

Living

MAGAZINE

THE Race IS ON

Residents share their passion for reaching the winner's circle

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ALIMONY 101



By McKenzie Ellis

What is Alimony?

Most people have heard the term “Alimony” tossed around at one point in their life, whether or not they have ever gone through a divorce. Alimony (otherwise known as “Spousal Support”) is financial support one spouse is required to pay to their former partner. The purpose of alimony is to prevent a significant decline in the quality of life for a

lower-earning spouse. Alimony is very similar to child support, however; there are a few key differences you should be aware of.

What are the Different Types of Alimony and Who Can Receive it?

In Iowa, there are three different types of alimony - rehabilitative (temporary), reimbursement, and traditional (permanent) alimony. The more common alimony type is temporary, where the lower earning spouse receives alimony until they can become self-supporting. This temporary support can last several months or several years, depending on the unique facts of the case. Reimbursement alimony can be awarded based on the economic sacrifices made by one spouse during the marriage that directly enhanced the future earning capacity of the other. Permanent alimony is awarded when the lower earning spouse would not reasonably be able to achieve a comparable standard of living (ex: some health

issues, prolonged absences from the workplace, and other issues that disable them from becoming self-supporting.) The Court will determine, based on a range of factors in the Iowa Code, whether or not a party is entitled to alimony. These factors include, but are not limited to, the education levels of each party, the work experience of each party, the length of the marriage and the likelihood that the party seeking support will become self-sufficient.

Who Pays Alimony? Can Alimony be Avoided or Modified?

The higher earning spouse is usually the one ordered to pay alimony. A couple can agree on a settlement amount amongst themselves, however; if the couple cannot agree, the court may decide whether alimony is appropriate. Alimony claims can be prevented by entering into a prenuptial agreement, prior to the marriage. This written agreement establishes financial and property rights for each partner if their marriage ends in divorce or death. Alimony is also modifiable, meaning that if there has been a change in circumstances affecting income or other factors, either party may seek an increase or decrease in the amount of alimony ordered. Some examples of material changes in circumstances would be if the higher earner got into an accident preventing them from being able to work or if the higher earner enters retirement. Alimony will typically terminate if either spouse passes away or if the receiving spouse remarries.

Why do People Want Alimony?

There are many reasons why people may want alimony, but some circumstances that may warrant an alimony award include a spouse who was a homemaker during the marriage who would not be able to secure comparable employment to maintain a standard of living, if one spouse put their career on hold to assist the other spouse through career advancements, and many more. If you or someone you know is going through a divorce or would like more information on this process, contact Ellis Law Offices at 515-962-9080 or visit our website www.ellislawpc.com. We would be more than happy to help!

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WELCOME

THE NEED for speed

My friend Mark wrote a poem entitled “The Need For Speed” in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don't remember Mark's exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, “You are scaring me!” She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.

Mark wrote his paper sometime around 1986. That was about the same time the original “Top Gun” movie was released in theaters. You may remember Tom Cruise's character, Maverick, saying, “I feel the need ...” and Anthony Edwards' character, Goose, replying with “... the need for speed!” I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn't matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark's when I put my teenage daughter on a jet ski for the first time. She had her driver's permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month's cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it's not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■



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Instead of reflecting on the wins and losses when race season is over, siblings Emberli and Eddi Van Clark think of the memories made as a family.

A photograph of two young women standing next to a yellow race car. The woman in the foreground has long brown hair and is wearing a black t-shirt and blue jeans with patches. The woman behind her has long, curly red hair and is wearing a purple hoodie with 'MIDDLE SCHOOL INDIANOLA 6TH GRADE' printed on it. The car is yellow with a roll-over protection structure and a sign that says 'MOTORCYCLE & ATV'. In the background, there is a large, corrugated metal silo under a clear blue sky.

THE *Race* IS ON

Residents share their passion for reaching the winner's circle

By Becky Kolosik

When driving through Iowa's wide open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

Put it in drive

For the Van Clarks, the joy they find in life is not a destination... it's a journey. Circle track racing isn't just about the win, but more about setting goals and time spent with family and friends.

Both Alex and Amanda Van Clark grew up in Indianola hearing the sound of race cars coming from the Warren County track at the fairgrounds.

"We lived on the farm, so me and my brothers were always racing ATVs," Alex says. "I guess you could say that is where my interest started."

In 2008, the couple welcomed their daughter, and Alex started racing. He competed over the next couple of years, but, as their family grew and life got busier, racing took a back seat.

About four years ago, Alex hit the track again when his brother-in-law built a car and asked him to race it. He has only run circle track, which consists of all front-wheel drive vehicles. In circle track, drivers run a six-lap heat race, hoping to qualify for the main race, which is 12 laps.

After that 2020 season, Alex built his own car — a Sunfire with a "Toy Story" theme. His daughter, Emberli, who was 13, decided to join the fun the next year, so Alex repainted the Sunfire for her in a spotted cow theme and then to a replica of Vanellope's sundae from "Wreck it Ralph" the following year.

Their son, Eddi, decided to get behind the wheel at age 12, and Alex says he was a quick learner and fast, too.

"I love getting to compete against other kids," Eddi says. "I definitely want to keep racing and hope someday to race a truck."

Eddi had three Top 5 wins this year, as well as seven Top 10s, and seven features. He was fourth in points for the 2024 season.

Emberli, who is now 16, says she races because it's fun. This was her last year competing in the junior class.

"Racing is normally perceived as a male-dominated sport, but more girls are getting involved," she says. "There are actually more girls in the junior class than there are boys."

Emberli says she hopes to keep racing but admits it's a lot of work with upkeep of her car and finding sponsors. She hasn't won any mains but has won heats. Last year, she finished in the Top 4 and this year the Top 2, which included nine Top 5 finishes, nine Top 10s and nine features.

Having their kids race has been one of the best experiences for the family — especially as Emberli became a licensed driver, Alex says.

"We spent two years doing the parent-led driver's education, all while Emberli spent her summers racing," Alex explains. "It's helped her become a more confident, skilled driver."

Racing will continue to be a family affair. Daughter Enzli, who is 11, is eager to get behind the wheel. Because the 2025 season starts in April, and she doesn't turn 12 until the following August, she will have to wait until she's almost 13. Then there's 7-year-old Ender, who will no doubt catch the racing bug, too.

"Ender spends time in the garage working on race cars with me," Alex says. "I almost like building them more than I like racing. We have fans of all ages, so it's fun painting cars to appeal to kids and seeing their reactions."

For the Van Clarks, the racing circle will not be unbroken anytime soon.



Win or lose, brothers Haddon and Alex Segebart have fun and give each BMX race their all.

Pedaling with power

For the Segebart family, traditional sports didn't fit their pace of life or schedule — until their boys discovered BMX racing.

Alex and Haddon took an interest in the sport when they went to watch a state race a few years ago with their dad. At that time, the family wasn't aware of a local track let alone the sport even being in Iowa.

Shortly after, they learned that 80/35 BMX, located in Ewing Park, was hosting a beginner league clinic. All four of the Segebart kids tried it out. Their three boys attended the five-week clinic where they learned the track, the corners and the basics of racing. There was a race at the end of each night, and, after five weeks, they celebrated with pizza and trophies.

After the clinic, Alex and Haddon were hooked.

"As parents, we loved that it's an individual sport," Char says. "Alex and Haddon's practice/train/race schedule is flexible. If life is too crazy, we can skip a race for family night, and our decision doesn't affect an entire team."

For BMX, the basic requirements are a helmet, pants and long sleeves. However, most of the kids take it a little further and wear full face helmets, knee pads, full chest/spine/elbow protection, gloves and sometimes neck guards.

At first, Alex and Haddon borrowed bikes from the track. It was helpful because it gave them the opportunity to determine whether or not they liked the sport before investing in racing bikes. The boys figured out some ways to raise money themselves for new bikes, including a "Lap-a-Thon" where they rode laps for donations from family and friends. Now, they look for help from sponsors to cover their costs.

As for racing itself, BMX has three levels — novice, intermediate and expert. All riders start out at novice in their age group. To move to the next level, they must have 10 first-place wins. Haddon started in 5 novice

and Alex in 7 novice. Both are intermediate now and will need 20 first place wins to move up.

“80/35 BMX really cares about the kids,” says Ben. “While the races can and do get pretty competitive, the main goal is that kids are safe and having fun.”

Last year, 80/35 brought in a former Olympic medalist in BMX to teach the kids. The board is also working to open an indoor track in the metro, which would make it possible to race year-round.

Alex says that he’s always wanted to race dirt bikes, and BMX is similar. His racing name is Alex “Boom Baby” Segebart.

“I like going fast and learning how to jump,” he explains. “I also like going to the track and playing with my friends there. And, of course, getting trophies.”

Both boys admit they get nervous sometimes. “I get nervous because I don’t want to wreck,” Haddon (aka “Hurricane Haddon”) says. “Other racers can be really fast, but I just try my best to compete and have fun.”

BMX is something Alex and Haddon can do for the rest of their lives. As they grow and become adults, they don’t have to try out for a new team. There are several adults who race at 80/35, including one who is older than 60.

Racing has taught both boys a lot — especially sportsmanship.

“They know that, in order to win, they also have to lose,” Char says. “We talk about the importance of how to handle winning and losing, as well as the importance of setting attainable goals.”

At 80/35 BMX, races take place Saturdays during the fall at 1701 E. McKinley Ave., Des Moines, and they are free to watch.

A four-wheelin’ family

Chad and Ashley Bottorff both have memories of growing up riding on four wheels.

For Ashley, it was her grandpa’s four-wheel farm utility. Fast forward a few years to when she was in college, and her younger brother started racing in the Iowa ATV Hare Scramble Series (IATVHSS). Watching him ultimately led her to buy a four-wheeler in 2008.

“From my first race, I was hooked,” she says. “For me, it’s the sound of the machines, the adrenaline rush, and the fact that, whether you win or lose, it is all your own making.”

Chad rode four-wheelers at a relative’s farm and also had a minibike. Living in Indianola and watching the Figure 8 races, he knew he wanted to be involved in some sort of racing



Ashley, Eowyn, Chad, Deagan and Zander Bottorff enjoy extreme adventure, and ATV racing allows the entire family to get out, get riding and get dirty.

sport. When he met Ashley and her “four-wheeling family,” it didn’t take long before he decided to join the fun.

“I have raced two-wheel drive sports ATV, four-wheel drive utility and SXS (side-by-side),” Chad says. “I didn’t race this year. Instead, I have been selling TiLube racing products and was rider support at the tracks for race gas, oil and cleaners. I also enjoy the title of pit boss and mechanic — with some help from a professional mechanic friend — for Ashley and the kids.”

For the Bottorffs, it truly is a family affair. Zander, 11, started racing power wheels at 4 and then moved up to a four-wheeler at age 7. Deagan, 8, has been racing since he was 2, and Eowyn, 7, also started at age 2.

Aside from the ATV itself, the Bottorffs say that the other important thing every rider needs is practice.

“Someone can’t just go out and buy an ATV and expect to race and finish on one of our tracks,” Chad says. “Other requirements include a helmet, kill switch, long pants, long shirt and boots. A chest protector, neck brace, goggles, race gloves and jersey are also highly recommended.”

The IATVHSS is typically a 5- to 8-mile, two-hour endurance race through timber, which includes hills, off camber, mud, rocks, creeks, downed tree crossings and some pasture crossings. Elements can range from rain and mud to super-hot and blinding dust.

Classes range in age and motor (engine cc) for youth and by age and skill level for adults. There are two different 4x4 utility classes — Utility and Pro Utility.

When it comes to racing, Zander likes the jumps, as well as the different tracks and terrain. But it’s also about spending time with

family and friends.

“The different tracks and terrain make for a rough but fun challenge,” he says. “But aside from racing, I also love cheering my family and friends on, too.”

Safety is top of mind for the Bottorffs. They started their kids young wearing helmets, gloves and chest protectors. They also spent a lot of time with hands-on training on the proper way to climb hills, balance themselves on/off camber, proper use of the brakes, track etiquette, and more.

Racing in the timber means parents do not see their child while on the course, so many use different GPS tracking devices. However, Ashley says the IATVHSS has a great crew that is constantly sweeping the track, making sure the races are safe and that help is there when needed.

While Deagan and Eowyn say it’s normal to get a little nervous before a race, the thrill of the track turns that little bit of fear into fun.

Deagan likes racing flat or short tracks, going fast and drifting around the corners. And Eowyn isn’t afraid of a little (or a lot) of dirt and mud. All three kids have goals for finishing in the Top 10.

Ashley and Chad appreciate that the sport teaches discipline, mechanics, athleticism, sportsmanship and communication.

“You quickly learn that it takes a team to do well, even though it is just one person racing,” Chad says.

There are seven IAVTHSS races a year, starting in April and ending in October. The Bottorffs also participate in two different single race events — the Iowa State Fair Cup Short Course race and the national race held in Fort Dodge called the Heartland Challenge. ■

T & J Popcorn Stand

Can you imagine movies without popcorn?

One of the first memories that comes to mind when you think of your early experiences at the movies is the warm, buttery smell of popcorn floating from the lobby as you purchased your ticket. Of course, it was coconut oil or some other kind of oil you were smelling, but it didn't matter because the popcorn was just as tasty and your fingers got just as greasy as if it were real butter.

Do any of you remember the popcorn stand that was built next to Pemble's Hardware on the northwest corner of the square across from the movie theater? If you were rich enough to have 15 cents on a Saturday afternoon, you could grab a bag of popcorn for a nickel and cross the street to enjoy the movie for a dime. Of course, I hope you didn't try to blow up the empty popcorn bag and pop it. Someone at the popcorn stand or in the theater would cut small holes in the corner of the bag to avoid the startling explosions created by pranking

teenagers.

One summer in the 1960s, while they were in high school, classmates Tom Hall and Jeff Graham decided to lease the popcorn stand. The stand was open in the evening as they tried to earn some spending money rather than waste time at less productive activities. Tom's brother, Steve Hall, suggested they use the logo, "Jesus saves, and you can save, too, at the T & J Popcorn Stand." Tom and Jeff never followed through with that suggestion, but they are still joking about it 60 years later.

The popcorn stand was only about 4 feet wide, so there was only room enough for one person at a time to take orders and serve the customer standing in front. Tom and Jeff would drive to Des Moines when necessary for supplies. Coconut oil, purchased in 60-pound containers, was used for popping the corn and for pouring over the top if you wanted "buttered" popcorn. When asked if he had any special memories from the summer of popcorn,

Tom recalled one customer who didn't like his popcorn piled up high in the bag. If there was too much popcorn, this particular customer would always swipe his hand across the top and knock the extra off on the ground.

There is no record of how successful Tom and Jeff were in their business venture. However, Tom recalled that, at the end of the summer, there was plenty of popcorn and candy left to divvy up between the two friends.

(Sources for this article were Steve Hall, Tom Hall and Jeff Graham.)

NOTE: I am hoping to do future articles about past small businesses in Indianola and would like to hear from anyone with memories or pictures. Two enterprises I'm interested in are Sam Church's Popcorn Wagon (later purchased by Mr. Bartholomew) and Stumps Candy Kitchen. Can you help? I can be reached at juanita@warrencountyhistory.org, or you can call the museum on Thursday or Saturday mornings, 515-961-8085. ■

HONOR OUR VETERANS

Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

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Family members submitting on behalf of veterans should include the veteran's answer to the above question.

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U.S. PRESIDENTIAL elections and market performance over the years

With the presidential election fast-approaching, investors may be wondering how the outcome might affect their portfolios. While the outcome may be uncertain, we can always count on plenty of opinions and predictions leading up to the day of the election. Politics bring out intense emotions among investors, which causes major concern and anxiety around their investment portfolios as Election Day nears.



Is the stock market going to experience a major hit/crash or will it benefit from an upswing/rally? Is there a correlation on stock market performance dependent on which party wins the election? These are all common questions we see leading up to elections, and a natural response for investors is to look for a connection between who wins and which way stocks may go.

Putting all emotions aside, over nearly a century of data shows that the stock market has performed well following an election. Regardless of which party wins, stocks trend upward. Data also shows, dating back to 1926, that stock market returns in months the presidential elections took place have not been significantly different from returns in any other given month.* Markets don't favor one party over another. Actions and policies that are put in place by the winning candidate may impact stock returns in the short-term but do not drive the long-term market trajectory.

Current market performance isn't based on presidential policies; instead, current market performance is focused on corporate earnings, Federal interest rate cuts, inflation and other economic factors. Shareholders will continue to invest in companies they believe in rather than political parties. Companies are focused on serving their customers, growing their business, and striving to be successful regardless of which political party is in office. In the end, stocks with

strong long-term fundamentals will continue to rally after the election spotlight fades.

The history of market performance during election years makes a great case for sticking to a plan to achieve long-term goals. Focusing on broader economic trends, rather than short-term election noise, will lead to better performance among investment portfolios. Remaining diversified in your investment portfolios, continuing to monitor investment risk tolerance, and updating your investment goals with your financial planner are still the key factors of investment performance success. ■

For more information, please contact Chad Stevens with City State Bank Trust & Investments at 515-981-1400. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice. *Dimensional Fund Advisors. (2020, Oct. 28). Presidential elections: What do they mean for markets? Dimensional.

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Recently, this office has seen an increase in cases involving accidents caused by uninsured motorists and even hit and run drivers. It can be frustrating when the person who causes damage and injury fails to even purchase the liability insurance required by law.



Whether it is a result of recently higher insurance premiums, the economy, or simply policies being cancelled, it appears that there are more people on the road without liability insurance.

An uninsured motorist policy is designed to protect the policyholder when irresponsible drivers cause injury. In such situations, these policies can provide a source of recovery. Iowa Code Chapter 516A provides that all car policies sold in Iowa must include uninsured motorist coverage. Similarly, underinsured motorist coverage (which is for those injured by those with inadequate insurance) must also be offered.

The law does provide an opportunity for the policy purchaser to reject such coverage. Such a rejection must be signed by the policy holder on a separate form.

Requirements for coverage

Legally entitled to recover: For an uninsured motorist claim to exist, there has to be a valid claim for damages against the party without insurance. In such cases, the insurance company “steps into the shoes” of the negligent party.

Caused by accident: In order to recover damages under the policy, the injuries must have been “caused by accident.” In the case *American Family v. Petersen*, 679 N.W.2d 571 (Iowa 2004), the Supreme Court determined that even a victim of an assault could recover where she did not expect or intend such an assault. In other words, whether there was an accident is determined from the point of view of the injured party.

Arising out of ownership, maintenance or use of uninsured motor vehicle: In general, it appears that the uninsured vehicle must be operated in some way to trigger coverage. For example, in the *Petersen* case, the Supreme Court noted that injuries that occurred in the vehicle before the car was in motion would not be covered.

Physical contact: In cases involving hit-and-run situations, there is a “physical contact” requirement. This is largely to ensure that unproven claims have a substantial basis.

Do I need to have been in my car when I was injured? No. Uninsured motorist coverage is focused on whether the damage was caused by an uninsured vehicle. Therefore, a person injured as a pedestrian, bike rider, skateboarder or otherwise may be able to recover under his or her policy.

Final thoughts: Uninsured motorist coverage exists to protect the responsible driver from those who are less responsible. It is important to buy this policy. If an accident happens, one should always explore if this coverage applies. ■

Information provided by Ken Winjum, The Winjum Law Firm, P.L.C., 1220 Sunset Drive., Suite 103, Norwalk, 515-981-5220, www.winjumlaw.com.

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Upcoming in Indianola Living magazine:

- **Community landmarks:** What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.

- **Do you have a holiday recipe that has special meaning to you?** Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.

- **Veterans Salute:** Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.

Fall Festival and Open House

Tuesday, Oct. 15
Indianola Activity Center,
2204 W. Second Ave.

Explore Indianola's resources and services for adults age 50 and older, with free information, fun giveaways and door prizes. New for 2024, different vendors will be featured during two different times. The initial session is 2-3:30 p.m., and the second session will be held from 5-6:30 p.m. The event is free and open to the public. Visit <https://tinyurl.com/IndianolaFallFest> for more information.

Fish and Chicken Dinners

Oct. 18 and 25, Nov. 1 and 8, 5:30-7 p.m.
St. Thomas Aquinas Pastoral Center, 210 S. Wesley St., Indianola

The Indianola Knights of Columbus will be hosting their annual Fall Fish and Chicken dinners. They offer dine-in or takeout service. Adults and takeouts are \$13; children (6-12), \$6; and children 5 and younger are free. Three dollars from each meal will be donated back to local community organizations.



Tuesday Tunes & Treats: Mike and Tesa Heldenbrand

Tuesday, Oct. 29 at 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

The Heldenbrands began playing music 39 years ago. They have played at jam sessions, fiddle contests, dances and music festivals. This free program includes fiddle tunes, older country music and some rock and roll from the time period when they were growing up. Dessert is provided by Indianola Hy-Vee.

Matters of the Minds — A Mental Health Adventure

Sunday, Oct. 27, 6 p.m.
St. Thomas Aquinas Church, 201 Wesley St., Indianola

Out of the vast range of topics available in mental health, Randy Kiel will address many that are highly pertinent to families and individuals in our complicated world today. How do we break through the personal taboo of mental health? How can I know if my child is OK? What am I to do about my own struggles? What are common mistakes that may adversely affect mental health? How can I keep fun in life? And more. Randy Kiel is a licensed mental health counselor with 30 years of clinical experience. For more information, call or text Kris at 515-210-0169.



Children's Costume Party

Saturday, Oct. 26 from 10 a.m. to noon
Indianola Square

Enjoy free, fun family activities on and around the Indianola Square. Children up to age 10 can compete in a costume contest and trick-or-treat at businesses around the Square. There also will be a dog costume contest at 10 a.m. Visit www.indianolaiowa.gov/PR for more information about the event hosted by Indianola Parks and Recreation.

Meow Mixer

Saturday, Nov. 2,
5-9 p.m.
St. James Celebrations,
9774 G24 Highway,
Indianola

Whiskers TNR of Warren County is hosting a Dia De Los Muertos fundraiser. Enjoy food by Fiesta, face painting by Queen Bee (extra fee), caricatures by Savvy Searl (extra fee), alumni photo contest, silent basket auction, live auction by Putney Auction and music by Driving Cap Entertainment. Tickets are available at auctria.events/meow-mixer-24. For more information, visit whiskerstnr.org/events/meow-mixer-24.

Trivia Night for HOPE Foundation

Saturday, Nov. 9, 6 p.m. (Registration deadline Friday, Nov. 1)
St. Thomas Aquinas Pastoral Center, 210 S. Wesley St., Indianola

All are invited to come out for a Trivia Night to benefit Indianola's HOPE Foundation. The fun begins with a lasagna dinner followed by trivia. Cash prizes and door prizes will be awarded. Gather your team today. Cost is \$125 per table of four to six people. Individuals can register for \$25 and be assigned to a team. Call or text Kris at 515-210-0169 for more information or to register.



'Letters From Home'

Monday, Nov. 11, 7 p.m.
Indianola High School Auditorium

The Indianola Concert Association will present "Letters From Home," a USO-style show with high energy singing and tap dancing. Individual tickets are available at the door for \$20 for adults and \$10 for students. Veterans can attend free, and ticket for an accompanying friend is half price. ■

LUCKY DOG Farm provides a second chance

Weeks gives dogs love, loyalty and a better life.

Paula Weeks knows what it means to genuinely love a job.

“It’s been 20 years since I left my government position and decided to go back to college,” she says. “Getting my AAS in veterinary technology changed my life in more ways than one.”

While attending school, Weeks was employed part-time at the animal emergency clinic as well as a local veterinary clinic. After graduating, she worked fulltime at the vet clinic for 10 years then went to Des Moines as a veterinary technician, working into a practice manager position.

Today, Weeks has a mission to not only provide a service to dog owners, but also make a difference in the lives of dogs.

“I grew up with dogs,” she says. “I started Lucky Dog Farm in 2021 because I wanted to offer a quieter and less stressful environment for dogs where they could get more time to be outside as well as individual attention.”

Lucky Dog Farm is more than just dog boarding and daycare. Weeks had a connection with Kiya Koda while working in the vet clinic, and she appreciated the work they did and are continuing to do in the community.

Weeks came up with the idea for a board and train program that she specifically offers to Kiya Koda. She works with their long-term dogs, behavior problem dogs and dogs that need basic training for things such as waiting at the door, walking on a leash, not jumping/biting, as well as sitting and staying. She donates one kennel for a specified amount of time.

While she has taken several classes with her own dogs in Des Moines training clubs, she decided it was important to find a local trainer who might consider donating training time. That’s when Katy Cloyd, owner of Fur Pete’s Sake Dog Training, stepped in.

“I asked if she would meet with me and a dog one hour a week,” Weeks says. “She agreed, and that is what we have been doing since January of 2023. We have worked with eight dogs so far, and all have been placed in their forever homes.”

Weeks says that the challenges working with any dog are varied. With rescue dogs and abused dogs, it is impossible to know their background, the environments in which they lived or how they were treated.

“Treating each dog individually is important in rescue work,” she explains. “With a little time and patience, you can establish a trusting relationship with them. Once that is in place, the dog’s loyalty and willingness to please are beyond measure.”

For Weeks, taking care of dogs is a fulltime commitment.

“If anyone is lucky... it’s me,” she says. “Being able to spend every day with these animals is truly the greatest gift.” ■



Paula Weeks regularly donates one boarding/training kennel to Kiya Koda. With the help of Katy Cloyd, she is working with “Floyd” to help him overcome some of his behavioral issues and become a well-rounded, loyal and adoptable dog.



INNOVATIVE programs help you plan for health needs as you age

Iris, 76, has lived in her home for 40 years and has no plans to leave. She has developed some concerns, though, as she recently experienced some health issues and is afraid her adult children will try to persuade her to move.



Iris's situation is common, as remaining in our homes as we age is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: "If I don't want to move into a community but my family and I are concerned about health issues later on, what can I do?"

The answer may lie in a kind of program

you've never heard of. Some organizations that serve older adults have introduced Continuing Care at Home (CC@H) membership initiatives designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're interested in looking into CC@H programs, the questions below can help you make sure the program is the most sensible and affordable one for you.

• **What does the program include?** A good CC@H program not only will offer services to enhance your well-being so you can remain independent longer; it will also help fund future long-term care needs.

• **Does it include personal support, such as wellness coaching?** Studies show people who embark on any kind of life-enriching program or activity will be more likely to succeed with encouragement from a trusted adviser or advocate.

• **Does it include care costs and options?**

A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later on. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

Whatever the CC@H program, make sure it meets your needs, now and in the future — and provides you with peace of mind. Your well-being and your checkbook will thank you for it! ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit wesleylife.org/wellahead.

RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

A large metal scaffolding structure is shown against a white background. Several colorful silhouettes of construction workers are positioned at various levels of the scaffolding, some climbing ladders and others working on the structure. The logo for 'The Village' is centered on the scaffolding.

The Village

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Call or email Amber at (515) 961-0878 or
amcdonald@wesleylife.org to book your personal visit.



ASSESSING life insurance needs

If your family relies on your income, it's critical to consider having enough life insurance to provide for them after you pass away. But, too often, life insurance is an overlooked aspect of personal finances.



In fact, according to a 2023 study conducted by Life Happens and LIMRA, which closely follows life insurance trends, nearly 50% of Americans say they have no life insurance coverage at all, even though 39% say they intend to obtain life insurance coverage within the next year.

Role of life insurance

Realizing the role life insurance can play in your family's finances is an important first step. A critical second step is determining how much life insurance you may need.

Several factors will affect the cost and availability of life insurance, including age, health, and the type and amount of insurance purchased. Life insurance policies have expenses, including mortality and other charges. If a policy

is surrendered prematurely, the policyholder also may pay surrender charges and have income tax implications. You should consider determining whether you are insurable before implementing a strategy involving life insurance. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments.

Rule of thumb

One widely followed rule of thumb for estimating a person's insurance needs is based on income. One broad guide suggests a person may need a life insurance policy valued at five times their annual income. Others recommend up to 10 times one's annual income.

If you are looking for a more accurate estimate, consider completing a "DNA test." A DNA test, or Detailed Needs Analysis, takes into account a wide range of financial commitments to help better estimate insurance needs. The first step is to add up needs and obligations.

Short-term needs: Which funds will need to be available for final expenses? These may include the costs of a funeral, final medical bills, and any outstanding debts, such as credit cards

or personal loans. How much to make available for short-term needs will depend on your individual situation.

Long-term needs: How much will it cost to maintain your family's standard of living? How much is spent on necessities, like housing, food and clothing? Also, consider factoring in expenses, such as travel and entertainment. Ask yourself, "What would it cost per year to maintain this current lifestyle?"

New obligations: What additional expenses may arise in the future? What family considerations will need to be addressed, especially if there are young children? Will aging parents need some kind of support? How about college costs? Factoring in potential new obligations allows for a more accurate picture of ongoing financial needs. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful.

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GARDENING

By Barry Laws

FALL garden cleanup

Fall is the time to get your garden, flower beds, trees, shrubs and containers ready for winter. Several tasks will make next year's landscape look awesome while enjoying the cooler fall weather. Here are a few of the things to take care of before the snow flies.



While harvesting those last tomatoes, peppers and squashes, start clearing the garden of the vegetation. If you have a compost pile, compost this green material for next year, unless you have noticed pests or powdery mildew on your plants. In that case, dispose into the garbage, burn or bury it. You do not want to pass these problems on to next year's garden through your compost. Once cleaned off, work compost or decomposed manure into the garden to be ready for spring garden planting.

Flower beds are a little bit trickier but not complicated. Prune back herbaceous peonies, daylilies, lilies and hostas and compost any of these that do not have powdery mildew or pests. Most perennials can be left for the winter. Some, like coneflowers, black-eyed Susans and other flowers with seed heads should be left. Birds will enjoy the seeds throughout the fall and winter. They will add winter interest to the garden beds as well.

Are you putting in fall bulbs for spring blooms? Now is the time to do that also. You know where your perennials are, so you can work around them. When the ground has frozen, put on a layer of shredded leaves or straw. This will help protect the bulbs and perennials from freeze-thaw heaving during the winter.

Also, mulch landscape trees and shrubs and keep watering through fall until the ground is frozen. Evergreens are especially susceptible to damage if the soil is dry going into winter. If you have planted trees and shrubs this fall, do not forget to keep them watered as well. The one exception is fruit trees. Leave them less mulched so the freeze will kill any pests living in the ground around them. Mulch them in late winter to early spring.

If you put out elephant ears, cannas or other non-hardy bulbs for the summer, wait for the first frost, then cut back the foliage and dig up the bulbs and corms. Rinse them and allow them to dry a few days in the shade. Put them in a paper bag or cardboard box and place in a cool dry basement for the winter. If you put an elephant ear in a container, you can bring it in before frost and keep it as a houseplant until next spring.

Clean out all of your containers of summer annuals, composting what you can. After frost, take out hardy fall garden mums and plant in the garden for next year. If you want, plant some spring blooming bulbs (tulips, daffodils and hyacinths) in your containers and let them stay outside or in an unheated garage, and you will have color in your containers before you plant next year's annuals.

Take time this fall to enjoy the crisp cooler weather, and you will have a head start on next spring's gardens. ■

Information provided by Barry Laws, co-owner, Quilted Gardens Nursery and Landscaping, 19635 130th Ave., Indianola, 515-720-3089, www.quiltedgardens.com.



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TRUMAN AUTOMOTIVE

OWNER: Josh Truman

ADDRESS: 12915 Polk St, Indianola

PHONE: 515-249-2886

WEBSITE: www.trumanauto.com

It all began back in 1998, when I started taking on side jobs to help friends and family with vehicle repairs in my small two-car garage—all while holding down a full-time job. It was a way to support my passion for racing, a pursuit I've been dedicated to since I started at the age of 8, and still continue today. Being involved in racing has kept me on my toes and sharpened my skills, especially when it comes to the performance side of the automotive business.

Over the years, I continued working on vehicles out of my shop while maintaining my full-time position as an automotive technician. Through this side hustle, I gained a wealth of knowledge and sought out every opportunity to learn more. After getting married in 2007, we built a house, and a few years later, I realized it was time to expand—so we built a three-bay shop complete with a hoist. By then, my home-based business had grown beyond what I ever imagined. I knew I had more to offer my customers and could bring fresh ideas and, most importantly, passion into my own shop.

In January 2021, I officially opened Truman Automotive & Performance! I had no idea how quickly the business would take off. Even with the three-bay shop, after just two years, it became

clear I needed more space. So, I expanded with a 40x50 addition, including two more hoists, an office, and a waiting room. Now, in 2024, the business continues to grow at a pace I never thought possible!

When I started Truman Automotive & Performance, I made three core commitments: 1) to perform automotive repairs with precision and integrity, 2) to build a business rooted in honesty, and 3) to offer great service at an affordable price, no matter your budget.

As my passion for this work deepens, so does my commitment to staying on the cutting edge of automotive technology. Continuous education and training are priorities for both myself and my team, ensuring we stay current with the latest information and techniques to provide the best service possible.

I work hard every day to provide the best possible service to each and every customer, and I'm proud to say that my employees share those same values. That's why I believe we've created something truly special here at Truman Automotive & Performance. The support from the community, as well as my family, means the world to me. I am incredibly grateful to be doing what I love for a living and look forward to continuing to grow my business for many years to come.

Come see for yourself what Truman Automotive & Performance has to offer!





FFC BEAUTY

OWNERS: Shawna Freeman, Corinne Fonseca and Jessica Creason
ADDRESS: 2007 North 6th Street Indianola
PHONE: 515-707-3022
WEBSITE: www.ffc-beauty.com



FFC Beauty was founded five years ago by Shawna, Corinne, and Jessica, who saw the potential of offering Botox in Indianola. The name “FFC” is derived from the initials of their last names. At the time, no one else was offering aesthetic services in the area, and they recognized a great opportunity to serve an untapped market. The three women began by providing individual Botox appointments and hosting Botox parties at hair salons and in clients’ homes. In addition to FFC Beauty, all three founders maintain full-time jobs. Shawna is a Nurse Practitioner at West Des Moines OBGYN, while Corinne and Jessica both teach in the nursing program at DMACC. With their combined medical expertise, they are committed to providing exceptional, personalized care to every client.

In December 2022, FFC Beauty expanded into Drees Chiropractic, allowing them to offer a wider range of services to the community.

Today, FFC Beauty provides dermal fillers, chemical peels, DiamondGlow facials, SkinMedica skincare, and dermaplaning. The latest addition to their offerings is the Sciton laser, which provides a variety of treatments for clients of all ages, including BBL HEROIC, Moxi, Forever Clear, and Forever Bare. These treatments address concerns such as age spots, rosacea, melasma, acne, scarring, skin tightening, fine lines, wrinkles, and more. FFC Beauty operates by appointment only, typically offering services 5-6 days a week at Drees Chiropractic. When was the last time you did something just for yourself? Let us take care of you and help you achieve the glow and confidence you deserve!



VICTORY CHRISTIAN ACADEMY

Victory Christian Academy was founded in 1998 by parents who wanted a biblically-based education for their children. For over 25 years, we have been helping students become:

- Academically prepared,
- Biblically discerning, and
- Spiritually growing.

We use phonics-based reading and concept-based math curricula. Teachers and students all enjoy recent changes to the curriculum that moved us from seatwork to hands-on learning with more movement.

Academic development is only part of the story for students at VCA. Opportunities to learn the joy of serving and investing in our community include visiting local businesses to thank them for serving the community,

ADDRESS: 805 North 1st Street, Indianola
PHONE: 515-962-1632
WEBSITE: vcaiowa.com
PRESCHOOL THROUGH 6TH GRADE

reading to residents of a local nursing home, and serving breakfast and presenting a program on Veterans Day. Partnering with HyVee, who provides the breakfast, is a highlight of the year.

Victory is Accredited by Christian Schools Internationally, which is recognized by the State of Iowa.

Accreditation for our school has allowed parents to participate in the Iowa Education Savings Accounts to help with tuition. And the process helped us to better serve our parents and students through continuous improvement.

Come check us out! We would love to show you around.



Aiden H.

“My time at VCA set me apart from any other education in many ways. The christian education I received was instrumental in making me who I am today. A relationship with God was nurtured at a young age and has always stayed with me. VCA not only helped to give me a good foundation biblically, but also in my education which helped me to excel when it came to academics after graduation from VCA. Lastly were the friendships, that even to this day lead to great connections and conversations.”



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CHUMBLEY'S AUTOCARE

OWNERS: Keegan and Jerrica Niccum
ADDRESS: 110 S Jefferson Way, Indianola
PHONE: 515-961-2594
WEBSITE: chumbleysautocare.com

Chumbley's Autocare was established in 1957 by the late twin brothers: Wilbur and Winton Chumbley. Chumbley's has been a staple part of the Indianola community for several decades. Keegan and Jerrica Niccum purchased Chumbley's from Tim and Laura Davison in 2023 as the third generation of owners to the automotive repair shop. Since the beginning, excellent service has always been the top priority and this legacy continues as new owners have made it their mission to deliver exceptional service with integrity and advanced technology, while prioritizing safety in a welcoming environment.

Keegan works full time at Chumbley's and has been a part of the team since 2008 when he started as a shop helper. He was then hired full-time and became a Service Advisor and then the shop Manager. Jerrica was previously working as a pediatric nurse in the clinic until 2023 when she decided to start a new adventure at Chumbley's where she now works full time as the CFO. Through a lot of training and creating a great team culture new owners are excited for the future of Chumbley's. Keegan states, "I want to create long lasting relationships with our customers and build their trust to provide safe and effective repairs for their transportation needs."

Chumbley's vision is to be leaders in the industry by continuously expanding their knowledge and skills while

benefiting both their team and their customers. Jerrica states, "We think it's very important for our team to be knowledgeable in the evolving technology of the automotive industry with continuing education and training opportunities. At Chumbley's we believe in having an extraordinary team that continues to adapt to new technology while maintaining a focus on the integrity of our work so that our customers and community are safe."

Chumbley's is located at the original location, 110 S Jefferson Way, on the East side of Highway 65/69. Chumbley's strives to continue to provide exceptional service that has always been a trademark since the very beginning. Their purpose is to establish lasting relationships and provide memorable experiences, with a commitment to growth and development. While located in the heart of Indianola, owners Keegan and Jerrica are proud to be active members of an amazing community that gives back and continues to serve.

Chumbley's provides a large range of repairs as well as preventative maintenance services. They provide courtesy vehicles to customers during repairs, as well as local pick-up and delivery. As the next generation of owners, Keegan and Jerrica are dedicated to continuing to work with their amazing team to provide exceptional customer service to the community at Chumbley's where "good service never goes out of style."



Chumbley's
A U T O C A R E

OCTOBER is Audiology Awareness Month

More than 48 million Americans suffer from hearing loss. While this condition is often viewed as an inevitable part of aging, over half of all patients are otherwise healthy adults under the age of 65. Regular hearing screenings are an invaluable tool in identifying problems early and taking steps to prevent further hearing damage before it is too late. Fortunately, nearly all types of hearing loss are treatable by an audiologist. We encourage you to schedule an appointment for a hearing screening with an audiologist during the month of October, recognized nationwide as Audiology Awareness Month.

Audiology is the study of hearing and balance disorders. The goal of this national month-long observance is to raise awareness



of audiology and the importance of hearing protection in preventing hearing loss.

Hearing loss can be caused by a variety of factors, including noise exposure, trauma, diseases of the inner and middle ear, ear infections, excess earwax and certain medications. It can happen so gradually you may not be aware of a problem until it has reached an advanced stage. Signs and symptoms of hearing loss include difficulty understanding others when they speak (speech may seem to be muffled or garbled), asking speakers to frequently repeat what they have said, the inability to distinguish speech from distracting background sounds, turning up the volume to levels that others find too loud and tinnitus (ringing in the ears).

Audiologists are licensed and certified professionals with advanced degrees in the hearing and balance sciences. They evaluate, diagnose and treat hearing and balance

disorders in children and adults; prescribe, fit and dispense hearing devices; and provide hearing rehabilitation training and counseling to patients and their families. They may also treat individuals of all ages with tinnitus and central auditory processing disorders and are often involved in developing hearing conservation programs and newborn hearing screenings. Audiologists work in settings as varied as hospitals, clinics, ENT offices, universities, schools, government, military and Veteran's Administration (VA) hospitals.

Your hearing is crucial to your wellbeing. If you are committed to taking care of your hearing health, contact your local audiologist today for a comprehensive hearing evaluation. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.IowaHearingCenter.com.

October is Audiology Awareness Month



Be informed. Take action. Stay connected.

Call (515) 416-5990 to schedule an appointment today!



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ACUPUNCTURE can help your immune system

Asian Medicine has been used for thousands of years to treat simple diseases such as colds and flus using acupuncture, moxibustion, Chinese herbs and dietary changes. This medicine has been used successfully as both prevention and during active illness to decrease the symptoms and reduce the spread of the virus.



CD4+ T cells through TRPV channels.” The treatment used for the research also increased interferon and interleukin levels, which were confirmed using immunohistochemical analysis.

So, what does this mean? These cells and cell markers are how science measures immune system function for different levels of our immune system. Now, we can measure the effects of an acupuncture treatment, in this case, on how the immune system responds.

From an Asian Medicine theory, the acupuncture helps to regulate the Wei Qi, or defensive Qi, that protects the body. It is the first line of defense when the body is under attack from external pathogens such as viruses and bacteria.

Another research study completed in 2007 demonstrated that acupuncture improved the immune functions in women with anxiety. (*Effect of Acupuncture Treatment on the Immune Function Impairment found in Anxious Women.*)

More studies show that acupuncture

can increase the number of T cells the body produces. T cells destroy harmful bacteria and viruses in the body. Having regular acupuncture treatments increases the T cell production over time.

Acupuncture can be used beneficially in patients who have decreased immune function and those who have autoimmune diseases such as RA, Crohn’s, lupus, etc.

Each of these Asian Medicine tools has a similar effect on the body. They can regulate immune function while treating the underlying causes of the disease. This is done by reducing the symptoms, speeding up the healing response, decreasing excess phlegm, decreasing inflammation and boosting the immune-mediated cells in the body that help to ward off viral and bacterial infections. ■

Information provided by Dr. Renee Dalrymple, LAc, SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 14849 130th Ave., Indianola, 515-808-1548, call or text.

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WHAT is microneedling?

Microneedling is a minimally invasive cosmetic procedure that involves using a device with fine needles to create tiny, controlled punctures in the skin's surface. This stimulates collagen production, improves skin texture, reduces fine lines and scars, enhances product absorption, minimizes pores, and promotes overall skin rejuvenation with minimal downtime and discomfort.



Regular (Skinpen) microneedling involves using fine needles to create micro-injuries in the skin, promoting collagen production and improving skin texture.

Morpheus radiofrequency (RF) microneedling, however, combines traditional microneedling with radiofrequency energy. This added energy heats the deeper layers of the skin, enhancing collagen remodeling and tightening. RF microneedling can provide more dramatic results, particularly for skin tightening and rejuvenation, with less downtime than traditional methods. While both treatments aim to improve skin quality, RF microneedling offers deeper penetration and more comprehensive benefits.

New to the market is Exion microneedling. It is more effective than regular microneedling and less painful than Morpheus microneedling.

Ultimately, the choice between the three options depends on individual skin concerns and goals. Results may vary, but many people notice improvements in their skin after a short series of sessions. Scheduling a skin consultation will assist you in determining the most suitable option for your needs. ■

Information provided by Chelsea Taggart, L.E., Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, living-vivid.com/life-spa.

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MEET Emma Kinney

Creating opportunities for students to be “rising stars.”

When Indianola High School English teacher Emma Kinney learned that she was named a 2024 Rising Star by the Journalism Education Association, she couldn't help but feel proud. However, there was another layer to the story.

“It always feels amazing to be recognized for your hard work, but this award holds a little bit more sentimental value to me,” she says.

It turns out her high school journalism teacher, Natalie Niemeyer-Lorenz, was named a Rising Star in 2014 when Kinney was in her journalism class as a sophomore. Niemeyer-Lorenz had a big impact on her while on the high school yearbook staff and as co-editor-in-chief and design editor her senior year.

“She was also my mentor teacher for my journalism placement in college, and continues to be, so it feels surreal to even be considered a teacher of the same caliber that she is.”

Kinney grew up on the east side of Des Moines and says, even though she always wanted to be a teacher, she almost changed her mind and considered a corporate path. In the end, she decided that being a yearbook advisor was her passion and earned her education degree from Iowa State.

In the classroom, Kinney's goal is to prepare students for life after high school.

“I work to help them learn skills that will translate to the workplace, no matter what it may be,” she explains. “I remind them that there is not a job in the world that doesn't require reading and writing.”

She also makes it a priority to get to know her students and says that caring about one another and building relationships helps everyone succeed in the classroom.

Kinney has been instrumental in bringing change to the journalism program at IHS as well as the yearbook, which is now a member of the Iowa High School Press Association. Yearbook has shifted to a rigorous program that holds students to high journalistic standards. Teachers and students alike have recognized the changes, and the number of students involved this year speaks to that.

“During the 2021-2022 school year, approximately 40 students took either yearbook or video production (the journalism elective at the time),” says Kinney. “This year approximately 150 students will be enrolled in either Yearbook or Journalism and Digital Media.”

Students want to be part of the yearbook staff, and they want to take journalism because it's a fun way to build community and work together. Last year, the IHS yearbook won the Iowa High School Press Association's yearbook of the year award, which is the equivalent of a state championship in journalism. The honor created excitement and attracted more students to get involved.

Outside of school, Kinney likes spending time in the kitchen with her husband trying out new recipes, as well as taking in the Des Moines downtown farmer's market and attending Iowa State sporting events and Indianola activities. ■



English teacher Emma Kinney (left) is a “Rising Star” in her field, and she is honored to share that recognition with mentor teacher Natalie Niemeyer-Lorenz.

THE WORD of the Lord remains

I remember being awestruck as I stood atop the great ziggurat (a pyramidal stepped temple tower) outside Talil, Iraq. Our tour guide told us that this structure had been built about 3,000 years before the birth of Christ, or about 5,000 years before the day we were standing there. The ziggurat was one of the few things left standing; almost everything else was in ruins. A major shift in the path of a river had “killed” the city centuries before.



Nevertheless, this ziggurat still stood, even though everyone had left.

This ziggurat was the center of a pagan lifestyle and system of worship but reminded me of my Christian Bible, notably 1 Peter 1:25—“...the word of the Lord remains forever.” The Word of the Lord does not remain because it is popular; it seems as though major shifts in opinion and priorities is about to “kill” the Church. Nevertheless, the Word of the Lord remains because God’s power upholds it no matter what. ■

Article provided by Pastor Tom Vanderbilt, Mount Calvary Church, Indianola.



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For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - Ephesians 2:10

WHEN someone else is at fault

If you have collision coverage on your car, and someone else is at fault for damage to that car, there are two approaches you can take. The first route is to try to work with the other party’s insurance. The pros of this approach are: 1) Nothing shows up on your insurance claims history, and 2) You do not have to pay a deductible. The cons of this approach are: 1) The other party may not be cooperative, and 2) The other insurance company may not agree that their customer is at fault.



The other approach is to file a claim with your own insurance. The pros of this approach are: 1) The claim will be handled more quickly, and 2) Your insurance company will deal with the other party’s insurance so that you don’t have to. The cons of this approach are: 1) This claim will show up on your insurance claims history, and 2) You will have to pay your collision deductible. But, if your insurance company recovers payment from the other insurance company, they should refund your deductible.

The choice is completely up to you. But if you do not have collision coverage on your car, then the first approach is your only option. And if it is a hit-and-run situation, where you are unable to identify the at-fault party, then the second approach is your only option.

To ensure that you have sufficient insurance coverage on your car, talk to your insurance agent today. ■

Information provided by Mike Richey Agency Inc., American Family Insurance, 204 E. Detroit Ave., Indianola, 515-961-8889, mrichey@amfam.com.

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VOLLEYBALL Game

Cheering on Indianola middle school volleyball on Sept. 24.



Karsen Peuter and Piper Tiano



Lennon Cunningham and Riley Pinamonte



Halee, Curt and Berklee Parker



Elliot Lampman and Sophia Hill



Molly Jewett and Meya Shivers



Brooklyn Eaton, Faith Manser and Kira Cawthorn



Illea Chadwick, Lillabelle Place and Zayne Ontiveroz



Jolene Crouse, Bailey Saal-lanning and Beth Meints



Sue, Jeff and Erin Kelly

OUT & ABOUT



Erin Kelly and Molly Jewett at the Indianola middle school volleyball game on Sept. 24.



Dana McBride and Donna Krizmanic at the Indianola middle school volleyball game on Sept. 24.



Kaelynn Polo and Adelle Goering at the Indianola middle school volleyball game on Sept. 24.



Kylie Johnston and Rowan Bee at the Indianola middle school volleyball game on Sept. 24.



Dion Millard supporting Indianola's athletes at Hy-Vee Sept. 24.



Audrey Miller supporting Indianola's athletes at Hy-Vee Sept. 24.



Arianna Meling supporting Indianola's athletes at Hy-Vee Sept. 24.



Garrett Goven supporting Indianola's athletes at Hy-Vee Sept. 24.



Chase Sawyer, Lela Vance and Michaela Lester supporting Indianola's athletes at Hy-Vee Sept. 24.



Gabby Shepherd supporting Indianola's athletes at Hy-Vee Sept. 24.



Paul Meyer supporting Indianola's athletes at Hy-Vee Sept. 24.



Luke Steiner and Vanessa Price supporting Indianola's athletes at Hy-Vee Sept. 24.

INDIANOLA accepted for Main Street program

A healthy downtown reflects a healthy community.

Main streets tell us who we are as a community. Not just where we've been, but where we're going. Indianola's downtown district has gone through much growth and change over the last few years, and while there have been challenges along the way, business owners and community members alike are excited for the future.

The Main Street Iowa (MSI) program works with a select group of communities that successfully complete a competitive application process and commit to exceptionally high standards for downtown economic development.

City officials originally approached the Indianola Downtown Merchants board about applying for Main Street designation. Those two entities, along with the Chamber of Commerce and Warren County Economic Development, worked together on the extensive application. In July, representatives presented to a committee chosen by Main Street Iowa, and out of the five cities competing, Indianola and Boone were chosen, joining 51 other Iowa Main Street communities.

"Now that the application process and celebration party is over, it's time to get to work," Michael Wagler, MSI state coordinator, told an audience of business owners and community members at an informational meeting on Sept. 17.

Indianola Main Street becomes part of the Main Street Iowa program under the umbrella of Main Street America. Indianola can leverage resources from MSI that include services and training opportunities as well as other support in the start-up phase.

"The Indianola Downtown Merchants board recently transitioned to the Indianola Main Street board," President Erica Roberts says. "Six on the merchant board carried over, and we added representatives from Simpson, the city, a resident and a property owner for a total of 11."

The board will develop and implement strategies and committees in the areas of:

Design – Improving the appearance of the commercial district through historic preservation based on sustainable strategies.

Economic Vitality – Collecting and sharing data with the community that addresses fulfilling the needs within the business environment, supporting who is here and determining future needs.

Promotion – Attracting people downtown by marketing its unique assets and improving its image.

Organization – Building a broad-based group that leads the initiative through leadership development and volunteer efforts.

Leslie Held, Indianola Main Street board vice president, says she is excited about the future.

"For the rest of 2024, we'll work to define key strategies and meet with strategic partners," she says. "We're also in the process of hiring an executive director who will serve the entire Indianola business community by focusing solely on growing and improving the downtown square and surrounding area."

There are two large community events planned: Wine, Witches & Brews on Oct. 25 and Home for the Holidays on Nov. 23. The events are not only fun, but a strategic part of building tourism and strengthening the downtown businesses and community.

Community members are encouraged to volunteer for these events and for any Main Street committee. Contact Erica Roberts or Leslie Held at indianoladowntownmerchants@gmail.com. ■



LIGHTS, please

I didn't know how dark the darkness could be — until they turned out the lights. We were on a guided tour of a multi-chambered cave, and, as they often do on this kind of thing, the guides ushered us into a small chamber. After warning us, they turned off the lights. Complete darkness, the kind that you can feel. It was uncomfortably dark.



It's hard for me to imagine the complete opposite of that, something that is completely light with no darkness at all. In my mind's eye, there's always a shadow cast by an object. Even something as overpoweringly bright as the sun does have the occasional sunspots.

But God is described as being this kind of light. In 1 John 1:5 we're told, "God is light, and there is absolutely no darkness in him." Of course this isn't talking about physical light, as I've been describing above. This is a spiritual light, a moral perfection. In the simplest terms I can think of, this is like saying, "He's all good, with no bad." Or, perhaps better, "He's all good with no evil."

And why is that important for us? You only have to imagine the opposite of this truth to arrive at an answer. If God were 99.9% light and .1% dark, we'd be in trouble. Big trouble.

His word is filled with many promises, but if He's partially dark, then none of them would be completely trustworthy. Some of them would be lies; or worse, sometimes He would purposely not abide by what He'd said. He would at times purposely abandon His children. He would at times choose not to cause all things to work together for the good of those who love Him. He would at times allow their prayers to go unnoticed.

I was going to say all of this would make God fickle, like the child who declares someone their best friend one day and then has a new best friend the very next. But it's actually much worse than simply fickle. 99.9% love and .1% malevolence toward His own would still be evil. In fact, it would be terrifying for us.

But, the wonderful truth is that there is absolutely no darkness in Him at all. We can trust completely what He has said. We can rest completely in the peace His Son brings us. He will never turn out that light. ■

Information provided by Kevin Mayer, New Heights Church, 200 E. First Ave., Indianola, 515-442-5111.

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