

INDIANOLA

NOVEMBER 2024

Living

MAGAZINE

ON THE Map

Landmarks add to
Indianola's character

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EDUCATION

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RECIPE

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ANNUAL HAT & GLOVE DRIVE



By McKenzie Ellis

SAVE THE DATE! 14th Annual Hat & Glove Drive/Open House

This year, we will hold our 14th Annual Hat & Glove Drive accompanied by our open house on December 12, 2024, from 5:00 - 8:00 p.m. This event started in 2009, on a blistering cold winter day, when our founder, Ryan J. Ellis, drove by Indianola Middle School and High School on his way to court. Ryan saw several kids walking to school wearing almost zero cold weather gear for their trek. The image of these kids stuck with Ryan, even as he returned from court and instead of returning immediately to the office, Ryan stopped by the middle school to see if this was a common occurrence. When he was told that the schools were in desperate need for hats and gloves, Ryan drove to Wal-Mart and purchased 30 hats and 30 pairs of gloves to be donated to the middle school and distributed as necessary. And thus, the Ellis Law Hat & Glove Drive was born!

From that year on, Ellis Law Offices has hosted their Hat & Glove drive and with its continued success has expanded

to include all of the Warren County community schools. As the event has grown, so to have the causes we are able to support. In 2020, when longtime friend of Ellis Law Janine Jensen passed away, we decided to continue holding the Open House in her honor. Ellis Law has also began to donate \$1.00 for every hat or pair of gloves donated, to go directly to Unravel Iowa - an organization dedicated to pediatric cancer research.

We feel honored to give back to our community and humbled by the continued support and contributions to these causes. We hope to see everyone at our Open House on December 12!



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WELCOME

BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.

Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share many of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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The Tree of Life in Sesquicentennial Park near city hall not only represents community but also the friendship that flourished between Judy Pauley (left) and artist Hilde DeBruyne (right) after completing the project.

ON THE Map

Landmarks add to
Indianola's character

By Becky Kolosik

Art works. Architectural delights. Stunning homes. Monuments. Indianola abounds with well-known sights — historic and new — that serve as landmarks and add to the community's character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As street scenes change with the times, the landmarks remain steadfast reminders that Indianola is one of a kind. This month's cover story tells the stories of some of the most recognizable landmarks of the city.

A tree for the community

Since 2012, the “Tree of Life” has been a focal point of Indianola’s Sesquicentennial Park. If you’ve driven past the large steel structure located near City Hall and don’t know the story behind it, you’re not alone. Like any landmark, the Tree of Life plays a pivotal role in nurturing a sense of belonging and pride in our community.

The project was a collaborative effort that started in November 2011 between the Indianola Fine Arts Commission (now the Indianola Public Arts Commission), Indianola Park Friends (no longer in existence), and the Parks and Recreation Commission.

Judy Pauley, who led Park Friends at the time, says the committee’s objective was to create a sculpture for the park located on the corner of Highway 65/69 and Salem Avenue that would showcase, enhance and preserve the quality of life in Indianola.

“We have so many things to be proud of here in Indianola,” Pauley says. “We not only have a strong community of people, but that is enhanced by incredible cultural opportunities that include art, music, nature and academics.”

The Tree of Life was created by Belgium-American artist Hilde DeBruyne, who grew up in a family of artists. She originally focused on clay, but after moving to the United States and participating in sculpture trails, she began exploring metal as a medium.

The Indianola Park Friends sent a request for sculpture proposals to artists all over the state, and DeBruyne was one of three artists invited to interview. DeBruyne was provided with a sheet of information including things that were important to the community. During the process, she discovered that Indianola is a mix of farmers, small business owners, academia, culture and much more.

DeBruyne envisioned the Tree of Life as the heart of the community.

“A tree is something we can all relate to because we all have some type of memory around them — whether raking leaves, planting one in memory of someone, or just watching a tree grow throughout the years,” she says. “They are not only beautiful additions to any garden, park or street, but they also provide shade, shelter, cleaner air and a source for food and raw materials.”

Little did the Cumming, Iowa, artist know that when the committee chose her concept, Indianola would be her first big public art piece, launching her into a successful career in 3D public art.

“Hilde was very collaborative in the whole process,” Pauley says. “Once we had the concept of the tree, we then sought community input on



what words best represented Indianola.”

The larger leaves contain the words COMMUNITY, FAMILY, TRADITION and MEMORIES. The smaller leaves communicate ART, CULTURE, NATURE and MUSIC. The words are cut out of the metal leaves, so when the sun shines, they have the ability to cast a shadow on the concrete below.

“I love that it portrays that values, tradition and memories are not only being shared, but spread throughout the community,” DeBruyne says, smiling.

Indianola company, Iowa Metal Fabrication, was brought in to fabricate the steel, which was painted with no-gloss white enamel paint. Owner Jim Dawson, alongside DeBruyne, set up the entire tree in his space first, and then dismantled it before bringing it to the park.

The sculpture was dedicated on Oct. 28, 2012. In addition to the contributions of the three commissions, the project received a grant from Warren County Philanthropic Partnership and donations from several community businesses and individuals.

The tree is surrounded by beautiful gardens that bloom throughout the spring and summer months. Next time you’re visiting Indianola’s Downtown Main Street, stroll a couple blocks east and see this wonderful piece of public art. Sit for a few minutes and reflect on what living in Indianola means to you, your family and the greater community.

A walk in the park

Whether you’ve lived in Indianola all your life, or recently began calling this community home, there’s no doubt you’ve explored and enjoyed Buxton Park. The beautiful gardens, ornamental fountain, and public art make a wonderful place for Simpson students to study, or for residents to walk their dogs, ride bikes, play with their children, or even practice yoga.

As an Indianola native, my first memories of Buxton Park date back to grade school. Growing up just a few blocks north on Buxton Street, the park was a summer gathering spot for many neighborhood kids. Long before the expansive



The Tree of Life was dedicated on Oct. 28, 2012, representing different aspects of the community with words cut out in the leaves such as Art, Community, Family, Music and Tradition.

perennial beds were planted in the northeast section, the then-large grassy area was frequently used for pick-up games of wiffle ball and kickball or playing catch.

According to research compiled by Indianola resident Elodie Opstad and Jessica Halgren, an Indianola native currently living abroad, the five-acre tranquil green sanctuary was given to the community of Indianola on Christmas Day as a botanical park and arboretum. It was formally established in early 1906 as a gift from William Buxton, Sr. to his hometown.

William Buxton, Sr. was born in Derbyshire, England, in 1827. After immigrating to the United States, he made his way from Indiana to Warren County, Iowa. He lived in Indianola along with his wife, Betty Bramhall, and their five children.

Buxton Park was designed by Franklin E. Pease, a well-known landscape gardener and architect from Des Moines. Opstad has well documented the history and change of Buxton Park over the years through photographs. A 1910 photo shows the original gazebo from Pease’s design showcasing a naturalistic English garden, celebrated for its picturesque landscapes. The introduction of straight north-south paths surrounding the sunken garden and gazebo in the late 1930s added a geometric formality, reflecting a Victorian garden style and dividing Buxton Park into two distinct halves.

The gazebo was built in 1909, influenced by early 20th-century Revival styles, with its octagonal roof flared at the eave overhang and a metal ball cap at its peak. It served not only a space for relaxation and retreat, but also functioned as a bandstand or performing

arts podium for traveling and local artists, including musicians from Indianola High School and Simpson College. There's no definitive information on when and why it was removed.

Sometime before 1959, angled frosty pink stone benches with redwood seats placed in a zig-zag pattern were added at the south end of the sunken gardens. The Barton Benches were attributed to Thomas and Mary Pemble Barton — landscape architects and faculty from Iowa State University who lived and raised their family in Indianola.

Other changes Opstad noted over the years include the addition of underground irrigation: first in 1985, then again in 1989, 2000 and 2008.

In 1994, the Buxton Memorial Gazebo was built, followed by the installation of the Hukill Memorial Fountain in 2001 (recently replaced) and the addition of the Children's Garden in 2019.

Today, the landmark park continues to be a place not only with a rich history, but also beauty and color thanks to Indianola's horticulturist, Angie Buchanan.

"I feel like we've kept with the intention of Mr. Buxton," she says. "It is my belief that



Nestled in the center of Indianola, Buxton Park's stunning and serene setting makes it a wonderful place for people of all ages to connect with nature, socialize with others, relax and build community.

gardens are ever-evolving. It is my passion to leave Buxton Park better than I found it, with beautiful gardens and features that people of all ages can enjoy."

One of Buchanan's favorite parts of the park are the formal gardens south of the gazebo. Buchanan says she loves the calming presence from the sound of the fountain and watching the annuals grow from small plants into lush gardens.

She also enjoys the Children's Garden, which

is a culmination of a variety of donors, originally brought to life through donations from the family and friends of Lynn and Jim Cooper and Patricia Traster. The theme changes periodically and encourages all ages to play and explore.

"I've seen young and old playing the soft sounds of the musical instruments, enjoying dinosaur digs, discovering unique plant names, reading a book and even picking fresh veggies in this area," she says, with a smile.

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FEATURE

William Buxton Sr., and we can also thank William “Bill” Buxton III (1906-1998) and his wife Elizabeth “Betty” Carpenter Buxton (1908-2001), who continued their community stewardship, advocacy and support for the development and maintenance of Buxton Park until their deaths. Betty Buxton was fundamental in the establishment of an Indianola Parks and Recreation department, which still exists today as the custodian of Buxton Park.

An icon in the park

For 30 years, the Buxton Memorial Gazebo has been a landmark in Buxton Park. Not only has it been the backdrop for hundreds, if not thousands of homecoming, prom and family photos, but it's also been a venue for weddings and other gatherings, or simply a place for people to rest and reflect.

Bill and Betty Buxton raised three sons in the community: William Robert “Bob,” Richard William “Dick” and William Carpenter “Billy.” In February 1994, the family lost their son and brother, Bob. As a tribute to him and a further gift to the community, Bill and Betty wanted to bring back a gazebo in Buxton Park.

With help from the Indianola Rotary Club, a gazebo design was chosen that shared attributes similar to the original gazebo from 1909. Made of cedar wood, it had a peaked roof and highlighted the Victorian design already emphasized by the landscape and architecture of Buxton Park.

The Indianola Rotary Club donated the rest of the material, labor, and time to build the gazebo. At the top is the Rotary Wind Vane recognizing the co-creation efforts.

In August 2020, Jessica Halgren became aware of some informational meetings planned



Buxton Park is full of history and change, including this original gazebo that was installed in 1909 to serve not only as a space for relaxation and retreat, but also as a bandstand or performing arts podium.

to discuss a new structure to replace the Buxton gazebo. Despite currently living and raising her family in Amsterdam, Halgren has strong ties to her hometown of Indianola. In 2013, she and her husband bought a house near Buxton Park to be able to spend time with family and friends when they are back — and to ensure their children have strong ties to their American heritage. They hope to retire here one day.

After hearing about the gazebo, but unable to travel back from Amsterdam because of the pandemic, Halgren began sending emails and trying to gather as much information as possible.

“My life in Indianola continues to evolve, keeping me grounded wherever I am and bringing me great joy and connection,” she explains. “When the gazebo conversation started, I was in a unique position to dedicate some time on this initiative in the hopes I could give back in some way because I adore Buxton Park and have always loved the gazebo. I was sure that other people likely did, too.”

After posting a letter on Facebook sharing her thoughts, it spread quickly, and many people responded with similar reflections and personal



Buxton Memorial Gazebo's recent restoration ensures that residents and visitors to Buxton Park will enjoy this community icon for many years to come. Photo by Diane Roscoe.

stories about the gazebo. She started a Facebook group that became quite active. Halgren created an online survey to capture responses in a measurable way and assess the community's priorities, preferences and wishes.

That survey revealed that 81% of respondents considered Buxton Memorial Gazebo the icon of Buxton Park. After a few more informational meetings, the proposal to replace the gazebo was withdrawn, and plans started to take shape to repair and restore the structure.

The restoration was completed just a few weeks ago, thanks mostly to the volunteer efforts of Dave Grissom, Bob Parker and Frank Rasko. Their work made it possible to honor the gazebo's place in the park, reduce the costs to the city budget and ensure that residents and visitors will enjoy this community icon for many years to come. ■

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UNDERSTANDING risk

Few terms in personal finance are as important or used as frequently as “risk.” Generally, when financial advisors or the media talk about investment risk, their focus is on the historical price volatility of the asset or investment under discussion.

Every investment carries some degree of risk, including the possible loss of principal, and there can be no guarantee that any investment strategy will be successful. That’s why it makes sense to understand the kinds of risk as well as the extent of risk that you choose to take and to learn ways to manage it.

Types of risk to be aware of when investing include:

- **Market risk:** This refers to the possibility that an investment will lose value because of a general decline in financial markets due to one or more economic, political or other factors.



- **Inflation risk:** Sometimes known as purchasing power risk, this refers to the possibility that prices will rise in the economy, so your ability to purchase goods and services would decline.

- **Interest rate risk:** This relates to increases or decreases in prevailing interest rates and the resulting price fluctuation of an investment, particularly bonds. There is an inverse relationship between bond prices and interest rates. As interest rates rise, the price of bonds falls; as interest rates fall, bond prices rise.

- **Reinvestment rate risk:** This refers to the possibility that funds at maturity have to be reinvested at a lower rate of return than that offered by the original investment.

- **Default risk (credit risk):** This refers to the risk that a bond issuer will not be able to pay its bondholders interest or repay principal.

- **Liquidity risk:** This refers to how easily your investments can be converted to cash.

In general, the more risk you’re willing to

take on (whatever type and however defined), the higher your potential returns, as well as potential losses. This proposition is probably familiar and makes sense to most of us.

Risk is not necessarily a bad thing when it comes to investing. Understanding your own risk tolerance and your comfort level of market ups and downs helps balance the risk versus reward equation. You can potentially help offset the risk of any one investment by spreading your money among several asset classes. Reducing risk through diversification helps smooth the edges of market drops while still taking advantage of market returns. ■

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DON'T click away your rights

We have noticed recently that some insurance company adjusters are attempting to settle personal injury claims within days of an accident. This might make sense in a minor accident with no apparent injuries. However, where a significant injury or hospitalization is involved, such a settlement may be premature.

In this world of downloadable apps, e-signatures and digital communication, it is possible that a person may unwittingly agree to a settlement before becoming aware of the seriousness of his or her medical condition or the rights being given up. It seems we are conditioned to agree to long document forms without ever reading the words contained in them.

In this environment, it is the liability insurance adjuster's goal to obtain a signed release of the company's insured party in exchange for a payment to the injured party as quickly as possible. For the sake of "convenience," such releases are often presented digitally whereby a simple "click" can extinguish an injured party's claim.

One should be very careful before ever agreeing to accept payment from an insurance company that promises to pay for an injury shortly after an accident. By accepting such payment, the injured party will have essentially settled the case and closed off any opportunity for full compensation. Unfortunately, it may be difficult to "undo" a misinformed acceptance of an early settlement proposal.

Iowa Code Chapter 507B contains specific rules concerning how insurance companies are to fairly settle claims. For example, an unfair claim settlement practice may include "not attempting in good faith to effectuate prompt, fair, and equitable settlements of claims in which liability has become reasonably clear." The focus of the statute is on whether the company is in violation with such frequency as to indicate a general business practice. Enforcement is handled by the Insurance Commissioner.

In *Bates v. Allied*, 467 N.W.2d 255 (Iowa 1991), the Supreme Court of Iowa held that 507B does not create a private cause of action against an insurance company that commits an unfair claim settlement practice. The Court explained that while an insurer has a fiduciary relationship with its insured, it has an adversarial relationship with a third-party claimant. Therefore, a tort victim, as a third-party claimant, cannot compel a tortfeasor's insurer to negotiate and settle a claim in good faith anymore than he could compel the tortfeasor to do so himself.

In conclusion, it should be understood that the insurance company for the at-fault party has an adversarial relationship with the injured person. It is crucial for an injured person to read and understand all documents sent by an insurance company before signing or "clicking" agreement to the terms. ■



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BENJAMIN STARK

Indianola

Military branch: Army National Guard

Rank: Specialist

Service: Afghanistan 2013-2014

How can Americans best honor veterans:

"By remembering all gave some and some gave all." — Benjamin Stark



NOEL CONRAD

Indianola

Military branch: Army

Rank: Specialist

Service: Operation Iraqi Freedom 2010-2011

How can Americans best honor veterans:

"If you are able, please donate or volunteer in support organizations that help disabled veterans."

— Noel Conrad



CHRISTOPHER HARRINGTON

Indianola

Military branch: U.S. Army

Rank: E-4 • **Service:** 2004-2009

How can Americans best honor veterans:

"Spend some time thinking about the sacrifices that others have made to ensure they have the freedoms they have." — Christopher Harrington

KATE SCHULTZ

Indianola

Military branch: Iowa Air National Guard

Rank: Senior Master Sergeant/E-8

Service: 1997-present

How can Americans best honor veterans:

"Keep it simple and say, 'Thank you for your service.' " — Kate Schultz



DENNIS DOP

INDIANOLA

Branch: Marines and Army, 1970-1995

Rank: First Sergeant

How can the public best honor veterans? *"Just say, 'Thank you for your service.' " — Dennis Dop*



FRANK WILSON

Indianola

Military branch: Iowa Air National Guard

Rank: Senior Master Sargent • **Year enlisted:** 1954-1985

How can Americans best honor veterans:

"It means a lot to me when someone offers something as simple as a smile and a 'Thank you for your service.' " — Frank Wilson

Thank you for your service!



BETTY HUNT
Indianola
Military branch: U.S. Air Force
Rank: A2C (Airman 2nd Class)
Service: July, 1965 - November, 1966



DAVID TRENKAMP
Indianola
Military branch: U.S. Navy
Rank: Corpsman 2nd Class
Service: 1968-1972



ROLLAND VANDERZYL
Indianola
Military branch: U.S. Air Force
Rank: Command Chief Master Sergeant
Service: 1959-1987



SHARON VANDERZYL
Indianola
Military branch: U.S. Army Nurse Corps
Rank: Brigadier General
Service: 1975-1996

JUSTIN KAPPELMAN

Indianola
Military branch: US Army Reserves
Rank: Chief Warrant Officer Two
Service: 2001-2024

How can America best honor veterans? *"America can best serve veterans by fully understanding that our country was founded as a Constitutional Republic and NOT a Democracy. Our founding fathers had a clear, intelligent vision of what this country could be; we still need to see that vision. Our Service members may not always agree with the operations taking place globally or our reasons for being there, but through the core values that the Military branches hold, carry on with the mission to the best of their abilities. Veterans sacrifice more than the civilian population can fully understand, from being away from family for up to a year at a time to shutting down small businesses and having to start them back up again upon return. That kind of sacrifice is tremendous for our Guard and Reserve members. Veterans can be supported best by Americans loving their neighbors and caring for each other like family; if we can do that, hopefully, no Veteran will slip through the cracks and be forgotten." — Justin Kappelman*



WADE ELGIN
Indianola
Military branch: U.S. Marine Corps
Rank: Sargent E5
Deployment: OIF/OEF (Operation Iraqi Freedom and Operation Enduring Freedom)



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COMMITTED to staying in your home, but need some help?

Maria, 76, is committed to remaining in her home as she ages. She recently experienced some health issues, though, and is afraid her adult children will try to persuade her to move to a senior living community.

Maria's challenge isn't unusual, as staying in our homes as we age is not always possible. Chronic health challenges can make living independently ill-advised, and full-time care at home can be expensive.

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 Continuing Care at Home (CC@H) membership initiative, a program usually administered by an organization that serves older adults. CC@H programs are 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 a CC@H program, make sure to ask specifically what the program includes. A reputable 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.

You'll also want to ask:

• **Does the program feature personal support, such as wellness coaching?** Studies show people who embark on a 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.

Not all CC@H programs are created equal! If a program appeals to you, make sure it meets both your current and future needs 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. To learn more, visit wesleylife.org/wellahead.

RECIPE

BRING the taste of takeout home

(Family Features) Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour. Using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy, provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at SuccessRice.com. ■

Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.



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V. BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 3	7:30PM	Waukee	Indianola High School
Dec 6	7:30PM	Newton	Indianola High School
Dec 12	7:45PM	Ames	Ames High School
Dec 13	7:30PM	Oskaloosa	Indianola High School
Dec 20	7:30PM	Norwalk	Indianola High School
Jan 2	7:30PM	Southeast Polk	Indianola High School
Jan 6	7:30PM	Carlisle	Carlisle High School
Jan 10	7:30PM	Dallas Center-Grimes	Dallas Center-Grimes High School
Jan 14	7:30PM	Pella Community	Indianola High School
Jan 17	7:30PM	Pella Christian	Indianola High School
Jan 24	7:30PM	Newton	Newton High School
Jan 27	7:45PM	Ankeny	Ankeny High School
Jan 28	7:30PM	Oskaloosa	Oskaloosa High School
Jan 31	7:30PM	Norwalk	Norwalk High School
Feb 4	7:30PM	ADM CSD	Indianola High School
Feb 7	7:30PM	Dallas Center-Grimes	Indianola High School
Feb 11	7:30PM	Pella Community	Pella High School
Feb 13	7:30PM	Pella Christian	Pella Christian High School
Feb 14	7:30PM	Des Moines Christian	Indianola High School
Feb 18	7:45PM	Des Moines East	Des Moines East High School
Feb 20	7:30PM	Bondurant-Farrar	Indianola High School

V. GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 25	7:45PM	Urbandale	Urbandale High School
Dec 3	6:00PM	Waukee	Indianola High School
Dec 5	7:45PM	Des Moines Roosevelt	DM Roosevelt High School
Dec 6	6:00PM	Newton	Indianola High School
Dec 12	6:15PM	Ames	Ames High School
Dec 13	6:00PM	Oskaloosa	Indianola High School
Dec 19	7:30PM	North Polk	North Polk High School
Dec 20	6:00PM	Norwalk	Indianola High School
Jan 2	6:00PM	Southeast Polk	Indianola High School
Jan 6	6:00PM	Carlisle	Carlisle High School
Jan 10	6:00PM	Dallas Center-Grimes	Dallas Center-Grimes High School
Jan 14	6:00PM	Pella Community	Indianola High School
Jan 17	6:00PM	Pella Christian	Indianola High School
Jan 24	6:00PM	Newton	Newton High School
Jan 27	6:15PM	Ankeny	Ankeny High School
Jan 28	6:00PM	Oskaloosa	Oskaloosa High School
Jan 31	6:00PM	Norwalk	Norwalk High School
Feb 4	6:00PM	ADM CSD	Indianola High School
Feb 7	6:00PM	Dallas Center-Grimes	Indianola High School
Feb 11	6:00PM	Pella Community	Pella High School
Feb 13	6:00PM	Pella Christian	Pella Christian High School

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INDIANOLA

WINTER SPORTS SCHEDULE 24-25

DIANS

V. BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 5	7:30PM	Newton	Indianola High School
Dec 7	11:00AM	West Delaware	West Delaware High School
Dec 12	7:30PM	Dallas Center-Grimes	Indianola High School
Dec 14	10:00AM	Multiple Schools	Johnston High School
Dec 20	TBD	Waterloo East	Young Arena
Dec 21	TBD	Waterloo East	Young Arena
Jan 4	9:30AM	Multiple Schools	Valley High School
Jan 9	6:30PM	Pella Community	Pella High School
Jan 11	10:00AM	Ames	Ames High School
Jan 16	7:30PM	Oskaloosa	Indianola High School
Jan 23	6:30PM	Norwalk	Norwalk High School
Jan 24	TBD	Multiple Schools	Winnertonka High School

V. GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 23	9:00AM	Multiple Schools	Urbandale High School
Nov 25	5:00PM	Multiple Schools	Norwalk High School
Dec 5	5:30PM	Newton	Indianola High School
Dec 7	9:00AM	Multiple Schools	Newton High School
Dec 12	5:30PM	Dallas Center-Grimes HS	Indianola High School
Dec 14	9:00AM	Multiple Schools	Northview Middle School
Dec 21	10:00AM	Multiple Schools	ADM High School
Jan 9	5:30PM	Nevada	Nevada High School
Jan 11	10:00AM	Multiple Schools	Carlisle High School
Jan 17	5:00PM	Multiple Schools	Ankeny High School
Jan 18	9:30AM	Multiple Schools	Pella High School
Jan 23	5:30PM	Norwalk	Norwalk High School

BOYS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Dec 3	5:30PM	Newton	Indianola Wellness Center
Dec 7	10:00AM	Multiple Schools	Newton YMCA
Dec 10	5:30PM	Ankeny Centennial	DMACC - Trail Point Aquatics Center
Dec 14	11:00AM	Multiple Schools	Grinnell College Natatorium
Dec 17	5:00PM	Multiple Schools	Southeast Polk High School
Dec 19	5:30PM	Multiple Schools	Beach Ottumwa
Jan 4	11:00AM	Des Moines East	Des Moines East High School
Jan 14	5:30PM	Des Moines East	Indianola Wellness Center
Jan 23	5:15PM	Multiple Schools	Indianola Wellness Center
Jan 28	5:30PM	Marshalltown	Indianola Wellness Center

FOR ALL SPORTS SCHEDULES >>

Schedules are subject to change. Scan for most up-to-date schedules.



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GARDEN tips for a festive season

Before we get to the holidays, there are some tasks in the garden that need to be finished. With the dry conditions this fall, be sure to continue watering all your newly planted trees, shrubs, and especially conifers (they transpire all winter long) until the ground freezes. Consider wrapping newly planted evergreens in windy spots to prevent wind burn, and if your garden is prone to deer visits, be sure to protect trees and shrubs with wire or repellent. If the ground is not frozen, consider putting a few more spring bulbs (daffodils, tulips and other spring beauties) in your gardens.



With Thanksgiving only a few weeks away, now is the time to think about winter, snow and Christmas. For many of us, holiday decorating begins with the Christmas tree, so visiting a local tree grower to choose the perfect tree becomes a family tradition. Some have the option to choose and cut your tree, and several also have already cut fresh trees to choose from — these are usually just as fresh since a farm or nursery's reputation is on the line. The tree will last a month or more, but the memories will last a lifetime.

Freshly made wreaths, bundles of greens, fresh garlands or roping can be placed around your front door, adding a festive feel to your entrance. Try not to place your wreath between a storm door and the front door; the sun will bake it, and it will not last as long. Greens can be arranged in porch pots using sand or pea gravel. Add some red twig dogwood branches, some festive ornamental picks and a bow. Wrap your door, railings, or columns with roping, add lights and bows to make it more festive. Remember these festive elements should not be used indoors, they dry out and become fire hazards. Your freshest wreaths and greens will come from local tree farms and nurseries, who often cut fresh from their own trees to make them.

And don't forget the favorite holiday flowers: Amaryllis, Christmas Cactus, and Poinsettia. Now is the time to plant your amaryllis bulbs; they usually begin blooming six weeks after planting. Festively planted Amaryllis make great gifts for friends and family. Christmas cactus will add a festive feel to your home and become a family heirloom, often passed down from generation to generation. Don't overwater and keep out of drafts. Poinsettias will bring color to your home for the holidays and through the winter. Often, they are sold with a pot cover. When watering, be sure to empty any water that collects in the wrap after an hour, this will keep them from being over watered.

Visit one of the many Holiday Events to get ideas, gifts and décor for the season. Just a few of the many events are the Indianola Home for the Holidays, Des Moines Holiday Boutique, Des Moines Winter Farmers Market, Des Moines Christkindlmarket and Milo Small Town Country Christmas. Check out dates and times online or through the local media.

Have a great holiday season and be sure to buy local — everything in this article will be available at a local Christmas tree farm, nursery or event. ■

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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CLEVELAND named student-athlete of the year

Former IHS graduate was a standout at Simpson College

Former Indianola High School and Simpson College track and field standout Max Cleveland was named the Division III Commissioners Association (DIIIICA)/Chi Alpha Sigma Male Region IX Student-Athlete of the Year recently, capping off an incredible collegiate career for the Storm.

Cleveland was named an All-American three times during his career at Simpson, and was also a five-time all-region and six-time all-conference honoree. He earned First Team All-American honors at the 2023 NCAA Outdoor Championships in the 110-meter hurdles and Second Team All-American honors in the indoor 60-meter hurdles and outdoor 110-meter hurdles in 2024. He graduated with two school records (indoor 300 meters, indoor 60 hurdles) and was a four-time national qualifier.

Cleveland was as strong in the classroom as he was on the track. While triple majoring in human services, psychology and religion, he maintained a near-perfect grade point average of 3.959 and was recognized as an Academic All-American in 2024 by the College Sports Communicators (CSC), a four-time A-R-C Academic All-Conference honoree, a three-time USTFCCCA All-Academic Individual, and two-time CSC Academic All-District recipient.

"It is humbling to receive this award. I am certainly proud of the effort and perseverance that I put forward for this recognition to be possible," Cleveland says. "More than these things, however, I believe that this award is a beautiful mosaic of various triumphs, struggles, resources and people that God provided throughout my journey. I choose the word 'humbling' because it best expresses the reality that God was faithful to me throughout my time at Simpson College, often in spite of myself."

Cleveland is a 2019 graduate of Indianola High School and is currently a member of the Clinical Mental Health Counseling graduate program at Wheaton College in Illinois.

His parents, David and Terra Cleveland, are profoundly proud of their son.

"It's an unbelievable honor that speaks to a collegiate career of time-management, dedication to his work in the classroom, on the track, in his community, and the relationships he has built with his peers," David Cleveland says. "It is also a by-product of all of the people who have poured into him along the journey — professors, coaches, teammates, pastors and people in the community. We are so thankful to IHS, Simpson College and the community of Indianola for all of the opportunities Max has had throughout the years."

Cleveland has been running track since junior high school, lettering all four years in high school while competing in the 110-meter high hurdles, the shuttle hurdle relay and the high jump. He also participated



Max Cleveland was an All-American hurdler for Simpson College.



Max Cleveland was recently named Division III Commissioners Association (DIIIICA)/Chi Alpha Sigma Male Region IX Student-Athlete of the Year for Simpson College, pictured here with his mother Terra (left), and father, David.

in baseball, basketball and show choir.

While his successes were many, they were not his and his alone.

"I wish I had the space to highlight all of the people I've been gifted with," Cleveland says. "This award isn't possible without my family, friends, coaches, teammates, professors, athletic trainers, physical therapists and pastors, as well as many other contributors. In particular, my parents have been immensely important in my development as an athlete and as a person. They drove great distances, comforted me through injury, and overall provided me with opportunities to grow throughout my entire athletic career. Thank you, Mom and Dad."

His mother says the couple are very proud of the man their son has become.

"He is a great role model, son, brother, cousin and grandson to his family. Max has always had a kind heart, cared about others, a tremendous work ethic, detail oriented and, one would say, a bit of a perfectionist." ■

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Upcoming in Indianola Living magazine:



• **Holiday recipes:** Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com by Nov. 15 to have it included in our December issue.

• **First cars:** Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email tammy@iowalivingmagazines.com by Dec. 5 to be included in the January issue.



Home for the Holidays and Lighted Parade

Saturday, Nov. 23, 4-8 p.m.
Downtown Indianola

Indianola Downtown warmly invites you to Home for the Holidays. You're sure to find your holiday cheer as the Square is transformed with the dazzling sights and sounds (and smells) of the season. Ask Santa if you are on his Nice List, take a horse-drawn wagon ride, join in on a carol or find a treat just like your grandma used to make. Plus, there will be shopping opportunities.

The lighted parade will wrap up this festive evening with a bow. This energizing mobile display of lights and creativity is organized by the Indianola Chamber of Commerce.

Holidays Happenings

Friday, Nov. 22, 4-7 p.m. and Saturday, Nov. 23, 9 a.m. to 2 p.m.
Cortum Farm & Co, 6373 150th Ave., Indianola

Find live greenery, wreaths, garland, trees, and holiday goods with vendors such as Red Roaming Acres, Milk & Honey Orchard and Apiary, Tina's Homemade Goodies, In the Ayr, and Nooches Clothing Co. Honey Hallow and Edge of the Woods will also be open. Santa will be available for photos on Saturday from 9-11 a.m.



Tuesday Tunes & Treats: Gina Gedler and Ben Hagen

Tuesday, Dec. 10 at 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Crowd favorites, this duo returns to the Activity Center for a free holiday show that is sure to light up the season. Gina and Ben bring holiday cheer as they perform classic songs — some with a twist — and some with the audience singing along. Dessert provided by Indianola Hy-Vee.

Afternoon Adventures Speaker Series: From Iowa to Everest

Tuesday, Nov. 19, 1-2 p.m.

Buxton Room, 2204 W. Second Ave., Indianola

Jen Loeb is a climber, photographer, guest speaker, author and humanitarian originally from Jesup. She graduated from Wartburg College with a degree in biology and now lives in Marengo. She began mountain climbing in 2010 and has since climbed mountains worldwide, including Mount Everest in 2016. She is the first and only woman from Iowa to climb Everest and one of fewer than 25 women in the U.S. to complete the "Seven Summits" — the highest mountain on every continent. Jen will be presenting photos and discussing the process of climbing Everest, along with showing a video from her climb and the gear she used.

Artist Avenue Fine Arts Pop-Up

Saturday, Nov. 23,
10 a.m. to 6 p.m.
The Sagewood,
117 E. Salem Ave., Indianola

This special event features more than 12 area artists, including potters, painters, photographers and jewelers. The event is held in conjunction with Indianola Main Street Home for the Holidays. For more information, search for Artists Avenue Indianola Fine Arts Sale on Facebook.

Leadership Training Dec. 9 application deadline

The Warren County Leadership Institute (WCLI), formed in 1993, is an initiative of Warren County Economic Development Corporation (WCEDC) and is an integral part of fulfilling WCEDC's mission. The Institute's primary objective is to train and inform leaders so they can create the best future for themselves, their families, their communities, and their county. WCLI features eight leadership sessions during which expert facilitators and Warren County leaders share important leadership skills and educate about the local communities and industries.

Each class selects a project that benefits Warren County. Participants work together to fundraise and complete the project. Application deadline is Dec. 9. For more information and registration link, visit www.wcedc.com/leadership.

SHIP help with Medicare open enrollment

Medicare's open enrollment is Oct. 15 to Dec. 7

During open enrollment, persons with Medicare Part D have the opportunity to review their drug plan coverage. SHIP/SMP volunteer counselors are available for a free, confidential and unbiased review of cost and coverage, with changes taking effect Jan. 1. Call 515-962-5375 to schedule your appointment at the Indianola Activity Center, 2204 W. Second Ave. Phone appointments are also available. SHIP/SMP is a service of the state of Iowa. They do not sell or promote any insurance companies, policies or agents.

BUILDING a better community

O'Neil learns lifelong lessons as an Eagle Scout.

Fourteen-year-old Patrick O'Neil will be the first to admit he joined scouting in second grade mostly because his mom wanted him to.

"Then I realized how much fun it was," he says with a smile. "That's what has kept me motivated to stay involved."

Now in eighth grade at Indianola Middle School, Patrick is involved in football and band — all the while working to earn his Eagle Scout rank.

Patrick's mom, Melissa, knew that her son's involvement in Scouting America would help him foster important life skills such as leadership, teamwork and problem solving.

"I love that the program emphasizes values like responsibility, community service, respect for others, as well as helping to build character and social skills," she explains. "Patrick's Scoutmasters have provided a supportive environment for personal growth and development along his path."

Patrick has been on the fast track since starting Scouts. He was one of only three Scouts in the state to earn the Supernova award by completing three nova/STEM projects and writing a 14-page paper.

He also hosted his own space camp two years ago after attending camp at Space Center Houston at NASA.

"When I got back, I wanted to do my own space camp for other Scouts who might not be able to afford to travel to larger camps," he says. "We had Scouts from multiple states, including New York, Florida, Nebraska, Iowa, California and others."

When it came to his Eagle Scout project, Patrick knew about a need at Central Iowa Shelter & Services, where his mom works. The CISS Schoen Family Greenhouse is a community resource that supports education and sustainability through hydroponics and aquaculture. It features a HydroCycle Aquaponics System that produces a low-maintenance, self-sustaining source of tilapia and fresh lettuce. The produce grown is sold to Big Grove Brewery, Food Bank of Iowa, Iowa Food Co-op and DMARC. It's also donated to Eat Greater DSM and used in the shelter's own kitchen at Mulberry Street Café.

The project focused on enhancing the greenhouse by implementing an observation deck around the large fish tanks, providing a safe platform to harvest the fish. Patrick designed, implemented and provided leadership on the project. He could not do the work, but rather guided others on what to do — which he says was a challenge. The project is complete, and he's just waiting on board review and approval.

Patrick has big plans for his future, including becoming a pilot. The aviation merit badge is one he's particularly proud of. His next step after Eagle Scout is to keep serving the community and to help young Scouts learn things like how to build a tent, cook with a Dutch oven and much more.

You can learn more about the Schoen Family Greenhouse at www.centraliowashelter.org. ■



Patrick (pictured left) planned, designed and provided leadership for an "Observation Deck" to be built that gives better access for greenhouse workers to harvest tilapia from the large tanks.

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WHAT TO KNOW about sudden sensorineural hearing loss

Sudden sensorineural hearing loss (SSHL), also known as sudden deafness, is characterized by a rapid loss of hearing. Nine out of 10 individuals with SSHL experience it in one ear only.¹

Unlike gradual hearing loss, SSHL occurs instantly or over a few days and is considered a medical emergency, making prompt diagnosis and treatment crucial to help prevent permanent damage.

Recognize the symptoms

The hallmark of SSHL is a sudden drop in hearing ability. Often, individuals may first notice a pop in the ear or struggle to understand group conversations, especially in noisy environments.

Other signs of SSHL include dizziness, balance problems and tinnitus, or ringing in the



ears. In one study, 77.4% of patients with SSHL also experienced tinnitus.²

Diagnosis, treatment and recovery

A health care professional may conduct an audiogram or other tests to confirm an SSHL diagnosis and determine the best course of treatment. This may include corticosteroids to reduce inflammation as well as antibiotics if the SSHL is due to an infection.

Approximately two-thirds of people with SSHL will have full or partial recovery of their hearing.³ Factors that affect the likelihood of recovery include the time from presentation of symptoms to treatment — those who receive treatment early have better outcomes — and hearing loss severity — those with mild cases are more likely to recover than those with severe ones.

Exploring the link to COVID-19

Some research has suggested that COVID-19 could potentially lead to SSHL as a rare

complication, possibly due to the virus's impact on the inner ear and auditory pathway. One study published in 2024 found that young adults who recovered from COVID-19 were at a 3.52 times higher risk of SSHL than individuals who never had COVID-19.⁴

If you or someone you know experiences symptoms of SSHL, seek medical attention without delay, as early intervention can improve the chances of recovery. ■

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

1. Pietrangelo, A. (2018). Sudden sensorineural hearing loss. Healthline. <https://www.healthline.com/health/sensorineural-deafness#causes> 2. Wen, H et al. (2014). Prognostic factors of profound idiopathic sudden sensorineural hearing loss. European Archives of Oto-Rhino-Laryngology. <https://pubmed.ncbi.nlm.nih.gov/23771280/> 3. Leung, M et al. (2016). Sudden sensorineural hearing loss: primary care update. Hawaii Journal of Medicine and Public Health. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4928516/> 4. Sidharthan, C. (2024). COVID-19 linked to increased risk of hearing loss in young adults, study finds. News Medical Life Sciences. <https://www.news-medical.net/news/20240828/COVID-19-linked-to-increased-risk-of-hearing-loss-in-young-adults-study-finds.aspx>

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ACUPUNCTURE and plantar fasciitis

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the balance of qi, thereby promoting healing and pain relief.

How acupuncture helps with plantar fasciitis

- **Pain reduction:** Acupuncture is believed to stimulate the release of endorphins, the body's natural painkillers. This can help reduce the pain associated with plantar fasciitis, providing relief and restoration of function.
- **Improved blood flow:** The insertion of needles can enhance blood circulation in the affected area. Improved blood flow can help reduce inflammation and promote healing.
- **Muscle relaxation:** Acupuncture can help relax the muscles and tissues around the heel and foot, reducing tension and pressure on the plantar fascia.
- **Holistic approach:** Acupuncture addresses holistically, not just the symptoms. This holistic approach can help identify and treat underlying issues that may be contributing to the condition, such as imbalances in other parts of the body.

Understanding acupuncture

Acupuncture is an ancient Chinese medical practice that involves inserting thin needles into specific points on the body to balance the flow of energy, or "qi" (pronounced "chee"). According to traditional Chinese medicine, qi flows through pathways in the body called "meridians." When this flow is disrupted, it can lead to pain and illness. By stimulating these acupuncture points, practitioners aim to restore

Research and evidence

Several studies have explored the effectiveness of acupuncture in treating plantar fasciitis. A study published in the journal "Acupuncture in Medicine" found that acupuncture significantly reduced pain and improved function in patients with chronic plantar fasciitis. Another study in the "Journal of Research in Medical Sciences" reported that acupuncture was more effective than conventional treatments in reducing pain and improving quality of life for patients with this condition.

Acupuncture offers a promising treatment for plantar fasciitis by reducing pain, improving blood flow and addressing underlying imbalances. When seeking professional treatment, it is important to consult with a licensed acupuncturist to determine the best approach for your specific needs. ■

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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Cold and flu season is always a stressful and discouraging time. Missed workdays, childcare issues, missing out on holiday family time — the list goes on.

What can we do to support our immune systems during this time? Tri-Immune is a vitamin injection consisting of vitamin C, glutathione and zinc.

This blend works synergistically to help nourish your body's immune defenses. Glutathione is an amino acid that helps protect cells and promotes optimal function of the white blood cells.

Zinc is a mineral that plays a big role in the function of the cells in the immune system process. Vitamin C also provides antioxidant effects and supports how cells work in the innate and adaptive immune system. Providing this in injectable form rather than a pill provides better (think 75% or more, versus as low as 5%) and faster absorption.

A healthy whole-food diet, adequate hydration and exercise are also great ways to support your immune system so it can respond effectively to viral and bacterial outside "threats."

Even if we still end up getting sick, this can reduce the amount of downtime that one experiences with the illness as well.

Other vitamins that can be greatly helpful are vitamin D, folate, B6, vitamin E and vitamin A.

Make sure to speak with your primary care provider or pharmacist to make sure these are safe to add based on your individualized needs. ■

Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, livin-vivid.com/life-spa



MEET Karl Dietl

Creating a strong learning culture in the classroom

Indianola Middle School science teacher, Karl Dietl, believes anything uninteresting can be made appealing if it's wrapped up in enthusiasm and some humor. He often finds various ways to connect with his students — even keeping up with the "cool kid" lingo.

"I love to use words wrong on purpose just to rile them up," he says, laughing. "I think I may have genuinely convinced a few students that I'm a million years old."

When it comes to science, Dietl tries to connect topics back to students' lives somehow, even if the path getting there includes some history, psychology, sociology or another field to explain it.

"I work hard to give context and a sense of meaning to whatever we're doing, and that often lends itself to funny stories and interesting examples that make everything seem more personal and real."

Dietl, who has been teaching at the middle school for nine years, didn't always want to be a teacher. He loved everything about science and knew it would be the field in which he would eventually land. He considered meteorology, pharmacy and everything in between, but each path he pursued didn't quite fit.

"I couldn't stop thinking about a career in the classroom, and I think it's because I really enjoyed school," he says. "I met my wife in the high school cafeteria, built confidence in classes and I brought out my personality during extracurriculars like the school play and speech. I like the idea of trying to pass that experience along to others."

Dietl sees the classroom as a space to grow skills. He's teaching content, but also helping students learn to draw conclusions, understand complex systems, or design and carry out an investigation to solve a problem.

He often compares it to athletes in training.

"Athletes know that some things — like push-ups — won't be done repeatedly in a game, but they are good exercises that make them stronger overall," he explains. "It's the same with school. Every class is an exercise that helps the brain grow, even if the content may not be a student's favorite or have to do with their planned future career."

Life outside the classroom has become a little bit busier, but for good reason: he and his wife recently welcomed their baby daughter, Lindy. They are now a family of six that also includes three cats. In his free time, Dietl likes to read science fiction, build and paint models and miniatures, as well as watch science/nature programs and British detective series. He also enjoys cooking and is always up for trying new things in the kitchen. ■



Working with middle school students, Karl Dietl never knows who might become the next future chemist, pharmacist, doctor or even science teacher because of his influence in the classroom.

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GIVING thanks

"Then Jesus answered, 'Were not ten cleansed? Where are the other nine?'" –Luke 17:18

As Jesus is traveling toward Jerusalem, He is approached by ten lepers. They cry out to Him: "Jesus, Master, have mercy on us." And Jesus does. He heals them and sends them to the priests to prove it. That's the first gift.

These "first gifts" are usually the ones we name quickly when we give thanks or count our blessings. They are the gifts of "clothing and shoes, food and drink, house and home, wife and children..." These things are certainly blessings from God, but they are only half the story.

As the ten lepers head off to the priest, all of them receive healing, but only one realizes who gave the healing. This leper returns to give thanks to Jesus, acknowledging the One who gave Him his life back. In returning to Jesus, the leper receives another, deeper gift: faith.

It is faith alone that allows us to give thanks to God for all that He gives. Without faith, we believe that the good things we have in our lives have come from ourselves. Faith informs us that all these things are gifts from God and His gracious work.

"All of this He does out of fatherly, divine, goodness and mercy, without any merit or worthiness in me."

As you sit around your table giving thanks this year, be sure to thank God for the faith that enables you to count your other blessings. ■

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

INSURANCE

By Mike Richey

DO I NEED a homeowner's policy or a farm policy?

Thinking of selling your home in town and buying an acreage out in the country? It is important to make sure that you have the right type of insurance policy for your new property, be it a personal homeowner's policy or a farm policy. Here are some questions to ask yourself to help determine what type of policy is right for you:

Will any farming be done on the property?

Is coverage needed for farm equipment, machinery, tools, harvested crops, feed or animals?

Are there any agricultural structures on the property, including silos or grain bins?

A "yes" answer to any of these questions may mean that a farm policy is appropriate. But each case needs to be looked at individually — this is where it is important to have a knowledgeable insurance agent. Your agent can look at all the particulars of your situation to help you find the best policy for your circumstances.

For help determining whether a homeowner's policy or a farm policy is right for you, 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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Ryan and Kenzie Ellis

OUT & ABOUT



Madonna Abbott, Kasie Dean and Morgan Chambers at the City State Bank customer appreciation lunch on Oct. 11.



Jill Wilson and Ryan Williams at the City State Bank customer appreciation lunch on Oct. 11.



Tim Busby, Cal Busby, Walt Busby and Gus Busby at the City State Bank customer appreciation lunch on Oct. 11.



Glen Moris, Marilyn Morris and Dave Albrecht at the City State Bank customer appreciation lunch on Oct. 11.



Indianola varsity football game vs. ADM in Adel on Oct. 18.



Indianola varsity football game vs. ADM in Adel on Oct. 18.



Cheerleaders at the Indianola varsity football game vs. ADM in Adel on Oct. 18.



Cheerleaders and fans at the Indianola varsity football game vs. ADM in Adel on Oct. 18.

INVISIBLE airwaves

Amateur Radio is a worldwide community.



Kevin Cottington, Tim Morris and Clive Hornback (pictured left to right) have fun while testing their skills during "Parks on the Air" at Banner Lakes State Park.

Imagine living in the states recently pummeled by back-to-back hurricanes. In the wake of the destruction, thousands were without electricity, and many were unable to send texts or make cell phone calls. When all other communication failed, amateur radio operators came to the rescue.

Amateur radio (ham radio) is an international community, but local operator Rich Rogers says that according to the FCC, as of October 2024, there were nearly 6,500 licensed hams in Iowa, and at last report, 150 in Warren County.

The Warren Amateur Radio Society is an ARRL-affiliated amateur radio club based in Indianola dedicated to public service, education and training, and support of the ham radio community. Rogers and his son, Tony, are both members.

"The club currently operates four repeaters," Rogers says. "There are VHF and UHF repeaters located near Indianola, a VHF repeater located near Bevington and a portable UHF repeater that can be positioned at need for emergency or special-event operations."

The father and son duo started studying at the same time and were licensed within a year of each other. Growing up watching his dad run an electronics repair business, Tony became interested in CBs at first and expanded into learning how to fix radios, build radios and understand how they actually work.

Indianola resident and club member, Tim Morris, started about two and a half years ago, and his interest led him toward community service. His wife and son are also licensed.

"When it's storm chasing season, six or eight of us are geared up and ready to go out into the county at a moment's notice," he explains. "We have a great working relationship with the emergency management coordinator and the National Weather Service. When spotter reports come in, you can bet that about half come from ham operators."

Many perceive ham radio as "old technology" because it dates back to the early 1900s.

"That couldn't be further from the truth," Tony says. "The community continues to grow, and younger people are getting involved. Today's ham radio operators utilize modern equipment and continue to play a vital role in emergency communication situations."

The club meets twice a year for club business, and they host on-air meetings on Saturday mornings that often focus on community service, storm chasing and emergency management.

Members also participate in programs such as "Parks on the Air" and "Fox Hunting" that are not only fun, but also provide training. Keep an eye out next spring when Indianola Magazine shares more about these programs as well as other club events, community service and activities, including their annual Field Day in June.

Want to learn more about amateur radio? Visit warrenradiosociety.org or find them on Facebook at Warren Amateur Radio Society. ■

JUST a little farther

Do you remember learning to swim? An instructor, a parent, or caregiver spending time letting you get comfortable with the water. Learn about floating, paddling your arms, kicking your legs — and that human lungs cannot breath underwater.

I am guessing your experiences were similar to mine; my mom or dad would hold on to me until I settled and then let go and push away from me. The idea was that I would swim to them. It didn't take me long to figure out that they were not remaining in the same place; they kept moving away from me, allowing me to grow stronger and more confident, increasing my ability to navigate the water. I can still hear my parents saying, "Just a little bit farther." It paid off, too. I can swim, and even after all these years of avoiding public swimming pools, I haven't forgotten how, or lost the ability to swim.

Do you consider those life events or moments where it feels like you are being stretched a chance to grow and mature? Where you are trying to move closer toward God and He keeps saying, "Just a little bit farther." He isn't moving though. The psalmist reminds us of this in Psalm 102:27: "But you are the same, and Your years will never end." God is never changing and never moving; He is and was and always will be. It simply feels like the trials are too much and the promised rest in Christ Jesus is farther away, when it is actually getting closer.

"Consider it a great joy, my brothers and sisters, whenever you experience various trials, because you know that the testing of your faith produces endurance. And let endurance have its full effect, so that you may be mature and complete, lacking nothing" (James 1:2-4 CSB).

Good news. James, the leader of the church in Jerusalem that endured endless conflicts and oppositions, says that for those in Christ Jesus, trials are creating endurance and completing a great work in us. God is teaching us, growing us, strengthening us and maturing us. One day, those who believe in Jesus will lack nothing and will live eternally with God. I cannot wait. If you do not know Him, call out to Him and tell Him you need Him. For those that do, keep chasing after Him, hoping and trusting in Him and paddling toward Him—just a little farther. ■



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

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