



Our Nevada Iowa

December
2022

More Housing

Read about five projects that will change Nevada's housing landscape

PAGES 4-5

Christmas On Main-12 Reasons to Attend

PAGE 6

Nevada Library goes Fine Free

PAGE 8

Healthcare for Women

PAGE 14

Our Nevada Iowa

December 2022

The Opener

**By Marlys Barker
Christmas On Main Committee Chair**



The countdown is on! By the time you read this, Nevada will be less than two weeks away from this year's Christmas On Main celebration, which is happening Saturday, Dec. 10, from 3-6 p.m. in the Main Street District.

For this event, the Main Street District includes Sixth Street from I Avenue to N Avenue, and K Avenue between 5th and 7th Streets. Christmas On Main activities take place on the sidewalks and in the buildings and businesses that are part of this area. The event also appreciates the support of businesses outside of the district. Many outlying businesses have generously supported this event with donations, funding, and prizes.

Our committee wants to publicly acknowledge our major event sponsor, VERBIO. With VERBIO's contribution we were able to purchase additional lights/displays, and provide printed event maps and family search instruction sheets. We also can provide large Christmas On Main bags for attendees to put their treasures in.

There's a lot to unwrap in our second year of Christmas On Main. This year's celebration follows the same general "game plan" as our first celebration in 2021, and adds a few new activities. Our "Join Us, Don't Stay *Home Alone*" theme will bring some of your favorite elements of that treasured holiday movie to the forefront of this year's festivities.

We encourage you to take part in, not one, but two family selfie searches this year — the Christmas Character Look-Alikes and Battle Plan! Those who find everything and turn in their selfies on time will be entered into drawings for two prize packages, each valued at over \$800 worth of gifts. Get your cell phones ready to snap those selfies as you find five featured characters and five featured "Home Alone" items during this year's Christmas On Main.

Printed event maps and family search instruction sheets are available at the Nevada Public Library, Bricktown Bakery, City Hall's lobby and the Main Street Nevada office. Pick them up early to prepare your strategy or pick them up during the event. You will also find them on our Main Street Nevada Facebook event page.

We have so much fun in store for you again this year! So please, "Join Us: Don't stay *Home Alone*!"

On the Cover: Nevada's very own Santa and Mrs. Claus (aka Kris and Debbie Corbin) will be at this year's Christmas On Main walking around and enjoying the events with all who attend!

Contents

December 2022 IN THIS ISSUE

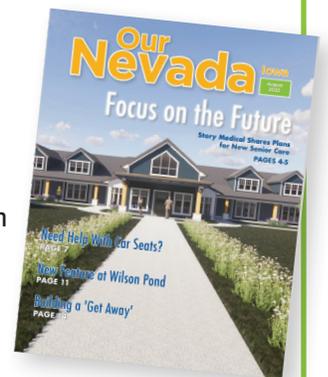
- Christmas Happenings3
- Update on Housing.....4-5
- Christmas On Main6
- Annual Dinner Meeting, Awards7
- Nevada Library now Fine-Free8
- City News.....9, 10
- County News..... 10, 11
- School News..... 12-13
- Women & Health Care..... 14-15
- Hospital News..... 15
- December Calendar..... 16

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.



So much to do this December

in the City of Nevada, IA



Donuts with the Big Guy

Saturday, December 3

4-6 p.m.

at Bricktown Bakery

Get your kids ready for the "Home Alone" theme of this year's Christmas On Main by seeing the movie first!

"Home Alone"

Sunday, December 4

at the Camelot Theater

Showings at

2 p.m. & 7 p.m.

Admission: Free



Jr. Theater Christmas Play

Friday, December 9, 6 p.m.

or

Saturday, December 10

12 p.m. (noon)

at the Josephine Tope

Community Auditorium

Admission: Free-will offering

A Bryan White Christmas

With Special

Guest Danny Grause

Friday, December 9

Music begins at 6:30 p.m.

at the Camelot Theater



Ugly Sweater Run

Saturday, December 10

Main Street District

Starts at 2 p.m.

Christmas On Main

Saturday, December 10

3-6 p.m.

in the

Main Street District

Over 30 businesses and
organizations taking part!

The Regulars Christmas/Farewell Show

Saturday, December 10

7 p.m. at the Camelot Theater

Admission: Free





5 projects that will expand Nevada's housing options

Increasing the number of housing options has been identified as a need in Nevada for more than a decade.

Today, Nevada can boast a variety of new housing projects and/or rehabilitation housing projects happening simultaneously. Together these present undertakings will bring around 250 new housing units to the community and change the housing landscape in our city.

Brenda Dryer, executive director of the Nevada Economic Development Council, cannot stress enough the importance of these housing initiatives. "We have seen tremendous job growth across our manufacturing sector over the last three years," Dryer said. "It's important we maximize the opportunity that the people who take these jobs can both live and work in our community."

Dryer turns to the 2021 Story County Housing Study, which reports the need to grow all types of housing in Nevada. "The City of Nevada and the NEDC have been committed to making housing happen," she said.

Here is a project-by-project look at what is in the works for housing in Nevada:

NEVADA LIVING, 1521 SOUTH G AVENUE

Tenants will start moving in this month as the motel conversion project is finished. Ryan Wiederstein of WB Realty, the developer of Nevada Living, and Lonny Carr, the onsite manager, say the building will feature 33 new apartment units. Of those 33, 27 are single room spaces with a kitchenette and bathroom, five are a bit larger suites - one with two rooms, and one suite features a Jacuzzi.



Throughout the building, the interior has been completely revamped and updated with new cabinets, flooring, appliances, paint, etc. A new sprinkler system and security entrances with face-time technology have also been added. "We take security seriously," Wiederstein said. "We want all tenants to feel safe."

The efficiency apartments could appeal to a variety of people, from workforce development to those in need of small,

Total New Housing units needed by 2040: 515
Owner-Occupied Homes: 309
Rental Units: 206
**2020 Story County Housing Needs Assessment results for Nevada*

affordable housing spaces. "You have your own bathroom and kitchenette with secure access," said Carr, who will also live on site. "These are really nice living spaces, and they're private."

Wiederstein said Carr will be a dependable and friendly manager. "He understands the requirements by WB Realty and our goals for this property. Lonny will be a great resident of Nevada and will be a great manager at Nevada Living."

Wiederstein predicts Nevada Living will be filled by the end of this year. He thanks the City of Nevada for support with this endeavor. "They were great to work with and made the transition seamless."

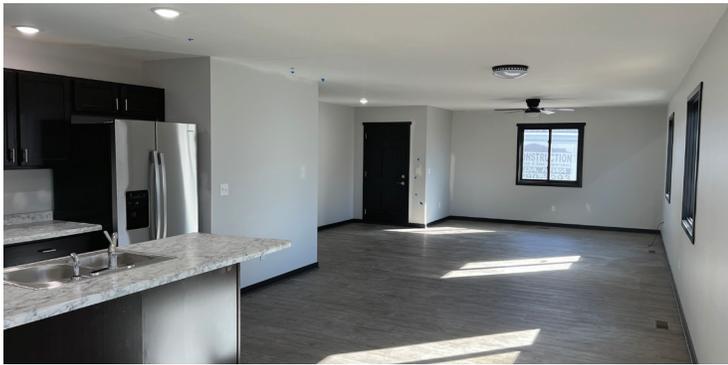
OAK PARK ESTATES

Work will continue at the Oak Park Estates property in the coming year. Developer Jason Holland will offer a mix of housing options including townhomes, single-family homes, and the existing apartment complex. This property was historically the site of the Seventh-day Adventist Academy, located along Sixth Street just north of US Hwy 30.



"Oak Park Estates will offer people a great location to build in town," Holland said. "The property will be divided into large lots with private backyards and mature trees. It will also have direct access to Nevada's wonderful bike path."

The property will add approximately 45 residential lots. Infrastructure work is set to begin in the spring of 2023, and some lots may be available by fall of 2023 or spring of 2024.



510 SOUTH 11TH STREET

Mike Doty of Doty Construction and Steve and Michelle Cassabaum are partners in a project to turn the former USDA building (just south of US Hwy 30 and west of 11th Street) into four apartment spaces, and to eventually add 10 new duplexes on the property.

Doty said the existing building remodel should be ready for tenants this month (December). Available are three 1500 square feet three-bedroom units and one 1300 square feet two-bedroom unit.

“We will be starting a Facebook page or website to get our information out,” he noted. This is the first time that Doty and the Cassabaums have joined forces on a project. Doty has been doing construction in Nevada for 30 years.

NORTHVIEW

Scott Henry, Eric Henry, and BJ Stokesbary are partnering on this new housing development, which will turn existing farmland at the northwest side of Nevada into lots for single-family homes. The price point for these lots and homes is planned to be attainable for those in the general workforce.

NORTHVIEW



Phase one of the project will include up to 33 lots. Overall, around 80 lots are anticipated for the project, which will be done in two or three phases.

Infrastructure work is planned for the spring of 2023, with lots available sometime in the fall of 2023 or spring of 2024.

The Henry Family owns LongView Farms of Nevada. Stokesbary is a partner at the ATI Group of Ankeny, which he co-founded. Both are Nevada High School graduates.

SUNRIDGE ESTATES



Flummerfelt Homes acquired the former Homeacres Mobile Home Court along 10th Street in Nevada this past May and has since been removing vacant and dilapidated homes in the park and making various improvements. To date, 22 dilapidated homes have been removed and soon new manufactured homes will be moved into the community.

Flummerfelt Homes has also purchased the 30 acres straight east of the present area and has a goal of expanding Sunridge Estates onto that 30 acres in the future.

Mike Flummerfelt, owner, describes Nevada as being a business-friendly community with leadership that accepts and appreciates the need for affordable housing.

“I think they view us as one of the solutions for affordable housing in Nevada,” he said, and he’s glad City leaders appreciate his vision of how manufactured homes communities should look.

“If we can do this (manage respectful and presentable manufactured home communities), why don’t we do more of this?” Mike asks, “and keep people living in Nevada that might not otherwise be able to live here.”



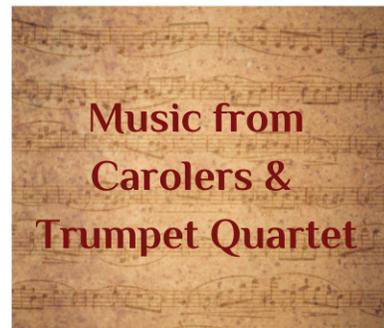
12 REASONS TO ATTEND CHRISTMAS ON MAIN 12 • 10 • 2022



Two Family Selfie Searches



Two family prize package drawings
each valued at over \$800



Printed Event Maps and Search Instruction Sheets are available at City Hall, Bricktown Bakery, Nevada Public Library, and the Main Street Nevada office. These informational pieces and much more event information can be found online:

www.facebook.com/mainstnevada--Christmas On Main event page.

Main Street Nevada and NEDC hold Annual Dinner Meeting



Terence Beaston, left photo, was recipient of the Harold Fawcett Community Involvement Award. Meagan Ausborn, middle photo, was named the Ron Daehler Memorial Businessperson of the Year. (Henry Corbin presenting) Director of the Iowa Economic Development Authority Debi Durham, right photo, was the keynote speaker, and emphasized that Iowa is doing things right when it comes to economic vitality.



This year's Leadership Nevada graduates made presentations about their community projects and received their diplomas during the dinner meeting. Graduates are (from left) Jordan Cook, Chris Brandes, Joe Mousel (front), Wade Presley (back), Tony Sneiderman, Emily Schaack, Bre Taege, Kayla Bergman, Sarah Kingsbury, Katie Woodard, Ted Rasmusson, Nikki Fischer, Bryan Quandt, Dustin Smith, Todd Sampson, Zach Hansen, and Greg Kinzle. Not pictured, but also part of this Leadership class, are Rose Geerts, Kayse Jenkins, Brianna Baker, and Lisa Dirksen.

Main Street Nevada Mix-N-Mingle at Evergreen Lane

Join Main Street Nevada and the Nevada Historical Society
for refreshments and conversation

Wednesday, December 21

4-6 p.m.





Read more, worry less...

We're now fine free!



Nevada Public Library increasing accessibility

On Sept. 19, the Nevada Public Library Board of Trustees voted to remove late fines on books and most other materials in an effort to make resources and information accessible to all. This policy change aligns with other libraries in Story County, Iowa, and the country.

"Monetary fines don't ensure materials come back in a timely basis and ultimately, leave many people with negative feelings about the library," said Library Director Erin Coughlin. "Removal of these fines will increase our ability to serve our community and puts into practice our mission of equitable access for all."

Under the new policy:

- Patrons of all ages will no longer need to pay fines on overdue books, CDs, and DVDs.
- Library patrons will still be charged replacement fees for lost or damaged materials. Materials are considered lost after 30 days. Materials returned within 60 days will not be charged any fees.
- Hotspots will continue to accrue late fines due to the high expense of replacement, the cost of the service contracts, and the high demand and long waitlists for the hotspots.
- The library will partner with a material recovery collection agency to retrieve items that are more than 60 days

overdue. Patrons with items that reach this point may be charged material recovery fees associated with this process.

- The library still encourages the return of items on a timely basis and will send additional reminders to patrons with overdue items.

To read the policy in full, please refer to the Circulation Policy on page 5 of the Nevada Public Library Policy Manual at <https://www.nevada.lib.ia.us/about/library-policies>.

VISIT US DURING CHRISTMAS ON MAIN

The Nevada Public Library will once again be part of this year's Christmas On Main, Saturday, Dec. 10, from 3-6 p.m. We will read stories to children starting on each hour, 3 p.m., 4 p.m., and 5 p.m., and we will also have other fun craft activities for families.

The Library is also one of the main places to pick up Christmas On Main official event maps and instruction sheets for the two family selfie searches. Don't miss out on these searches, as this year, two prize package drawings will be held and each is worth over \$800 in prizes! Good luck! Come see us during Christmas On Main!

Recognizing the City's Historic Preservation Commission members

Volunteers play a major role in your City government. They serve on boards and commissions which help determine the direction for many decisions within our community.

Members of the City's Historic Preservation Commission help with wayfinding signage, and "documentation of" and "assistance in" grant applications for historical buildings/areas of the community.

The group has also put together a historical walking tour map of the downtown. Maps are available in the black literature box, located near the fence on the west side of the park area in front of City Hall.

If anyone in our community is interested in serving on this or any of our boards and commissions, the first thing to do is fill out a Board/Commission Member Application on our website (cityofnevada.iowa.org/government/boards-commissions/application/).



Pictured are the current members of our Historic Preservation Commission: (front, from left) Melinda Buyck and Dianna Haley; (back) Kris Corbin, Jon Augustus, and Luke Spence.

City News & Notes

Holiday office closings

City offices will be closed on Friday, Dec. 23, and Monday, Dec. 26, in observance of the Christmas holiday, and will also be closed Monday, Jan. 2 in observance of the New Year's holiday.

Jr. Theater Production Dec. 9 and 10

The Nevada Parks and Recreation Department will present this year's Jr. Theater Christmas production: "A Sussified Christmas Carol" by Peter Bloedel on Friday, Dec. 9 at 6 p.m. and Saturday, Dec. 10, at 12 p.m. Both performances are being held at Tope Community Auditorium. These productions include second- through sixth-grade students.

Keeping It Real

In an effort to expand our communications efforts, the City has started a video series called "Keeping It Real." Our first episode was posted to the City's Facebook page and the City's YouTube Channel. Find these under

"City of Nevada, IA." Our initial episode featured the Nevada Parks and Rec Department directors, talking about the Thanksgiving meal and giving a Field House update. We will continue to post these video episodes on a monthly or every-other-month basis. Our YouTube channel offers Closed Captioning for the hearing-impaired.

Reminder of City Snow Emergency

If 1 inch of snow is forecast, the City's Snow Emergency is automatically in effect, and all vehicles must be removed from City streets and public parking areas. If you violate this ordinance, you may receive a parking ticket with a fine of \$55. Plan ahead about how you will get your vehicle out of these public areas so you do not receive a ticket.

Also, during a snow emergency, residents are responsible for clearing snow around their mailboxes to ensure mail delivery. Residents are also asked to help keep snow cleared from around fire hydrants. This help is important to public safety crews' ability to access the hydrants if there is a fire emergency in your neighborhood.

The City appreciates all who follow the rules and help us with these seasonal directives.

City officials once again remind residents of rate increase

City officials would once again like to remind residents of the upcoming sewer rate increase that takes effect on your Jan. 1, 2023 utility bill.

As explained in the October issue of "Our Nevada," with the progress at the new Wastewater facility, the City is taking an additional State Revolving Fund (SRF) Loan to cover the pay requests for construction. The SRF Fund offers affordable loan options to cities to improve infrastructure and comply with federal and state water quality requirements. In order to submit a loan request from SRF, we are required to show that rates are in place to repay the debt when the project is finished.

The Nevada City Council has reviewed rates with the

City's financial advisor, and the ordinance that will provide the necessary revenue to repay the debt, has gone through three readings and been approved. This increase was planned as part of a gradual series of rate increases.

Examples of the New Rates for the total utility bill (both water and sewer) that will take effect January 2023:

1,000 Gallons: \$68.64

4,000 Gallons: \$121.12

10,000 Gallons: \$226.08

If you have further questions, please call City Hall, 515-382-5466.

Story County News & Notes

ATV/ORM/ORV/Snowmobile Registrations Due

The Story County Recorder's Office would like to remind everyone that ATV/ORM/ORV and snowmobile registrations are due by Dec. 31, 2022. Any renewals received after that date will incur a \$5 penalty per vehicle.

Please provide a current e-mail address when renewing to ensure you receive a courtesy e-mail reminder each year, as the Recorder's Office is now emailing renewal reminders to recreational vehicle owners.

The Recorder's Office is open 8 a.m. to 4:30 p.m., Monday through Friday. The office will be closed Dec. 23 and 26. If you have any questions, please stop into the office or call us at 515-382-7230.

Story County Holiday Office Closings

Story County offices will be closed on Friday, Dec. 23, and Monday, Dec. 26, in observance of the Christmas holiday, and will also be closed Monday, Jan. 2 in observance of the New Year's holiday.

Engaging our diverse communities to responsibly provide quality opportunities and services that matter
Accountability | Collaboration | Environment | Equity | Inclusivity | Innovation | Wise Use of Resources

Register for Story County Iowa Alerts

Story County Iowa Alerts has been upgraded with new features such as severe weather alerts from the National Weather Service. If you still have a published landline phone, that phone will be automatically registered to receive basic emergency alerts. If you sign up online through the link below, you can register your whole family in one place and select specific alerts you want to receive. If you were registered for Story County Iowa Alerts prior to July 1, 2021, you will need to register again with the link at Story County Iowa Alerts Link.

Sign up for **Notify Me at
www.storycountyiowa.gov**

Stay Up To Date with Story County

Follow us on Facebook and Twitter @Storycountyiowa
Instagram @StoryCounty
YouTube channel at Story County, Iowa



Winter weather preparedness tips from Story County Emergency Management

Each year, dozens of Americans die due to exposure to cold. Add to that number, vehicle accidents and fatalities, fires due to dangerous use of heaters and other winter weather fatalities and you have a significant threat. A major winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall and cold temperatures. The aftermath of a winter storm can have an impact on a community or region for days, weeks or even months.



People can become trapped at home or in a car, without utilities or other assistance. Attempting to walk for help in a winter storm can be a deadly decision. Threats such as hypothermia and frostbite, can lead to loss of fingers and toes or cause permanent kidney, pancreas and liver injury and even death. You must prepare properly to avoid these extreme dangers. You also need to know what to do if you see symptoms of these threats.

To help you be better prepared, Story County Emergency Management developed the following guides and tips you can download from Story County's website at www.storycountyiowa.gov.

- Winter Weather Home Preparedness Guide
- Winter Weather Preparedness
- Winter Weather Travel Tips
- Winter Home Preparedness Tips



'Give 'em a brake!'

Driving a snowplow is one of the toughest jobs around. Operators must maneuver a 27' truck with a 10' plow, while dealing with foggy windows, swirling snow, slippery roads, icy intersections, and everyday traffic. Story County Secondary Roads drivers are covering all of Story County during winter snow events, so please, "Give 'em a brake!"

- During snow storm conditions, snowplows are considered, and should be treated as, an emergency vehicle.
 - Keep a safe distance when following snowplows. This is critical because snowplows create a swirl of snow that can blind the driver of a car following too closely or cars approaching from the opposite direction.
 - Snow trucks may also be spreading material as they are plowing to melt snow and ice and provide traction for driving safety.
- Don't stop too closely behind a stopped snowplow. The operator may be preparing to back up and may not see you.
- Don't pass a snowplow unless your visibility is perfectly clear and it is completely safe for you, the snowplow driver, and other vehicles.
- Patience is necessary during snow season. The snowplow operator is working to provide safe road conditions for you and your family.



Career Fair held at Nevada High School

On Thursday, November 20th, Nevada High School students had the opportunity to attend the NHS Career Fair. Over 50 organizations and businesses from our community and surrounding area presented to students who have an interest in those organizations respective fields.

Thank you to the following employers for taking time to talk to our kids:

21st Century Rehab
 AgCertain
 Air Force
 ALMACO
 Ames Ford
 Ames Pet Hospital
 Behle Inc. Plumbing
 Burke
 C&K Heating & Cooling
 CGA Consultants
 City of Nevada
 Consumers Energy
 CTC Barber Academy
 Cyclones TV

Dairy Queen
 Danfoss
 ESi
 Exec 1 Aviation
 Fareway
 Farm Grounds/Gatherings
 General Financial Supply
 Harold Pike Construction
 Hickory Park
 Iowa National Guard
 Longview Farms
 Mainstream Living
 Marc Olson Remax
 Marines
 Marquess Law Office
 Mary Greeley
 McDonalds
 Menards
 Nevada Fire Department
 Nevada Parks & Rec
 Nevada Police Department
 Premier Athlete Training
 Rolling Green
 Stephenson Dental
 Story County

Story County Medical Center
 Story County Sheriff
 Sweet & Savory
 Sweet Dreams Mattress
 Theisen's
 TMC Transportation & Logistics
 Todd & Sargent
 United States Army
 United States Navy
 Verbio
 Williamson Electric
 Woodruff Construction



6TH GRADE TAG STUDENTS COMPETE

Congrats to the 6th grade TAG students that competed in the Ready, Set, Build: Central Iowa's Bridge Building Competition at the Science Center of Iowa. Both teams built bridges that were able to withstand over 30 pounds of pressure, with one team's bridge surpassing the 50 pound threshold.



NEVADA FFA ATTENDS NATIONAL CONVENTION

Twelve Nevada FFA members and their advisor Kevin Cooper attended the National FFA Convention held in Indianapolis, Indiana from October 26 to October 30th. Upon arriving in Indianapolis, the students attended the main opening session in Lucas Oil Stadium which featured several speakers and entertainment from the National FFA band and chorus.

Students also attended several sessions in Lucas Oil Stadium including the inspiring retiring address of Courtney Zimmerman, National FFA central region vice-president. While at the convention, the students also participated in a college fair and an industry trade show featuring ag related companies that offer career opportunities.

Off site tours at the convention included the Indianapolis Motor Speedway and the Ozark Fisheries near Bloomington, Indiana.

NEVADA FFA EARNS SILVER AT STATE SOILS COMPETITION

Nevada FFA earned a silver award at the Iowa FFA state soils evaluation contest held at the ISU Curtiss Research farm. Four profiles were evaluated and there was a written test on soil science. Team members included Keegan Wegner, Nick Larson, Lily Henderson, and Kaine Albright.



DECEMBER HOLIDAY REMINDERS

'Tis the Season! Due to the upcoming winter holiday, Nevada CSD will have altered schedules the following dates:

Friday, December 23
2hr Early Release

**Monday, December 26 -
Monday, January 2**
No School

Classes will resume on Tuesday, January 3.

The end of the 2nd Quarter / 1st Semester is Friday, January 6.

Smith selected Iowa Assistant Secondary Principal of the Year

School Administrators of Iowa has named Dustin Smith, assistant principal and activities director at Nevada High School, as the 2022-23 Iowa Assistant Secondary Principal of the Year.

"I'm honored even to be considered for this award, much less the recipient. You are only as good as those around you, and Nevada has great educators. Thank you to the students, parents and educators that make Nevada a great place to work and grow," Smith expressed.

A committee of Iowa assistant secondary principals selected Smith for the award. He will be recognized during SAI's Annual Conference next August.

Selection is based on the leader's contributions to the learning environment, student interests and voice, staff morale and community support. Also, the individual's leadership in inspiring and motivating others to achieve and contribute to the educational environment is considered as well as the earned respect of students, colleagues and the community at large.

"Dustin is an example of a courageous leader and an excellent choice by his peers as the 2023 Assistant Secondary Principal of the Year. He understands the importance of relationships in all aspects of his work. His positive and enthusiastic approach to his work is infectious which allows him to build such strong relationships," said SAI Executive Director Lisa Remy.



MR. DUSTIN SMITH



Empowering Women to Live Healthy and Well

If there is one question Timothy Leeds, M.D. gets more than any other, it is whether he continues to wear his signature red sneakers. For the record, yes, he does.

And in moving back to practice at Story Medical after a three-year stint in Texas, he's brought with him more than just the Converse high tops. He's returned with the same quick wit his patients love, along with his commitment to delivering women's care that empowers his patients to live healthy lifestyles.

"What I delight in is talking to people," says Dr. Leeds, who practiced in Ames for more than 20 years before moving to Texas in 2015. He returned to practice in Nevada in 2018 as a member of Story Medical Clinic. "In obstetrics and gynecology it is as much about the relationship with the patient as anything else. It is important to have a provider that you are comfortable talking to about things that may not be very comfortable."

Women's Care Priorities

Dr. Leeds says there are three things every woman should make a priority:

- Safe sex
- Regular mammograms
- Seeking care for more than one abnormal menstrual cycle a year.

When it comes to safe sex, Dr. Leeds says it is imperative to protect and preserve fertility.

Annual mammograms are recommended for women 40 and older by The American College of Obstetricians and Gynecologists. Dr. Leeds adds that this is the most important annual exam. In regard to annual physicals in general, Dr. Leeds says guidance is evolving.

"For a lot of women, annual physicals are less important than they used to be in regard to screening for gynecologic care," Dr. Leeds says. In recent years, guidance on pap smears has been modified, calling for these exams every three years instead of annually for those with normal results. "While the popular opinion on pap smears has evolved, it is still important to get an annual breast exam

and mammogram. Today's technology can identify breast cancer as much as a year before a manual exam."

The final priority is recognizing abnormal menstrual cycles. Dr. Leeds says women need to be proactive in seeing their gynecologist if they have multiple irregular periods in a year. With seven hormones and four organs working together to produce the menstrual cycle, Dr. Leeds says that it is incredibly complex—but can be managed.

"One abnormal period a year is not uncommon," Dr. Leeds says. "But if you have more than one per year, you should see your gynecologist. An abnormal cycle is one of the most enduring issues for women and most of the time there are simple interventions that are very effective."

It's Worth a Visit

Dr. Leeds says there are a number of issues that women shy away from seeing a gynecologist about because they are embarrassed. At the top of that list is urinary incontinence or "leaking." It is a condition many women experience, especially those who have delivered vaginally. Intervention is typically painless and effective.

"It is very, very common but it is one of those things that women don't want to talk about," Dr. Leeds says. "They just assume that it is part of aging and something they have to learn to live with. There are things we can do to make it better. We can't always fix it, but in most cases there are a lot of things we can do to improve the situation."

Addressing Infertility

In recent years, Dr. Leeds has become more and more interested in helping couples experiencing infertility. He is currently working with a team of physicians to develop a protocol for care that is much less invasive and less expensive than conventional methods like in-vitro fertilization (IVF). The protocol involves creating an endocrine environment in the uterus that triggers the body to ovulate more regularly.

"IVF is wonderful and it has helped change the world since the 1980s," Dr. Leeds says. "But the fact of the matter is that it is very expensive and many couples are mortgaging homes or borrowing from family for that level of care."

"Our vision is to increase fertility with low cost interventions that make the intrauterine environment ideal for an egg to implant naturally," Dr. Leeds continues. "This has become a passion for me. I want to help couples fulfill their dreams of having a baby."

Dr. Leeds is a member of most major insurance networks, including Blue Cross Blue Shield and Iowa Total Care. To establish care with Dr. Leeds, call Story Medical Clinic - Nevada at 515-382-5413.

News & Notes



STILL TIME TO GET FLU SHOT

We are in the midst of flu season, which means it is time to get your flu shot if you haven't already.

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, flu also causes hundreds of thousands of hospitalizations, and thousands or sometimes tens of thousands of deaths. The flu vaccine has proven effective in limiting the risk of serious complications.

You can make an appointment for your shot by calling our Nevada Clinic at 515-382-5413 or our Maxwell Clinic at 515-387-8815.

WORK AT STORY MEDICAL

We are always recruiting at Story Medical 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.

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!

Postal Customer

Calendar of Events

BOARD OF SUPERVISORS
Every Tuesday, 10 a.m.
Story Co Admin Bldg,
Nevada

STORY MEDICAL BD OF TRUSTEES
Dec. 1, 11:30 a.m.
Story Medical Center

FRIENDS OF LIBRARY BOOK SALE
Dec. 2, 11 a.m.-2 p.m.
Dec. 3, 10 a.m.-2 p.m.
Nevada Public Library

DONUTS WITH THE BIG GUY (aka Santa!)
Dec. 3, 4-6 p.m.
Bricktown Bakery
Come to the Main Street District & let the kids sit on Santa's lap for a photo opp

MOVIE: 'HOME ALONE'
Dec. 4, 2 AND 7 p.m.
Camelot Theater
Admission is free

NCSD SCHOOL BOARD
Dec. 5, 6:30 p.m.
Gates Memorial Hall
Auditorium

AMERICAN LEGION FISH FRY
Dec. 9, 5-7 p.m.
American Legion Post

JR. THEATER CHRISTMAS PLAY
Dec. 9, 6 p.m.
Dec. 10, 12 p.m.
Josephine Tope
Community Auditorium
"A Sussified Christmas Carol" by Peter Bloedel
Admission is a free-will donation

A BRYAN WHITE CHRISTMAS
Dec. 9, 6:30 p.m.
Camelot Theater
With special guest Danny Grause. Doors open at 5:30 p.m. Admission: \$25-40 for adults; half price for children 12 and under (proceeds benefit the Camelot Theater Foundation)

UGLY SWEATER RUN
Dec. 10, 2 p.m.
Starting at the corner of 6th Street and K Avenue

CHRISTMAS ON MAIN
Dec. 10, 3-6 p.m.
Main Street Nevada District (6th Street from I to M Avenue and K Avenue between 5th and 7th)
Lots of family fun holiday activities, shopping, contests with prizes

CHILI & CINNAMON ROLL FEED
Dec. 10, 3-6 p.m.
First United Methodist Church fellowship hall
Part of Christmas On Main, Put on by the Nevada Firefighters with rolls from the Parks & Rec Cinnamon Roll Contest. Suggested offering \$5 per person

THE REGULARS CHRISTMAS/FAREWELL SHOW
Dec. 10, 7 p.m.
Camelot Theater
Enjoy live entertainment. Admission: FREE

SENIOR CENTER POTLUCK
Dec. 12, 11:30 a.m.
Senior Center (by City Hall)
Bring a dish to share. Program will begin around 12:15 p.m.

CITY COUNCIL
Dec. 12, 6 p.m.
City Hall

MAIN STREET NEVADA MIX-N-MINGLE
Dec. 21, 4-6 p.m.
Evergreen Lane
Join Main Street Nevada and the Nevada Historical Society for refreshments