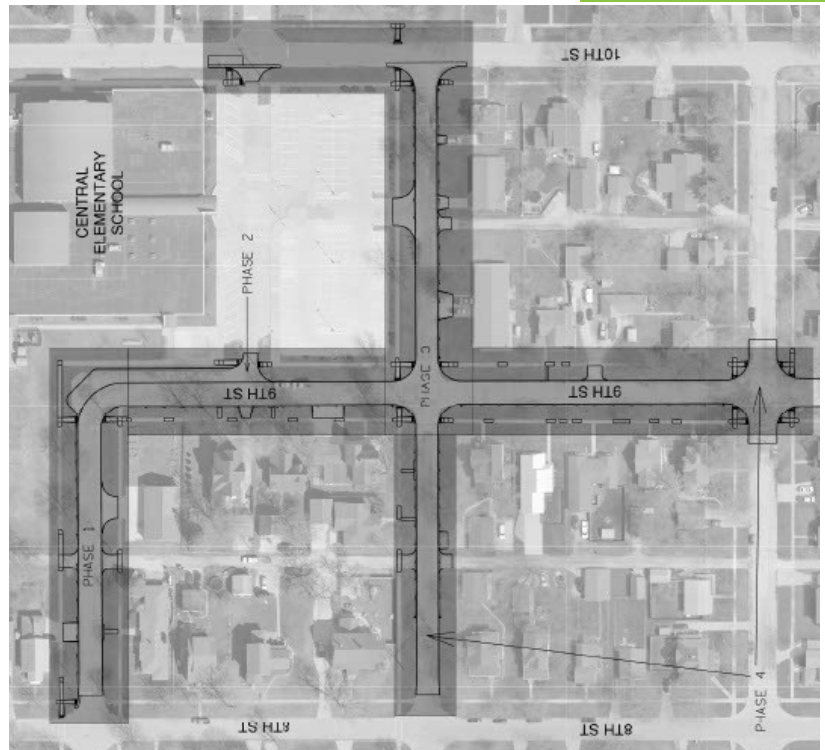
The project area includes 9th Street from G to I Avenue, I Avenue from 8th to 9th Street, and H Avenue from 8th to 10th Street. The intersection of 10th and H Avenue will also be impacted during the project for water main work at the parking lot exit area. (see map image)

The following improvements will take place during this project:

- Removal and replacement of street pavement.
- Removal and replacement of sidewalk curb ramps and other sidewalk segments impacted by the project.
- Removal and replacement of driveway approaches between the sidewalk and back of curb.
- Removal and replacement of underground public utilities (storm sewer, sanitary sewer and water main).
- Replacement of sanitary and water service lines to individual residences (connections to existing service lines made near sidewalk).
- Restoration of all disturbed areas with seed.

The City is sending out notices to all affected property owners and residents who live in the project area.

Because this project is anticipated to start in April and run through November, school officials have been informed about all aspects of this project and will be coordinating bus routes, and elementary drop-off and pick-up changes that will be



needed during the construction period.

City and School officials will be present to answer questions and speak with residents during a PUBLIC MEETING about this project. The meeting will be held at Gates Memorial Hall, 825 15th St., on Thursday, Feb. 1, starting at 6:30 p.m. All residents interested in learning about this project are welcome to attend. For those unable to attend in person (or if you are reading this after Feb. 1), the meeting livestream is available at this link: www.youtube.com/neavdadacsd.

City officials say the main reason this project has been prioritized to happen this year is aging and deteriorating infrastructure and streets. "The streets surrounding the elementary school are in some of the worst shape in the community. This area also has aging infrastructure or lack thereof, which creates street flooding and other problems," said City Administrator Jordan Cook.

City Consulting Engineer Brandon Mickelson also noted that this project will be a chance to redirect a water main that runs along the front of the elementary building, so that any potential break wouldn't cause major problems for the school in the future.



"The streets surrounding the elementary school are in some of the worst shape in the community..."
—Jordan Cook, City Administrator

LIBRARY HAPPENINGS



1000 Books Before Kindergarten

The Nevada Public Library is introducing 1000 Books Before Kindergarten! This is a FREE program that encourages reading with your child and gives them a head start upon entering school. Using our logs, keep track of any books you (or others) read with your child. For every 100 books read, stop into the library for a prize. Scan the QR code for more information and to sign up!



Choose Your Own Adventure

Choose Your Own Adventure: "The Nuts And Bolts of RV'ing,"
Wednesday,
Feb. 2, at 6:30 p.m.
Want to know more about RV'ing? Already RV'ing but need some new adventure ideas? Beginners and experienced campers alike can learn something new in this special RV'ing program! RV enthusiast Rick Simodynes has 25 years of RV'ing experience and will lead a group discussion on RV'ing, from buying a camper to finding the best spots to camp.



Seed Swap

Seed Swap, Saturday, Feb. 24, from 10 a.m. to noon: Bring your saved or unused seeds to share with the community. Don't have any seeds? Attendees will be provided with a limited number of FREE seed packets courtesy of Nine Square Feet, a non-profit supporting backyard food production.

Midwest Author Series for 2024

Join us on Monday, Feb. 12, at 6:30 p.m. in the meeting room for the kickoff to our 2024 Midwest Author Series: Author George Khal will be here to do a reading from his memoir: *The First Night of the Crescent Moon: My Journey from Palestine to Iowa* and discuss his life and work with the audience. George Khal graduated from the University of Iowa and was an Information Technology specialist at the University of Iowa, Kimberly-Clark Corp., and the University of Iowa Hospitals and Clinics. After experiencing hearing loss, he founded the Iowa chapter of the Hearing Loss Association of America (HLAA), a national support group for hearing loss, and he chaired its national convention in Iowa in 1992. He lives in Coralville, Iowa and continues to prepare delicious Palestinian foods for his Iowa friends and relatives.

New walking program to start

Nevada Parks and Recreation is excited to be working with Iowa State University and the Iowa HUB to offer The Arthritis Foundation's Walk With Ease Program! This will be offered in Nevada starting Monday, Feb. 12 at the Nevada Field House.



Walk with Ease | Arthritis Foundation

Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended

Walk With Ease is a structured walking program that teaches participants how to safely make physical activity part of their everyday life. It is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a daily habit.

Walk With Ease offers support, information and tools to help participants develop successful exercise routines. During the six-week program, participants will learn proper stretching and pain management techniques, as well as build stamina and walking pace. The program can even be modified to meet the needs of individual participants so each person can develop an exercise routine that fits their unique goals.

If you can be on your feet for 10 minutes without increased pain, you will most likely have success with Walk With Ease. The program is shown to increase balance, strength and walk-

ing pace, as well as reduce the pain and discomfort of arthritis. The program is also shown to build participant confidence to be physically active and improve overall health.

Pre-registration for Nevada's Walk With Ease Program is necessary. The program will be held three times a week from 10-11 a.m. at the Nevada Field House on the following dates: Feb. 12, 14, 16, 19, 21, 23, 26, 28, March 1, 4, 6, 8, 11, 13, 15, 18, 20, 22. For more information or to sign up, contact Nevada Parks and Recreation at 515-382-4352 or register online at nevadaia.recdesk.com.

All participants will be required to complete a pre- and post-program survey as part of ISU's research project. Before starting any exercise program, always check with your physician.

NFD sees record call volume in 2023

The Nevada Fire Department & EMS responded to a record 843 calls for service in 2023. This is the highest number of calls NFD has covered since the department was organized in 1860. NFD has one full-time employee, the fire chief. The rest of the 45-person fire department is made up of volunteers.

The department reported a slight decline in structure fires; no arson fires were recorded for 2023. Fire Chief Ray Reynolds is, however, concerned about a growing trend emerging for the Nevada community and others like Nevada.

"The department's most common medical call is a fall or lift assist. More members of our aging population are remaining in their homes. Many of those homes are not designed for the mobility needs of our aging popula-

tion," he said. Reynolds is concerned that falls could result in serious injuries for seniors. He encourages families who care for seniors to consider adding grab bars to bathrooms, removing rugs from floors to eliminate tripping hazards, and encouraging seniors to have an active lifestyle. Participating in social and wellness activities helps keep seniors independent.

Synopsis: There was a significant increase in fire department responses compared to 245 in 2022. EMS calls increased from 245 (2022) to 291 calls. More people are living in their own homes and relying on 911 as their primary first call for assistance. The department saw two less structure fires compared to 14 in 2022. Cigarettes and smoking materials are the most common cause of fires in Nevada, followed by unattended cooking.

2023 Stats

Busiest Days: Thursdays & Fridays

Majority of Calls: 8 a.m.-8 p.m.

Calls for 2023: 843

EMS: 552

Fire: 291

Fire Calls Breakdown:

34 calls involving fire

12 structural fires

7 residential fires

7 vehicle fires

0 arson fires

Crashes with Extrication: 15

Fatalities: 2 (1 structure fire, 1 vehicle fire)

Civilian Fire Injuries: 3

Firefighter Injuries: 3

Total Property Loss: \$588,000

Most frequent EMS Call: Fall/lift assist

Historic, yet modern living coming to Main Street

It won't be long until the downtown area has a few new residents.

The unique, four-unit apartment project above Allen L. Kockler Co. on Sixth Street is set for completion early this year; and those who are lucky enough to move into these brilliantly modern, yet historic apartments will have incredible, enviable views of the downtown area from brand new, 100-inch-high windows.

"I really like the building and have talked about the windows a lot," said Jon Augustus, who is one of the four owners of these new living spaces. Augustus and his wife Katie, and Al and Kathy Kockler went into this project together and were awarded a \$100,000 Catalyst Grant through the Main Street Iowa program to help with the cost.

"We were awarded that grant in June of 2021, after the City agreed to provide a 20 percent match, and as owners, we agreed to spend at least another \$100,000 on the project," Augustus explained, as he walked through the nearly completed apartments.

A requirement of receiving a Catalyst Grant is that you are turning a space that shows "slum and blight" conditions into something new. "We had some really interesting pictures of what this used to look like," Augustus explained. He said when Al Kockler bought the building in 2010, part of the upstairs hadn't been touched for probably 30 years before that.

They brought in the expertise of contractor Seth Peterson, who worked on the Copper Spaces project above Gatherings. "I've learned a lot about all the work that goes into this type of project and all the decisions that have to be made," Augustus said. "You have to have the right contractor who knows what's going on."

During the past 14 months, Peterson was able to demo the entire upstairs, taking out most of the existing walls, and then starting over to design four unique apartments, one of which even has two full bathrooms. All of the apartments have the exposed brick and exposed ceiling beams, giving that modern, industrial look that brings together the old and new in beautiful ways.

The windows are certainly a focal point of each of the unique living quarters. Augustus said they had been framed way down at some point in the past, but opening them back up to their full stature has



really allowed the daytime light to flow into the spacious living spaces. Also opened up more are the main apartment doorways, which are 8 foot high.

Looking up while standing in the front south unit, which has the historic turret feature and is the most spacious of the units, Augustus said he has loved seeing the character of the building come to life. He has also really appreciated the history of the building. "These ceiling joists are probably made from trees that were growing during the Civil War era," he commented.

He expects that living in these apartments will be an amazing experience for whoever is lucky enough to land one of the units — three are two-bedroom units, one is one-bedroom; all have full laundry; and each floor plan is different.

"I think the most attractive thing about living downtown is that you have access to six blocks of amenities thriving in our Main Street District," he said. "I'd certainly love to live here."



Photos accompanying this story show Jon Augustus in one apartment's main doorway into the unit; kitchen cabinets/counters that are finished in one apartment; and a bedroom area, still having closet doors to hang, but showing the beautiful 100-inch-high windows, which will give great views of the downtown.

Alumni Reunion 2024

The Nevada Alumni Weekend planning committee has begun preparing for 2024 events.

In recent years, the focus has been on creating a weekend of events, with the highlight being an all-classes banquet on the evening of the fourth Saturday of June, which will be June 22, 2024.

The committee is interested in having new members join the group, having members join with an interest in becoming an officer of the group, and receiving input from Nevada alums about what they'd like to see as part of the reunion weekend. New members, including younger new members, can help keep this Nevada tradition going for years to come. If you are interested or have input, please call or text 515-291-4733 or 515-238-5053 (leave your name and contact information).

To keep up with all plans concerning the weekend, join our Facebook group: "Nevada Alumni Association CELEBRAT-



Alumni Reunion planning committee members include (seated, from left) Sherry Bullock and Kathy Shepherd; (back row) Dianna Haley, Karen Hughes Witzleben, and Sue Vande Kamp.

ING EVERY 4TH SAT. OF JUNE," and keep an eye on the "Community News" section of the City Website!

Postal Customer

Calendar of Events

SCMC BD OF TRUSTEES

February 1, 11:30 a.m.
Story Medical Center

FRIENDS OF LIBRARY BOOK SALE

February 2 & 3, 10 a.m.-1 p.m.
Nevada Public Library

NCSD SCHOOL BOARD

February 5 & 19, 6:30 p.m.
Gates Memorial Hall
Auditorium

BOARD OF SUPERVISORS

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

LEGION TACO NIGHT

February 6, 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

CAMELOT THEATER FDN KARAOKE AT THE CAMELOT

February 9, 7 p.m.
Free, open mic
(concessions available)

AMERICAN LEGION MEAL

February 9, 5-7 p.m.
American Legion Post
Fish Fry, with alternate of boneless
pork ribs. Cost is \$12 per adult (\$5
per child, age 10 and under)

CAMELOT THEATER FDN SONGWriters NIGHT

February 10, 7 p.m.
Songwriters in the Round is an
intimate experience between
songwriters and their audience.
Tales and stories are told about
each song. Cost \$15 in advance;
\$20 at the door.

SENIOR CENTER POTLUCK

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

CITY COUNCIL

February 12 & 26, 6 p.m.
City Hall

AMERICAN LEGION MEAL

February 16, 5-7 p.m.
American Legion Post
Fish Fry. Cost is \$12 per adult
(\$5 per child, age 10 and under)

MAIN STREET NEVADA MIX-N-MINGLE

February 21, 4-6 p.m.
at Masonic Lodge, 1003 6th Street
(upstairs)

AMERICAN LEGION MEAL

February 16, 5-7 p.m.
American Legion Post
Fish Fry. Cost is \$12 per adult
(\$5 per child, age 10 and under)

CAMELOT THEATER FDN CONCERT

February 16, 6:30 p.m.
Weary Ramblers, an Iowa-based
folk duo

CAMELOT THEATER FDN CONCERT

February 17, 7 p.m.
Angus Khan, an AC/DC tribute
band

AMERICAN LEGION AUXILIARY MEAL

February 23, 5-7 p.m.
American Legion Post
Fish Fry with alternate choice avail-
able. Cost is \$12 per adult (\$5 per
child, age 10 and under)

NEVADA HISTORICAL SOCIETY MURDER MYSTERY DINNER

February 24, 5 p.m.
at the Dyer-Dowell House
To inquire about cost and participa-
tion, call Kris Corbin, 515-509-7241
or Linda Wright, 515-290-7939.

CAMELOT THEATER FDN CLASSIC MOVIE SUNDAY

February 25, 2 p.m.
The Goonies, \$5 admission (con-
cessions available)