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2025 WILL BE A BIG YEAR



By Ryan Ellis

Thank you to our community for a great year in 2024. We have had a lot of success, but it was fraught with challenges, as our firm continues to grow in our quest to better serve our clients.

The upcoming year will be exciting. We have added new team members that fit our culture and we have big news for the upcoming months.

Personal Injury: Our personal injury practice is growing and flourishing. We added a paralegal to focus on those injured from the negligence of others in automobile collisions. Our processes have been streamlined. We have been able to recover over 1 million dollars for clients who have had their lives turned upside down. We expect this area of our practice to continue its growth. We are also increasing our caseload for **worker's compensation** cases.

Estate Planning/Business Law/Real Estate: We will be announcing the addition of an attorney who will focus on the transactional side of our practice. There is a growing need for estate planning (**wills, trusts, powers of attorney**), small business set-up, and real estate. This also includes **probate**. We are taking steps to better serve our clients with the right people and processes in place. Stay tuned for exciting news.

Family Law: This continues to be a large part of our practice. We serve those clients who are in the unfortunate circumstances of going through a **divorce** or in the midst of a **custody dispute**. We have a great team in place to counsel and fight.

Criminal Law/OWI: This has been our foundation since our inception in 2003. We continue to provide superior service to clients who encounter difficulties with law enforcement. We have two attorneys with prosecutor experience and 50 plus years of experience in handling these cases.

We have a lot of new things happening for this upcoming year. We wish each of you nothing but the best for 2025. We are truly grateful to serve such a wonderful community.

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WELCOME

MY BABY blue Mustang

It was a 1980 Ford Mustang. Baby blue in color. Hatchback. Four-cylinder engine. The car was nothing special, but it was my first car — and it was all mine.

I, of course, pulled the factory stereo out of it and installed a Pioneer cassette deck and Jensen speakers. A guy has to have priorities, after all.

My life savings went into the purchase of that vehicle. Insurance. Gas. Oil changes. All on my dime. I was OK with that, as it was part of my greater independence — and I was the only one with the keys.

The Mustang got me through my college years, despite one unfortunate incident. I am by no means a gearhead, but I had a cracked fuel line, and it seemed easy enough to replace. In the process, some gas leaked out of the old line onto the engine. No big deal, I thought.

I drove the Mustang to a local car wash, and my mother rode along with me. I put some coins in the machine and motioned Mom to drive the car into the wash bay. (I should note that this was the first — and only — time my mother drove any vehicle of mine.) Mom turned the ignition, and I immediately saw flames peeking out of every possible opening in the hood and below the car. I yelled to her to pop the hood. She turned the lights on, applied the parking brake and started the wipers, but the hood remained closed. As I frantically ran to the car, the paint on the hood started bubbling. I opened the driver-side door, popped the hood and put out the fire with the car wash wand I still had in my hand. What was left was a melted mess.

Dad had a friend who was a local mechanic and rewired everything and got my Mustang running again. The mechanic said he did his best on my limited budget, but he wasn't making any promises on how well it would run. And he was right to say that. The best gas mileage I got after the repairs was 4 mpg.

When I graduated from college, I traded the Mustang in on a new vehicle. The dealer put it on the used car lot, and a potential buyer called me and asked about it. "Do not buy that car," I told him. "It caught on fire and only does about 4 mpg." He kept asking questions, so I repeated my comments. I think he still bought the car.

We all learned some lessons after the car fire incident, but my Dad's comments stuck with me the most. "If you ever have a car start on fire again, let it burn."

Thanks for reading. ■



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An Unforgettable RIDE

Residents share the joy of their first car

By Becky Kolosik
and Darren Tromblay

What kids, strapped into the backseats of their parents' cars, gazing through the gaps between the front seats and watching the road ahead, don't think how great it will be when they are in the driver's seat? And not just any driver's seat, but the seat of their very own car. The power of the machine in their control. The freedom to choose the destination. The total control over the stereo. It's no wonder people's memories of their first auto stay vivid, and the stories remain a thrill to be told.



While Monte Sones' first car, a silver 1973 Chevy Camaro (pictured right), is just a memory, his grandpa's 1967 gold Camaro convertible still is, and will remain a part of, the family for years to come.

First car symbolizes freedom and family

They say you never forget your first car. It can be life changing, offering unique experiences and adventure... like a first date or carpooling to and from school or work. Or maybe rolling up to the fast-food drive up for the first time just because you can.

When Monte Sones looks back on his first car, all of those things come to mind, but there was also another reason his car was so special.

“A family friend was selling a silver 1973 Camaro, and my dad thought it would be an interesting car for me to have since my grandpa owned a 1967 Camaro convertible,” Monte says. “While the styling was similar, the ’73 Camaro had a bigger engine, and it wasn’t a convertible.”

Monte paid \$1,000 for the car, which was in good shape other than some rust on the body. The purchase meant a newly found independence for the then 16-year-old, including the freedom to hang out with friends, as well as a way to get to work, school and anywhere else he wanted to go.

High school friend Ralph Bryant will always remember riding around town in the Camaro, especially “scooping the loop” while blasting the Eagles or Joe Walsh, as well as other music from Monte’s extensive cassette collection that included Metallica, AC/DC, Def Leppard and many others.

“We used to cruise around the square and then head north on Highway 65/69 to McDonalds, where we’d turn around and head back,” says Monte. “We did a lot of ‘scooping the loop’ in that car after football and basketball games or getting off work at A&W.”

Monte loved almost everything about the car — especially that it was simply a cool-looking car for a high school kid. But there were drawbacks — especially driving it in the winter.

“The rear-wheel drive, low profile, and powerful engine was not a great combination for snow or ice,” he says. “After getting stuck a few times, I ended up putting snow tires on it and adding sandbags to the trunk.”

Regardless, the car was a lot of fun, and it was the backdrop for many memories with his high school friends.

During his senior year, Monte decided he would head to the University of Northern Iowa after graduation. Knowing the Camaro



Monte Sones’ silver Camaro served him well during his high school years, but his grandparents’ ’67 Camaro convertible is a legacy car that will always hold a special place in his heart.

would be even less practical for the winters up north, he left it at home. His sister drove it for a short time, and then he eventually sold it.

Even though the ’73 Camaro is just a memory, Monte is grateful to know that his grandpa’s Camaro is, and will continue to be, a part of his future. The car was the first generation of Camaros and was originally purchased from the Lentz family, who also owned the Chevrolet dealership at the time. His Grandma Sones never drove, but she affectionately referred to it as “her car.”

“It’s been around for as long as I can remember, and there are so many childhood memories of the car and special times spent with my grandparents,” Monte says. “After I got married, they loved it when Mellisa and I would come over to take it out for a spin. I can still see the smiles on their faces because they were so proud of the car and wanted us to enjoy it as much as they did.”

When Monte’s Grandpa Sones passed away, the Camaro went to his dad, Jerry, who continued to create special moments and memories with his grandkids. When their youngest daughter, Katie, celebrated her “golden” birthday, Grandpa Jerry picked her up in the Camaro and escorted her to the party.

“It was quite a celebration, and a memory Katie will never forget,” Monte says. “The best part is that the Camaro will remain in the family, and it will be an honor to keep my grandparents’ memory alive for many years to come.”

Freshman enjoying first car

It may not be a Mercedes-Benz, but at this point, 14-year-old Aiden Henry doesn’t care. His 2008 Chevy Impala is his first car — and he loves it like no other.

For the past six months, the Indianola freshman has been the proud owner of the red four-door complete with a sporty spoiler and sunroof. It’s a good-looking ride for a first-time car owner, a ride that he found online during his extensive search to find that perfect vehicle. Once he saw it, he knew it was the one.

“A few weeks before I got it, I was online looking at cars seeing if I could find anything,” he says. “I found it, showed my parents, and, that weekend, we went and test drove it.”

And while Aiden hadn’t been through a car-buying process before in his young life, he still had a good idea of what he wanted. Specifically, it had to be reliable.

“I didn’t want to have to spend a ton of extra money on it to fix stuff,” he says.


After the test drive, Aiden and his parents, Abby and Jason, decided they liked it. A few days later, it was his.

Getting to park a Chevy in his driveway for the first time was something special. Not only was it his first car, but he had very much earned it, toiling away at his job at DLH GraFX in Indianola, as well as showing steers.

As of now, Aiden has a learner’s permit and can only be behind the wheel with a parent. He hopes that will change soon. Next up is a school permit, which will allow him the freedom to drive to school and work — by




Aiden Henry is thrilled to have his first car, a 2008 Chevy Impala.




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himself. He's looking forward to that time but fully realizes that, with it, will come increased responsibility. And "guidelines."

"I'm sure when that time comes, there will be some rules with that," he says.

Neighbors shouldn't be surprised to see young Aiden out and about in his new Impala. He's going to take advantage of every opportunity he can to get behind the wheel.

"I try to drive a few times a day," he admits. "It's cool."

He and his dad have been out many a time, putting the car to the test, making sure everything checks out, and, most importantly, giving the young Aiden more of that much-needed driving time.

There will be much to learn, but Aiden is having the time of his life checking tire pressure, learning how to change the oil on his own, and acclimating to the many ins and outs of auto ownership.

"It can be a little overwhelming," Aiden admits. In a good way, though.

And while Aiden is just a few months into vehicle No. 1, somewhere in the back recesses of his newly opened auto ownership mind sits his ultimate goal, that Mercedes, a set of wheels that will likely take a lot more work than the Impala.

Until then, this will do just fine. ■

WINTER garden tasks — inside and outside

Ahhhh...the holidays are over, so take a deep breath, grab a hot cup of tea (or coffee or hot chocolate) and start thinking about the year ahead. What projects can be taken care of during this cold dark month of January as it wanes, and the days get longer and the sun begins its trek northward again?



The garden has been put to bed, but there are some things you need to address outside. With climate change, temps are being a bit more extreme, and snow cover is less. With freeze/thaw cycles, some of the perennials may be going through heave cycles. Head down to the local feed store and pick up a bale or two of straw and spread it over the beds. And while there, pick up some birdseed for the colorful feathered friends in your garden. Pick up seed mixes heavy in sunflower seed and nuts (not millet; it has no nutritional value to birds) to give them the energy they need. In addition, suet and nut/suet mixture blocks will attract woodpeckers and nuthatches to the garden.

Now, time to take care of your inside garden — your houseplant collection — with some love and attention. First, a good bath helps give them more freedom to breathe, without the accumulated dust. Use cool to barely warm water in the shower, and do some checking for insects and pests. If you find some pests, head to the garden center for some products to combat these unwanted visitors, or just decide it is time for some new plants and inspiration and chuck them out. Take some time at the warm, bright greenhouse and find a few new plants to love and enjoy.

Start dreaming and planning your 2025 gardens, whether floral, shrub, vegetable or a combination of these. Write down lists of your dream plants, do some research and decide if you want seeds or plants. Go through those seed catalogs, plant catalogs and magazines you have accumulated, ordering what you want and get prepared to start those seeds. Remember, if you are ordering plants, don't have them arrive until you can safely put them outdoors, or, better yet, check with local nurseries and garden centers and see what they will have available. Remember, buying local keeps businesses in the area going, and they will be happy to answer whatever questions you may have because they are your neighbors and friends. And, many times, you will pay less for a better plant than ordering online.

So, start dreaming, give some love to the gardens outside and your inside garden, and keep remembering that we are headed for longer and warmer days ahead. ■

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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JOINTLY owned bank accounts

Spouses often have jointly owned bank accounts that allow both spouses to have access to the account. Joint accounts also allow the surviving spouse to become sole account owner when the other spouse passes away.

The availability of joint ownership on bank accounts is not limited to spouses. Jointly owned accounts can become problematic when the owners are a parent and a child. Sometimes, a parent will add an adult child as owner on a bank account to help manage bills, deposits and other transactions. Other times a child is added as joint owner in the hopes that it will simplify transfer of assets when the parent dies by avoiding probate and the need for more complex estate planning.

Naming a child or other relative as joint owner can have advantages. However, it is important to consider the potential disadvantages in doing so as well. Unfortunately, attorneys and banks come across far too many situations in which a child named joint owner of a parent's bank account has taken funds for personal use. The original intent of the parent may have been for the child listed as joint owner to help pay bills or deposit checks into the account. If the child decides to take money for his or her own use, contrary to the parent's wishes, there is nothing stopping the child from doing so. Quickly, the joint bank account can turn from a situation of convenience for the parent to one of exploitation.



Another unpleasant, but all too common, potential disadvantage of joint bank accounts involves accidental disinheritance. Let's assume an elderly widow decides to add one of her three daughters as joint owner of her primary bank account. The mother's intent may be for the account to transition quickly and easily when the mother passes away and hopes that the daughter will divide the funds equally amongst all siblings. However, the daughter named joint owner is not legally required to do so. Even if the mother has a will directing all assets to be equally divided amongst the daughters, the joint account is not subject to the directives of the will. The siblings who were not named joint owner could receive nothing from the account, despite the well-intentioned mother.

While joint bank accounts certainly have their advantages, caution should be used before a joint bank account is utilized as a substitute for sound and thorough estate planning. ■

For more information, please contact Nathaniel Tagtow with City State Bank Trust & Investments at 515-981-1400. Member FDIC. (FDIC insurance covers funds in deposit accounts, including checking and savings accounts, money market deposit accounts and certificates of deposit (CDs). FDIC insurance does not cover other financial products and services that insured banks may offer, such as stocks, bonds, mutual fund shares, life insurance policies). City State Bank does not provide tax or legal advice. The information presented here is not specific to any individual's personal circumstances and the information may change at any time and without notice.

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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 any more than he could compel the tortfeasor to do so himself.

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. ■

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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CELEBRATING a noble life

George Washington Carver Day is Feb. 1.

To many of us who live in Indianola and/or are associated with Simpson College, the Carver name is a familiar one. But who exactly is George Washington Carver?

Born into slavery, losing his mother to bounty hunters, and experiencing wrongness and hardship, Carver integrated faith, education and intellect into improving the lives of others. The second Black student to attend Simpson College, Carver studied art and piano before making his way north to Iowa State University (known back then as Iowa State Agricultural College).

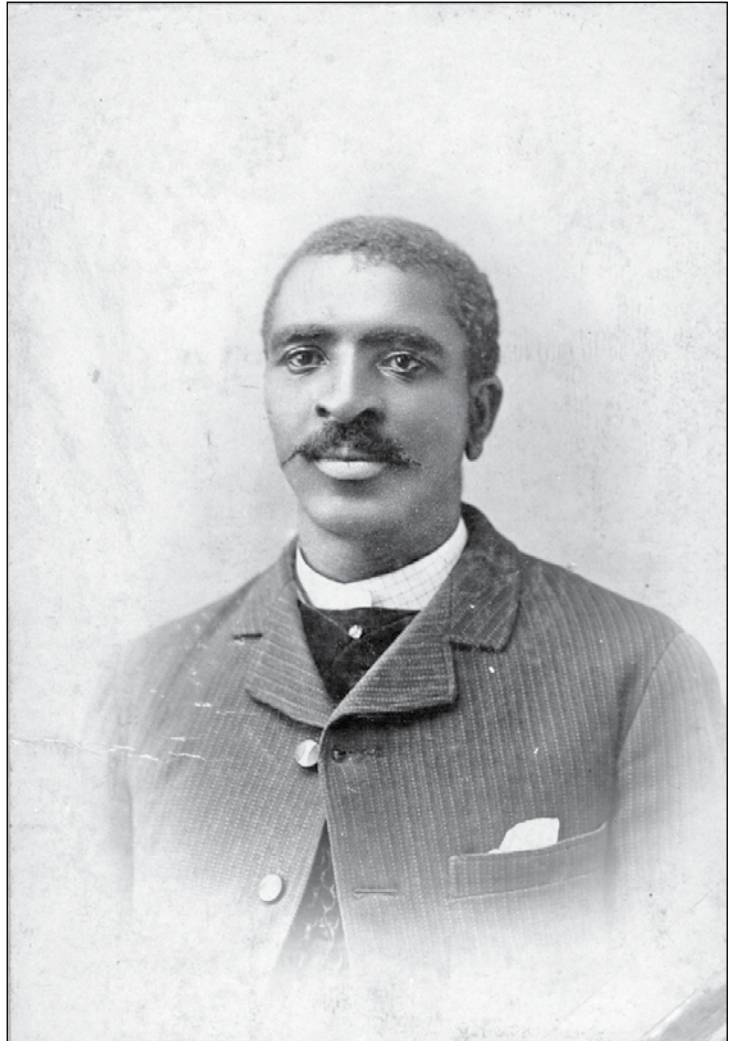
At Simpson, he not only worked, attended classes and studied, but forged friendships with students, townfolk and merchants. He often marveled at how kind and generous everyone was.

Carver eventually took a position at Tuskegee University in Alabama, where he taught for 47 years, influencing generations of Black scientists, teaching agricultural methods that would improve yields for Black farmers, also improving their economic situation. He had great respect for all living things and enjoyed finding advantages and opportunities for plants we thought we knew and others considered a nuisance. He believed a weed was only a plant out of place — like okra in a cornfield.

“Anyone who met Dr. Carver recognized they were in the presence of someone great and extraordinary,” says Elodie Opstad, local historian. “While his time at Simpson College and in Indianola was short, he often appeared in the local newspaper for his achievements and activities. After leaving, he remained in contact with people and came back from time to time.”

When Gov. Kim Reynolds recognized Feb. 1 as George Washington Carver Day, Indianola established an annual event to honor Carver and his legacy. It’s a joint committee between Simpson and other interested community members. Everyone is invited to join the 2025 festivities. ■

Source: Remembering a Noble Life, published by Indianola Independent Advocate, Feb. 2023.



Dr. George Washington Carver left an impression that continues today, and that is why Simpson College and the Indianola community invite the public to the annual celebration to remember and celebrate his life.

George Washington Carver Day Celebration

Saturday, Feb. 1, 10 a.m. to noon

Indianola Downtown Mainstreet

The family-oriented celebration includes a scavenger hunt of Carver fun facts (maps and clues available at most merchant locations) and a variety of indoor activities: flowers and pollination, seed planting, museum tours, historic photos, student artwork displays, and a short film.

All of Saturday’s activities are free, and community members are encouraged to stay afterwards, have lunch, shop and enjoy historic downtown Indianola.

While the main celebration is on Saturday, the festivities kick off on Thursday, Jan. 30.

Carver Medal Ceremony and Lecture

Thursday, Jan. 30, 7 p.m.

Smith Chapel, Simpson College

This event is free and open to the public. The lecture will be delivered by Mike Espy, former U.S. Secretary of Agriculture.

Community Toast featuring

Peanut Genius Beer

Friday, Jan. 31, 5:30 p.m.

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THE EXPERTS ON IMPORT AUTOS.

Hello, I am Chris Werner, the owner of Werner's Elite Auto. When it comes to the automotive industry, you could say it is "in my blood," and you would be right. My passion and talent for all things mechanical have been passed down through generations of the Werner family. As a child, I would take apart anything I could find on the farm to understand how it worked. I was never completely satisfied; I was always curious and sought ways to do things better.

It was no surprise to my friends and family when I chose a career in the automotive industry. I spent my first six years in Holstein, Iowa, gaining as much experience as I could in the domestic market. During this time, I witnessed poor design, multiple failures of low-quality products, and reactive manufacturing recalls that stemmed from a flawed business model and maxed out my ability to grow as a technician.

In 2002, Audi of America discovered me online and offered me a position servicing their brand. Captivated by their performance, style, personality, and design, I accepted the offer and never looked back. Since then, I have dedicated my career to working with European and high-end Asian brands. I am manufacturer-certified in VW, Infiniti, Land Rover, Jaguar, Audi, and Acura. Brands that provide quality builds and innovative engineering, offering customers peace of mind in an asset I can confidently support.

Alignment of my values with these brands planted seeds of a dream to someday own my own shop. I noticed the dealership experience was often cold, lacking personal connection and emotional engagement. I always aspired to create something

different, special, and unique that would stand out from the average experience.

In 2020, an opportunity came my way, and in July 2021, we celebrated our grand opening. I managed every aspect of the business by myself until July 2022, when my son, Ryan, joined the team. In 2023, we expanded our focus to include Vintage European and Classic cars and by early 2024, we were finalizing the purchase of the building next door to establish a dedicated facility for Vintage and Classic vehicles. During this time, my wife, Brandy, joined us as our Chief Financial Officer (CFO), and her son, Christian, came on board as our Parts Advisor. Each addition brings us closer to what I envisioned. A business based on character and values. A People First philosophy.

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NEW YEAR, new plan

Staying independent at home as you age

Chris, 72, has lived in her home in West Des Moines for nearly 50 years and plans to remain there forever, but her son and daughter-in-law are concerned. Chris is healthy, but if she needs assistance at some point, her family won't be able to help, as they live abroad.



Chris's family members' concerns are reasonable; staying in our homes independently 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.

So, you may be asking yourself, on your own behalf or on behalf of someone you love: "If moving into a community for older adults is not a desired option and there are concerns about potential health issues later on, what can I do?"

Consider a Continuing Care at Home (CC@H) membership initiative. Usually administered by an organization that serves older adults, a CC@H program is 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.

Here are some questions you'll want to consider asking before you join a program:

- **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.

- **How long has the organization that's backing the program been in business, and what's its reputation in the senior-living industry?** Even if the program itself does offer all the services you're looking for, make sure you're comfortable with the organization itself. 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. ■

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.

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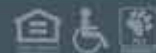
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COZY, comforting recipes to take on the cold

(Family Features) If blustery conditions are giving you the blues, come inside from the cold for a winter warmup in the comfort of your own kitchen. Cold-weather favorites that are baked, roasted or slow cooked are usually equal parts easy, delicious and filling, making them perfect solutions for chilly, snowy days.

Add a bit of comfort to your weeknight menu with this Loaded Chicken Bake that's ready in about half an hour. A short list of ingredients and allowing your oven to do most of the work for you mean it's ideal for saving time (and money at the grocery store) while still satisfying winter appetites.

Serving as the hearty base is READ German Potato Salad, made with thinly sliced potatoes and bacon in a traditional sweet-piquant dressing. While it's delicious when served chilled, heated or at room temperature on its own, it can also be the star of the show in family meals.

Find more favorite wintertime recipes by visiting READSalads.com and AuntNellies.com. ■

Loaded chicken bake

Recipe courtesy of Hungry In LA

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 8

- Nonstick cooking spray
- 2 cans (15 ounces each) READ German Potato Salad
- 4 cups shredded rotisserie chicken or other cooked chicken
- 1/2 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon finely ground black pepper
- 3/4 cup shredded sharp cheddar cheese
- 1/4 cup crumbled, cooked bacon
- French fried onions (optional), plus additional for serving (optional), divided

DIRECTIONS

- Preheat oven to 375 F.
- Lightly coat 9-by-13-inch baking dish with nonstick cooking spray.
- Spread German potato salad evenly in dish. Top evenly with chicken.
- In small bowl, stir heavy cream, salt and pepper. Pour mixture over chicken.
- Sprinkle with cheese, bacon and onions, if desired.
- Bake 15 minutes, or until casserole is bubbly. Let stand 10 minutes.
- Top with additional onions, if desired.



Oven-roasted sweet potatoes and beets

Servings: 4

- 1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets
- 2 large sweet potatoes (about 1 pound) peeled and cubed (1/2-3/4-inch cubes)
- 2-3 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 red onion, sliced about 1/4-inch thick
- 2 fresh rosemary sprigs, plus additional for garnish

DIRECTIONS

- Preheat oven to 400 F. Drain beets. Discard liquid or save for another use.
- In large bowl, toss sweet potatoes, olive oil, salt, pepper and onion until coated.
- Place silicone mat on baking sheet or line with aluminum foil.
- Pour contents of bowl onto baking sheet in single layer. Remove rosemary from stems; sprinkle over vegetables. Bake 30 minutes until potatoes are almost tender.
- Add beets to baking sheet. Return to oven 10-15 minutes, or until potatoes are fork-tender and beginning to brown. Garnish with additional rosemary, if desired.



PEMBLE Hardware Store



If you were wandering around the Indianola Square anytime during the 90-plus years of its existence, you would probably have been drawn to the northwest corner and to Pemble Hardware Store. If you needed nails or screws or even batteries, you could buy them by the pound, or buy them by the unit, whether it be three, six or two dozen. Gerald Beymer, a longtime Indianola businessman, considered this the most unique aspect of the store. Pemble Hardware is remembered as the store that always had what the customer needed.

Fred Pemble had been in the hardware business in Paton before moving with his wife and children to Indianola in 1904. He went into business with Ray McCoy, the owner of McCoy Hardware and Harness. Shortly after the partnership had been formed, McCoy sold out to Pemble, and the name of the store was changed to Indianola Hardware and Harness.

Pemble's son, Harold, joined the business in 1915. They were joined by his son-in-law, Howard Baer, in 1920. By 1942, Harold's sons were old enough to join their father in the business. Vincent and Lawrence (known

as Red) and their wives, Marian and Edith, became the third generation of Pemples to operate the store. Vincent Pemble was known for his fine vegetable garden and orchards. He served as superintendent of the horticulture department at the Warren County Fair for 50 or more years. Red sold his interest in the store to his brother in 1989. Vincent's foster son, LeRoy Mathes, had been working as a full-time employee since 1972 and had taken on much of the responsibility of the store.

Elaborate window displays were the hallmark of the store while Harold Pemble was the owner. Baer was a sports enthusiast and sold Winchester and Spaulding merchandise, which were featured in the window displays. A local artist, Becky Wilson's mother, Estella, gained national recognition for the window backdrops that she painted.

Although the business was in the same location for 92 years, there were some changes. When it began, Pemble's was housed in two store fronts and had a busy harness shop with two large tanks for soaking harnesses and a harness maker's stitching horse. John Hope had

worked in the harness shop before it was closed. The building also had a large outside elevator for lifting farm machinery.

In the mid-1930s the store was remodeled, creating large display areas for the many brands of pottery and china sold in the store. In 1992, Don Barnett updated the exterior of the store and added apartments upstairs. But the oak display cases and wooden floors remained on the lower level.

As you roam the Square, you might take the opportunity to visit The Local Vine for food and drink. While you are there, enjoying the atmosphere of days gone by, imagine the years that three generations of Pemples welcomed customers coming in to talk and purchase needed goods and supplies. (Source: Record-Herald and Indianola Tribune, March 20, 1996)

You are invited to tour the Warren County Historical Museum on the east side of the Warren County Fairgrounds, open Thursday and Saturday morning, weather permitting. ■



Check for cancellations

Upcoming in Indianola Living magazine:

Grandparents who enjoy living near their grandchildren: Share why you enjoy living near your grandchildren and how you spend time together. Email tammy@iowalivingmagazines.com by Jan. 17 to be included in the February issue.

George Washington Carver Day Celebration

Saturday, Feb. 1, 10 a.m. to noon
Indianola Downtown Main Street, 115 N. Howard St.

George Washington Carver began his collegiate career at Simpson College in Indianola. Learn more about his life and contributions to science in this family-friendly celebration that includes a scavenger hunt, science activities, artwork displays and more at locations around the Indianola Square.

Indianola Community Contra Dances

Third Saturdays of the month starting in January, 9-10 p.m.
First United Methodist Church, 307 W. Ashland Ave., Indianola

Indianola Community Contra Dances will be held Jan. 18, Feb. 15, March 15, April 19 and May 17.

Creating and expanding your small food processing business

Thursday, Jan. 30

Two Iowa State University Extension experts will present topics important to small Iowa food processors. Presentation information will include: 1. Starting a small food processing business in your home/farm. Learn about Iowa's cottage/home-based food law and how it supports building small businesses from your home. 2. When creating processed foods to sell to the public, what is essential to have on your food label to meet the current Iowa law. 3. Food safety discussion covering topics such as the importance of food safety; proper food handling practices; cleanliness and sanitation; pest control measures; and common food safety hazards and prevention. In addition to this program, from 5:30-6 p.m., 4- to 15-minute slots will be open to meet with our experts. Penny Brown Huber is the Iowa food business specialist, and her role is to work entirely with small Iowa food processors, assisting them in building their businesses. Daniela Lopez is a food safety specialist working for Iowa State University Human Sciences. Register online at <https://form.jotform.com/243124744804050>.

Afternoon Adventures: Barnstorming Babe Ruth

Tuesday, Jan. 21 at 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

After losing the World Series in 1922, Babe Ruth and Bob Meusel set off on an 18-game Great Plains barnstorming tour that created lifelong memories for people who would have never otherwise had a chance to see a major league baseball player. Stops included Omaha, Kansas City and Denver, but kicked off in Perry. Join author Timothy Grover, who has researched and written about this chapter in the life of an American icon. The free speaker series is sponsored by Community 1st Credit Union and hosted by Indianola Parks and Recreation.

Afternoon Adventures: Unconditional Surrender: A Visit with Ulysses S. Grant

Tuesday, Feb. 18 at 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Author and performer Pete Grady presents this one-man show about the life and times of Ulysses S. Grant, Civil War general and 18th president of the United States. This event is funded by Humanities Iowa, a private, non-profit state affiliate of the National Endowment for the Humanities. The free speaker series is sponsored by Community 1st Credit Union and hosted by Indianola Parks and Recreation.

Tuesday Tunes and Treats: David Watson

Tuesday, Feb. 4 at 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

David Watson has performed on cruise ships, in Las Vegas, and on national and international tours. His high-energy show features hits from the 1950s to the present, with songs by artists Zach Bryan, Journey, Johnny Cash, Buddy Holly and more. The free concert is hosted by Indianola Parks and Recreation and is sponsored by The Village, a WesleyLife Community. Dessert provided by Indianola Hy-Vee.



VITA offers income tax help

Get your taxes done for free with the Volunteer Income Tax Assistance program. Boost your family's income with the earned income tax credit or child tax credit if you qualify. Some guidelines apply. Learn more by visiting www.extension.iastate.edu/humansciences/vita.

CITYVIEW's Fire and Ice

Saturday, Jan. 18, 1-4 p.m.
Historic Valley Junction Foundation, 137 Fifth St., West Des Moines

Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit <https://fire-and-ice.dmcityview.com>.



EVENTS IN THE AREA

Check for cancellations

Kling displays art in Grimes

Through Feb. 26

Grimes Public Library, 200 N.E. Beaverbrooke Blvd., Grimes

“Welcome to My Gardens” is an exhibit of oil paintings by Indianola Artist Bob Kling on display at the Grimes Public Library. Eighteen of Kling’s paintings are on display and were created during the last four years. The show features work created from Kling’s flower and vegetable gardens and from the produce department at Hy-Vee Grocery when the gardening season was over. “Although I paint everything from figures, portraits, landscapes, seascapes, hot air balloons, cars, trucks, motorcycles and still life, each has their own distinct characteristics which I enjoy — the personalities of people, the reflections of objects in water, the rippling folds in fabric or the dappling of shadows and sunlight through the trees. But there is something special about working from your own garden. When gardening, you discover all sorts of bugs, insects, butterflies, caterpillars and other living things. I like to have the viewers of my paintings also discover these same things.” The exhibit is free and open to the public during the Grimes Public Library hours from 9 a.m. to 9 p.m. Bob Kling’s painting and pottery studio is located in Indianola. His webpage is www.bobklingart.com.

Playhouse classes offered

Various dates

The Des Moines Playhouse, 831 42nd St. Des Moines

The Des Moines Playhouse offers classes year-round for ages 4 through adult. New this winter is an audition workshop for teens and adults. Registration is now open for winter, spring break and spring classes with summer camps posting in mid-January. Scholarships are available through the Jeanne Hopson Angel Fund. For class descriptions, registrations and more information, visit dmplayhouse.com/education/classes-and-camps.

The Audition Workshop Series for ages 14 through adult will be led by Playhouse artistic director Katy Merriman. Held each Saturday in February, sessions will focus on song selection, cold reads, dance auditions with “Waitress” choreographer Kent Zimmerman, and a master class with area directors. Students can sign up for one, two, three or all four sessions.

Spring classes, starting March 29 are focused on musical theatre for pre-K through grade 7.

Spring break finds students in grades 5-8 learning “Seussical Kids,” a 35-minute version of the popular Broadway musical, with performances at the end of the week. Students in grades 3-4 will rehearse and perform a play while younger students will use favorite books to create scenes to share.

For more information on Playhouse educational offerings, contact Robin Spahr, Playhouse education director, at rspahr@dmplayhouse.com, 515-974-5365.



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HAPPINESS from hearing devices

Many scientific studies in the past have confirmed the negative impacts associated with hearing loss: depression, anxiety and social isolation. On the bright side, research shows hearing solutions can bring positive benefits, improving overall well-being.

A study conducted by the Better Hearing Institute (BHI) supplies overwhelming data about how much of a difference hearing devices can make.¹

The study surveyed more than 2,000 hearing-loss patients who use devices to enhance their sense of sound. Of the sample group, 82% of patients indicated they would recommend hearing devices to their friends, and 70% reported an improved ability to communicate. The data also showed more than four out of five people who use a device to hear better are satisfied with their solution.

“This survey clearly reveals how dramatically people’s lives can improve with the use of hearing devices,” BHI Executive Director Sergei Kochkin, Ph.D., said. “In this comprehensive study of more than 2,000 hearing device users, we looked at 14 specific quality-of-life issues and found today’s hearing devices are a tremendous asset to people with even mild hearing loss who want to remain active and



socially engaged throughout their lives.”

The study also concluded up to a third of patients saw improvements in their romance, sense of humor and mental, emotional and physical health. Further, roughly 40% noted improvements in their sense of safety, self-confidence, feelings about self, sense of independence and work relationships.

These results are the most significant of their kind because they show a clear potential solution to many of the draining feelings patients with hearing loss suffer. Many positive responses are attributed to technological advances that have led to smaller and less visible hearing devices, resulting in decreased societal stigma associated with wearing devices in daily life.

New devices are more intelligent and offer many improvements over older generation models. BHI’s Kochkin believes the first step to preserving your future enjoyment in life is to make an appointment with a hearing health professional and get your hearing checked. ■

Information provided by Dr. Kelly Cook, audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990. 1 The Hearing Review. (2011). BHI Survey: Hearing Aids Help Majority of Users to Regain Quality of Life. <https://www.hearingreview.com/hearing-products/hearing-aids/bhi-survey-hearing-aids-help-majority-of-users-to-regain-quality-of-life>

Ready to see how hearing aids can improve your life?



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HOW ACUPUNCTURE helps boost metabolism

Over the past two decades, acupuncture has rapidly gained recognition in healthcare as a service to help with many acute and chronic health conditions. Current research still does not know the mechanism of “how” acupuncture works, but we can now measure what effects acupuncture has on the body.



Regulating hormonal balance

Metabolism is largely controlled by hormones, such as insulin, thyroid hormones and cortisol. Acupuncture has been shown to influence the release of these hormones, helping to regulate their levels. For example, acupuncture can stimulate the thyroid, which plays a crucial role in controlling the body’s metabolic rate. By improving thyroid function, acupuncture can help increase the rate at which the body burns calories, which is vital for maintaining a healthy metabolism.

Reducing stress and cortisol levels

Chronic stress can significantly slow down metabolism by elevating cortisol levels, a stress hormone that encourages fat storage. Acupuncture is known for its ability to induce relaxation and reduce stress by stimulating specific points that trigger the release of endorphins, the body’s natural pain-relieving and mood-boosting chemicals. By helping lower cortisol levels, acupuncture can prevent the metabolic disruptions caused by prolonged stress, encouraging a more efficient metabolism.

Stimulating energy flow and balance

In TCM, the body’s energy, known as “Qi,” flows through channels called meridians. A disruption or imbalance in this flow can lead to various health issues, including sluggish metabolism. Acupuncture helps restore the proper flow of Qi, which, in turn, encourages optimal function of the digestive system and energy production. By improving the body’s internal balance, acupuncture can help improve metabolic processes, leading to better digestion, energy utilization and nutrient absorption.

Supporting digestion

Acupuncture has also been found to enhance the function of the digestive system, making it more efficient in breaking down food and absorbing nutrients. A well-functioning digestive system is key to a healthy metabolism because it ensures that the body receives the nutrients it needs to function efficiently. Acupuncture will also help liver function.

Promoting weight loss

Research suggests that acupuncture may help regulate appetite, reduce food cravings, and improve the body’s ability to burn fat. By addressing both the physical and emotional components of weight management, acupuncture can support sustainable metabolic changes that lead to healthier body weight. For individuals seeking a natural, holistic approach to metabolic health, acupuncture offers a promising solution. ■

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 ARE dermal fillers?

Dermal fillers have revolutionized the field of cosmetic services, offering a non-surgical solution to address various signs of aging and providing a natural, refreshed look. These injectable treatments are typically composed of hyaluronic acid, which naturally occurs in the body, making them safe and effective for a wide range of individuals. One of the primary benefits of dermal fillers is their ability to smooth fine lines and wrinkles and enhance volume in others. Common areas are lips, around the mouth, jawline, under the eyes, cheeks and chin. For those looking to enhance facial features, fillers can create a more harmonious and balanced appearance.

The procedure itself is quick, often completed in under an hour, with minimal discomfort and little to no downtime. Results are immediate and can last from six months to more than a year. Moreover, dermal fillers are customizable, allowing practitioners to tailor the treatment to each patient's unique needs and aesthetic goals. As a cost-effective and minimally invasive option, dermal fillers provide a boost in confidence without the risks or recovery associated with surgery. A natural look is a concern for many clients, so finding a provider you trust, having a thorough consultation, and having a plan you are comfortable with is key to making sure your look is "you." For individuals seeking a refreshed, youthful look, dermal fillers offer an excellent solution with proven results. ■

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



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MEET Kevin Huss

Teaching and coaching is the ultimate reward.

When Kevin Huss graduated from high school, he didn't see teaching in his future.

"As a student in the 1980s, I enjoyed school," Huss says. "But it wasn't until a couple of years after graduation — and after I was already married — that I felt a calling to go back to school and pursue a teaching degree."

Huss is grateful that his wife, Penny, supported him every step of the way. While studying at Simpson College, he worked nearly 30 hours a week and then 50-plus hours a week in the summer. Teaching social studies was an easy choice thanks to two incredible teachers he had in school — Rich Gunnarson and Tim Busby at Interstate 35 — both of whom made an impact on him.

Huss had his first opportunity in the fall of 1992 to coach Indianola girls in seventh-grade volleyball and eighth-grade basketball. He student taught that next spring, and then, in 1996, he was hired by the Indianola district and has enjoyed a 29-year career in the classroom. As for coaching, he's on year 31.

"The ultimate reward of teaching at Indianola is the students I've had throughout the years in my classroom and through my coaching opportunities," Huss says.

As an economics teacher, his goal in the classroom has been to share his love and passion for the subject with his students through multiple experiences and/or stories.

"There is always something happening in our economy, whether on a local, state, national or world stage, that can be connected to our personal lives," he explains. "This makes learning not only fun but real for the students, bringing value to the educational experience."

Coaching has been a great way for Huss to connect with kids outside of the classroom, and he says that's been the highlight of his career. He likes that, as a coach, he gets to walk with a group of kids through many of the ups and downs of life and help them set goals for the future.

He's currently the assistant coach for eighth-grade volleyball and girls basketball, as well as assistant girls tennis coach.

"Coaching has allowed me the opportunity to connect with players in a meaningful way," he says. "The kids, and their families, look not only to me as a coach, but as a friend and mentor."

Balancing teaching, coaching, and family can be challenging. It's a seven-day a week job and responsibility, making it difficult to find down time in the midst of the demands of the various sports. Again, Huss says he's thankful for a supportive family.

"I like to keep busy, so, when I'm not teaching or coaching, I find things to do," he says. "I enjoy cutting firewood, helping my parents on the family farm, and doing odd jobs for others. But my favorite activity is spending time with our grandkids." ■



Kevin Huss believes that, every time he shows up as a teacher and coach, he has the opportunity to inspire learning and make a positive impact on his students and athletes.

GETTING better

Did you make any New Year's resolutions? A new calendar is a great excuse to clean out some of the bad habits in our life and start some good ones. Here are some of the most popular: exercise more, eat healthier, and save more money.



All good ideas... but why? Why do we choose these resolutions, and why do we want to pursue them? Someone might say he wants to exercise so that women will find him more attractive. Someone might want to eat healthier because she's afraid of getting sick. Someone might want to save more money because he never seems to have enough. There's just one problem with these reasons: They come from the wrong frame of mind.

Let's take the same resolutions and reframe them. "I want to exercise more because God has given me this body, and I want to enjoy it." "I want to eat healthier so that I have more time and energy to do what God has given me to do." "God has truly given me more than I need, so I can set some aside in savings, just in case." Hear the difference?

Don't enter this new year thinking that you're a problem to be fixed. Recognize that you are loved by God and strive to be everything He's made you to be. ■

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

FARM insurance basics

(Part 2) A farm insurance policy includes some or all of the following four categories of coverage: 1) Dwelling, 2) Liability, 3) Farm Personal Property and 4) Outbuilding. In last month's article, I discussed the first two categories. This month, we'll look at Farm Personal Property coverage and Outbuilding coverage.



Farm personal property can include 1) equipment/machinery, 2) tools, 3) livestock, 4) harvested crops, 5) feed and 6) supplies. A farm owner can choose what they want to cover and what they don't, but if the percentage of what is covered versus the total amount of farm personal property is too low, then a penalty amount may be deducted from a claim settlement. Farm personal property is typically covered at actual cash value, but individual items that are newer and in good condition can be scheduled at full replacement cost coverage.

Note: a farm policy typically does not cover crops in the ground. A separate "crop-hail" policy is usually needed to cover them.

Outbuildings include barns/stables, machine sheds/pole sheds, corn cribs, silos, grain bins, and even structures such as fences, power poles and flagpoles. That's right — farm fencing typically needs to be scheduled in the Outbuilding section of your farm policy in order to be covered. Like farm personal property, outbuildings are typically covered at actual cash value, but may be scheduled at replacement cost based on age and condition.

As always, for help with your specific farm insurance needs, talk to your insurance agent. ■

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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Mike Richey, Agent
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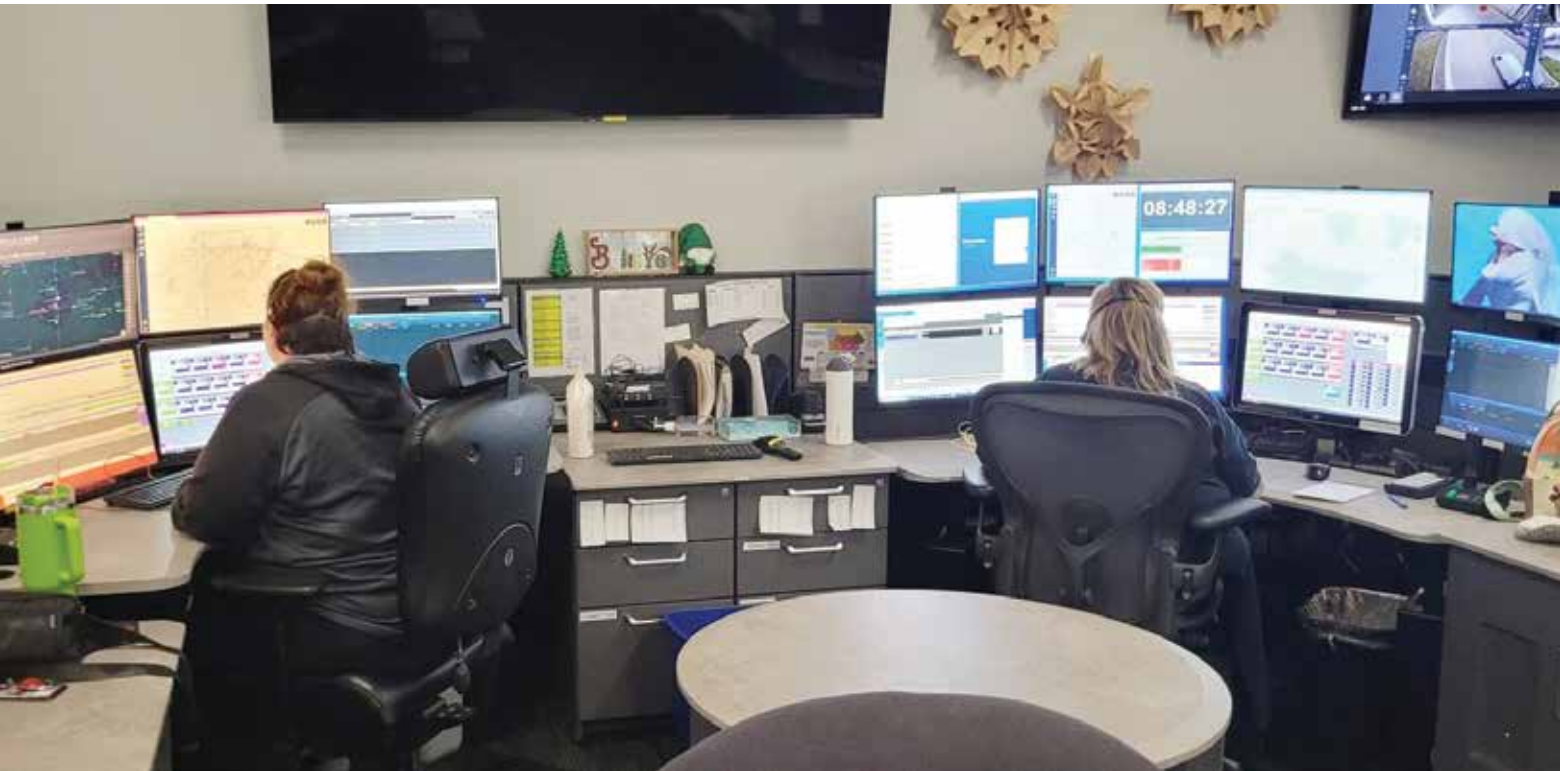


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HEROES behind the scenes

911 dispatchers are answering the call.



On Christmas Eve (and every other day), the team of dispatchers is the backbone of the emergency response system, and their work is essential to saving lives and maintaining public safety.

Emergencies happen when we least expect it. If you've ever called 911 feeling stressed and panicked, the dispatcher on the other end is specially trained to remain calm — and get you the help you need.

Travis Solem is the director of Warren County Communication. He and his team of dispatchers are the Public Safety Answering Point for Warren County. They take the 911 and administrative calls for the county—including Indianola Police, Fire and EMS. They also enter warrants for the county and take radio traffic from all public safety departments they serve, whether for traffic stops or serving civil papers, and documenting and keeping track of all public safety people.

Steve Garrett has been a dispatcher for 22 years. A member of the Indianola Fire department for seven years, when the dispatch job came open, he was excited to work in Indianola, and specifically full time in public safety.

"I like knowing that, on someone's worst day or when they just need help, I take their

call and get them what they need," he says. "It is a good feeling knowing I can bring calm to the situation."

There are 12 full-time dispatchers working 12-hour shifts — either day or night. The schedule allows for every other Friday, Saturday and Sunday off, and there is a two-person minimum per shift with most days having three on duty.

It's a tough schedule, but Solem is grateful for a strong team that has adapted through many technological changes over the years and makes a difference in the community and beyond.

"There is now text to 911, and we can give emergency medical dispatch instructions over the phone for things like CPR, bleeding and childbirth," Solem explains. "Mapping software has improved, so we can locate someone within 3 square meters."

Kristan Decker is a veteran dispatcher with more than 30 years of experience. She says most people don't realize how many hats a dispatcher wears.



"From fielding after-hours call outs for utilities and animal control to weather-related incidents, road crews, medical examiner and traffic signals, there's a lot going on," she explains. "I consider it a successful shift when my officers, firemen and medics go home to their families each time I am in the chair."

Solem's goal is to put faces to the voices that people hear by getting out in the community. They also want to increase public awareness and education around 911 for people of all ages.

"We hope to develop some programs and get into the schools and talk with kids," Solem says. "Giving people the tools they need to stay safe and educate at the same time can go a long way in helping not only the community, but our dispatchers, officers, firemen and medics, too." ■

SMALL Business Saturday

Small Business Saturday, Nov. 30.



Nancy Yando and Eileen Lenninger



Jodi Ricketts, Molly Bean and Amy Deike



Jessica Robinson and Michele Krage



Sheena Gorder and Kelly Drees



Gaby Haynes, Natalie Metzger and Kamie Haynes



Lisa Harms, Annette Corbett and Virginia Ricketts



Cathy Hoch and Sarah Eggers



Shae Katz and Jodi Eltjes



April and Coral DeFord



Dawn Welling and Dotti Klootwyk



Paula Schultz and Pamela Bruce

LEGISLATIVE Forum

The Indianola, Norwalk and Carlisle chambers of commerce hosted a legislative forum at the Indianola Country Club on Dec. 11.



President of the Indianola Chamber of Commerce Amanda Zwanziger



District Representative for U.S. Rep. Mariannette Miller-Meek, Doug Stour



Carlisle Mayor Drew Merrifield



Regional Director for U.S. Sen. Chuck Grassley, Noah Scrad



Rep. Brooke Boden



Rep. Samantha Fett



Indianola Mayor Stephanie Erickson



Norwalk Mayor Tom Phillips

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Protect Your Loved Ones from RSV

RSV is a common respiratory virus, which peaks in the winter months.

RSV can be dangerous for infants and older adults. These age groups are more likely to be hospitalized from RSV.

Talk to your family's healthcare providers about RSV prevention.



A DIFFERENT you

It's really a cliché, isn't it? As a new year begins, our thoughts turn to change. "I must be different." What about your life needs to look different?

You'll maybe decide this is the time to lose that extra weight. Soon you'll find that the Wellness Campus is crowded to capacity with others thinking the very same thing — for a few weeks at least.

Or, instead of losing pounds, you'll decide it's time to lose the financial debt holding you captive. You'll commit to tracking your spending and sticking to a budget. You'll vow to pay it all down and be wiser with your money going forward. You promise yourself you will. But then...

Trust me, you're not alone in any of this. It happens to us all. Changing habits is good, don't get me wrong. And it's hard work, no doubt. So, my hat's off to those of you who are able to commit to the above and stick with it.

But...

Let me suggest a different kind of change, one with the guaranteed potential to affect all the areas of your life. To put it simply: Commit yourself to deepen your relationship with your Creator. And there are two things that make this change unlike the others we've been talking about.

First, it's actually harder to mess this change up than it is to lose weight or get out of debt. I had a friend who committed to the "ice cream diet" she'd dreamed up. No joke. She really believed if she ate nothing but ice cream for awhile, she'd lose a bunch of weight — and have fun doing it. She made herself sick instead. But rather than dreaming up how to draw closer to God, we can instead look to what God has said. Every Sunday there are groups of people looking to what God has said at a variety of area churches. Your change can be as easy as committing to join with them each week.

Which leads me to my second point about how this change is different. Good health and financial freedom do not pursue you at all. They're quite elusive. But God pursues us, paving the way to creating what is new. Scripture tells us this in James 4:8 — "Draw near to God, and he will draw near to you." His desire is to make you new. ■



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

Wishing Everyone A

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We are closed for the month of January so we can reset the shop for 2025. See you in February!

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