



SMALL BIZ SPOTLIGHT: SIMPLE REVELATIONS

Simple Revelations is a Cedar Falls business offering guidance and support that empowers people to live happier, more fulfilling lives.

As a Professional Life Coach, Traci Buehner-Butz helps people with goal setting and accountability, transition, stress management and life purpose. As an Addiction Educator and Family Empowerment Coach, she works with people whose loved ones struggle with addiction by helping them understand addiction, enabling behaviors and codependency, and setting healthy boundaries.

She speaks on such topics as:

- Saving the relationship we have with ourselves
- Strategies for success in goal setting
- Reducing stress

Learn more at www.SimpleRevelations.com and at the [Simple Revelations Life Coaching](#) Facebook page.

HELP WANTED: NORTH STAR COMMUNITY SERVICES

[North Star Community Services](#) is looking for an executive director. Since 1975, the northeast Iowa non-profit rehabilitative services agency has helped adults with disabilities live enriched and empowered lives in the community. Find complete details about this and other job openings with North Star at <http://northstarcs.org/main/openPositions.asp>.

BCI HAWKEYE DIVISION EXPANDING LOCALLY

BCI Hawkeye Division, which manufactures corrugated boxes, retail displays and other packaging, plans to build a new facility in Cedar Falls. The company will invest \$13.5 million in new machinery and expand its operations. Iowa's Economic Development Board awarded the project tax benefits for creating new local jobs.

SUPREME COURT COMING TO BLACK HAWK COUNTY

Cedar Valley residents have a chance to see how the Iowa Supreme Court operates when it comes to the Cedar Falls High School auditorium November 2. At 7 p.m., justices will hear arguments in a case where convictions were thrown out because the defendant was not properly advised of criminal surcharge penalties. A public reception with the Supreme Court justices will follow the oral arguments. Get complete details at [www.iowacourts.gov/About the Courts/Supreme Court/Cedar Falls/](http://www.iowacourts.gov/About_the_Courts/Supreme_Court/Cedar_Falls/).

TROUT FISHING IN CEDAR FALLS

The Iowa Department of Natural Resources will release up to 2,000 rainbow trout at [North Prairie Lake](#) in Cedar Falls at noon on Nov. 2. It's part of the DNR's cool-weather trout program that brings trout to areas that can't support them in the hot summer months. The event is a great place to take kids to catch their first fish. Find more information at the DNR [trout fishing webpage](#).



KEEP IOWA'S ECONOMY GROWING: SHOP AT LOCAL BUSINESSES

The latest financial picture for Iowa shows slow growth. Here's one way we can give our economy a boost: shop local!

Small businesses are central to Iowa's economic vitality. Studies show that when you buy from an independent small business, far more money recirculates locally, building connections and prosperity that strengthen the entire community.

[Travel Iowa](#) is devoted to all things uniquely Iowa, and has great search tools to find activities, places and products that fit your schedule and interests. You'll find special events like [Sew Iowa](#), farm-to-table dinner experiences and local gifts.

The site's [Made in Iowa](#) section showcases Iowa artists, craftspeople and homegrown, handmade items. It also highlights opportunities to be a maker yourself, through art classes, craft workshops, cooking and more.

If you know of something uniquely Iowa that should be featured on Travel Iowa, [submit listings and events](#) for inclusion on the site.

I'll be pushing for more support for Iowa's independent small business when I return to the Statehouse in January. The goal is to support businesses owned by Iowans and employing Iowans—people who are truly invested in their local communities and economy.

A good place to start is with an initiative I supported [in 2015](#) to give Iowans seeking to sell products and services to the state the chance to match competing out-of-state bids for projects under \$500,000, provided the Iowa firm is within 5 percent or \$10,000 of the lowest bidder. That bill never made it to the Governor's desk, but I'll keep trying.

EXPERTS SAY IOWA NEEDS MORE EDUCATION, JOB TRAINING

Recommendations released Oct. 17 by the [Future Ready Iowa Alliance](#) lay out a plan to enhance the skills of Iowa workers so that they can fill local job openings. The recommendations build on our bipartisan work over the past several years.

Iowa business leaders continually tell us that the #1 problem facing our economy is a shortage of skilled workers. In response, Senate Democrats have pushed for more skilled worker training, apprenticeships, internships and STEM learning to prepare students at all levels for their future in increasingly technical jobs, especially in our small towns and rural areas.

Unfortunately, the 2017 Republican budget cut many of the efforts needed to accomplish the Future Ready goal of education or training beyond high school for 70 percent of Iowa's workforce. That's an additional 127,700 Iowans who need to earn post-secondary degrees and other credentials. Continued cuts will move Iowa in the wrong direction.

To be Future Ready, we must put MORE resources toward education and job training. Iowa business leaders, schools, communities and organizations have signaled they're on board. They're ready to commit their time, money and expertise to building prosperity throughout Iowa.

Future Ready Iowa [recommendations](#) include:

- Establishing scholarships and grants for Iowans preparing for high-demand jobs at Iowa colleges and universities.
- Better aligning support to help Iowans pursue college or career training. This could mean better access to child care or flexible class schedules.
- Expanding work-based learning for high-demand jobs, including apprenticeships, internships and career exploration through hands-on, real-world projects.
- Enhancing collaborations among businesses, schools and organizations so that workers, employers and communities get the most out of local and regional partnerships.

FIGHTING IOWA'S OPIOID CRISIS

The growing number of Iowans struggling with addiction to opioids is a public health crisis—and a very personal one for the thousands of Iowans who've lost a child, parent, spouse, friend or neighbor. Last year, 200 people died of opioid overdoses in Iowa.



Why are opioids so dangerous? They slow your breathing and can bring on heavy sedation that makes it impossible to wake up.

About 90 prescription opioid pills are expected to be sold per lowan this year. That's a decline from recent years, but still way too high. Even worse, heroin overdoses and deaths are on the rise. lowans ages 25 to 49 have been hardest hit.

The epidemic brought legislators to the Statehouse this week to look at ways to curb addiction. The bipartisan [Opioid Epidemic Evaluation Study Committee](#) heard from health care, public safety and public health professionals, insurers and Iowa citizens. They learned about how opioid medications are prescribed, the problems they may cause and treatment options for those who become addicted.

The committee is expected make recommendations by November 15 on how we can best tackle the problem.

In the meantime, Iowa has been awarded a \$400,000 grant to upgrade our [Prescription Monitoring Program](#), a health care tool to keep track of controlled substances and prevent abuse. The money is critical to making the program easier for doctors, dentists and nurses to use and helping more lowans get treatment before it's too late.

Andrew Funk, director of the Iowa Board of Pharmacy, says the [current prescription monitoring system](#) is like "operating with an Atari, when there are PlayStation 4s available."

If you or someone you know is struggling with addiction, please seek help. Call Iowa Prevention, Treatment & Recovery Resources at 1-866-242-4111 or find help close to home with the [Iowa Treatment Facility Locator](#).

October 28 is the 14th [National Prescription Drug Take Back Day](#). You can prevent abuse by getting rid of unused prescriptions at a safe, convenient [drop-off location](#) close to home.

VOLUNTEERS NEEDED FOR TAX-PREP PROGRAM

AARP Foundation Tax-Aide is looking for volunteers to help with free tax-filing assistance for those who can't afford tax-prep services. Every level of experience is welcome, and training is provided. Tax-Aide volunteers assist many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.



Last year, 183 Tax-Aide volunteers helped more than 16,500 people file their federal and state tax returns. The program is offered at sites throughout Iowa, including senior centers, libraries and other convenient locations. Learn more at www.aarpfoundation.org/taxaide.

5 THINGS TO REMIND YOUR TEEN DRIVER

Car crashes are the [leading cause of death for teens](#) in the U.S. Please talk with your teens about staying safe behind the wheel. Why? Here are some stats from 2015:

1. **Alcohol:** Almost one out of five teen drivers involved in a fatal crash had been drinking.



2. **Seat Belts:** 58 percent of passengers who died in an accident with a teen driver were NOT wearing a seat belt. In 84 percent of cases when the teen driver was unbuckled, passengers were also unbuckled.
3. **Speeding:** Close to one-third of all teen drivers involved in fatal crashes were speeding.
4. **Distracted Driving:** 10 percent of teen drivers involved in fatalities were distracted at the time of the crash.
5. **Passengers:** The risk of a fatal crash goes up in direct relation to the number of passengers in a car. The likelihood of teen drivers engaging in risky behavior triples when traveling with multiple passengers.

Contact information

State Senator Jeff Danielson serves Hudson, Cedar Falls and Waterloo. He can be reached at 319-231-7192. E-mail him at jeffdanielson@gmail.com.

Senator Danielson is ranking member on the Education Budget. He also serves on the Appropriations, Education, State Government and Transportation committees.

For further information, go to www.senate.iowa.gov/senator/danielson and www.jeffdanielson.org.