

INDIANOLA

MARCH 2025

Living

MAGAZINE

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WELCOMING WYATT KALDENBERG

INTRODUCING ELLIS LAW'S NEWEST ATTORNEY, WYATT KALDENBERG

Hello, Indianola, my name is Wyatt Kaldenberg. I grew up on my family's farm South of Indianola. Showing cattle, helping on the farm and getting involved in 4-H and FFA took up most of my time. I graduated from Indianola High School in 2016 and Iowa State University in 2020 with a major in Business Management and minor in Political Science. I earned my law degree from Drake University Law School in 2023 with a Business Law Certificate and was admitted to the Iowa Bar that same year. After practicing law for a year and a half in Burlington, Iowa, I decided to move back home to Indianola and join the team at Ellis Law Offices. My practice areas include Estate Planning, Probate, Business Law and Real Estate.

One of my main (and favorite) areas of practice is Estate Planning. I enjoy getting to know clients, finding out their wishes and seeing how I can tailor an estate plan to best fit their needs. Clients often feel overwhelmed at the thought of getting an Estate Plan done. I strive to simplify the process and effectively explain the pros and cons of each decision my clients make. I've provided a very brief overview of some of the Estate Planning tools that I can utilize to meet your individual goals:

Last Will and Testament: A Will, or Last Will and Testament, is a legal document that outlines a person's wishes regarding the distribution of their assets, guardianship of dependents and other affairs after their death. In your Will, you designate an

Executor, who is to carry out your wishes in accordance with your Will after you have passed. If you are using a Will as your Estate Planning document, your assets/estate will go through the Probate process.

Trust: A Trust, like a Will, is a legal document that outlines a person's wishes regarding the distribution of their assets, guardianship of dependents and other affairs after their death. A Trust allows the Grantor (the person creating/funding the Trust) to transfer assets to the Trustee (typically the Grantor) to manage the assets. Unlike a Will, a Trust can take effect during the lifetime of the person creating it and can provide greater flexibility and control over asset distribution, including provisions for incapacity. When properly funded, a Trust can help avoid the Probate process, ensuring privacy and efficiency.

Power of Attorney: A Power of Attorney is a document that enables a person (your "Agent") to act, and make decisions, on your behalf. There are two main Power of Attorney's, a Healthcare Power of Attorney and a Financial Power of Attorney. Powers of Attorney can become effective immediately, or upon written certification that you have become incapacitated. Powers of Attorney enable loved ones decision-making power regarding medications, treatments, and long-term care; or paying your mortgage, accessing your bank accounts, and managing investments.

Although this is not an exhaustive list of Estate Planning options, I hope I was able to provide clarification on common terms in Estate Planning. If you're looking to set up an Estate Plan or get some questions answered, please reach out to our office and I will be glad to help! Be sure to check out our article next month, as we discuss the ins and outs of the Probate process.



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WELCOME

AN OLD RV, a friendly farmer and a moose head

Jolene and I were married in Clive on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.

Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun — until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremony featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaahhh, the memories. Happy 30th anniversary, Jolene! ■



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A wedding TO REMEMBER

**Couple shares how they
made their day special.**

By Becky Kolosik

Few milestones are as momentous as a wedding. Family and friends often gather from near and far, the preparations may take months, and every detail is given thought. From the wedding attire to the decorations, music and venue, the couple makes countless decisions with one goal in mind: for theirs to be a wedding to remember. This month, one couple shares the scrupulous planning they did so their special day would be exactly as they envisioned. If a wedding is in your future, we hope you find inspiration from their story. Or, perhaps, their journey will spark memories of your own.

Smith Chapel was a beautiful setting for the wedding of Eagan Lickiss and Emily Coffey. Photo by Justin Storm, Storm Photo & Design



Eagan and Emily felt the love and support from their family and friends on their wedding day. Photo by Justin Storm, Storm Photo & Design

On Oct. 7, 2023, Eagan Lickiss and Emily Coffey stood before family and friends at Smith Chapel on the Simpson College campus and said, “I do.” It was not lost on the couple that 31 years prior — almost to the day — Emily’s parents, Steve and Beth, did the exact same thing.

“Having lost my dad in 2013 when I was 17, it was important to me to feel connected to him on our special day,” Emily says. “Mom and dad celebrated their wedding on Oct. 10, 1992, in Smith Chapel, so it was the first vendor we booked for our ceremony.”

Their wedding day was a new chapter in a love story that started while the two were young teens. Although they first met in 2010 when they were both cast in Carousel Theatre’s production of “The Wizard of Oz,” Emily says “sparks didn’t fly” until about five years later.

“We were cast as Miss Adelaide and Mr. Nathan Detroit in Indianola High School’s spring musical, ‘Guys and Dolls,’ ” she explains. “It didn’t take long to realize that we really liked each other as more than just cast mates or friends.”

When Emily graduated, she headed off to Chicago for college. Eagan still had a couple more years of high school, but they were determined to give their long-distance relationship a shot. That became even more challenging when Eagan chose to study and play football at South Dakota State University.

Indianola was their home base. On school breaks, they spent as much time together as they could. And, with Eagan’s dad being a pilot for Delta, they were grateful when he was able to help them with flight connections for quick weekend visits — either Eagan flying to Chicago or Emily to Sioux Falls and other

destinations for Eagan’s football games.

Emily moved back to Iowa in 2022 after spending a couple of years in the Chicago area following college. Eagan graduated from SDSU and moved back to Iowa that summer, too.

“He popped the question in August after a dinner at Tumea & Sons, where we had our first official date,” Emily says. “We were so excited about the future and couldn’t wait to share the news with our family and friends.”

As a young couple, it was important to them to budget and pay for the wedding on their own. It was something Emily’s parents did when they married in 1992, so Emily made that one of her goals. It was an integral part of the planning process.

Emily reached out to local photographer and Indianola graduate Sammi Griffin of Sammi.G.Photography for engagement photos. For the wedding day, Eagan and Emily chose to work with Storm Photo and Design. Owner and photographer, Justin Storm, is also an Indianola native and had taken Emily’s graduation photos several years earlier.

With the church booked, the couple started thinking about their reception. Emily envisioned a rustic, vintage feel. They also didn’t want to have to purchase or rent a lot of décor. Finding a place that met most of their criteria took some time, but when they visited Decades Event Center, it quickly became the top contender.

Decades is an event space attached to an antique mall called The Picker Knows in West Des Moines. Not only did it fit their vision, but the tables, chairs, decor, linens and bartending services were all included with the rental package.

Food and entertainment were the final



Eagan Lickiss and Emily Coffey were officially engaged after Eagan proposed after a dinner at the restaurant where they had their first date. Photo by Sammi.G.Photography

big pieces for the reception to fall into place. The Sunflower Chef exceeded their catering expectations from start to finish. After setting up a tasting for Eagan and Emily, Julie Heathcote and her team planned a menu that included cocktail hour appetizers and charcuterie, a buffet service dinner and dessert.

Emcee and DJ services were contracted with Indianola’s own A Special Event DJ.

It’s all in the details

Once the ceremony and reception venues were secured, Emily and Eagan started to think about the other details that would complete their wedding day. From Emily’s gown, bridesmaid dresses and groom/groomsmen’s attire to floral and hair/makeup, the “to-do” list continued to grow. A quick Google search led Emily to The English Rose for the flowers.

“We enjoyed working with Clare on our vision,” Emily says. “If anything, our only regret is not ordering more floral arrangements because Clare and her team did such amazing and beautiful work.”

As for her wedding dress, Emily didn’t have a clear vision or specific design in mind; however, she knew she wanted to feel comfortable on her wedding day. Bridal Boutique came highly recommended, and Emily ended up choosing the last dress she tried on. Not only did it check the box for comfort, it had pockets, too. Bridesmaid dresses were ordered online.

“Once Eagan and I decided on our wedding colors, I found swatches I liked and let my bridesmaids pick the style of dress they wanted,” Emily explains. “Each of my girls had different fabrics and silhouettes, which made them not only feel confident and comfortable



Eagan and Emily chose Decades Event Center for their reception because of its rustic charm, modern amenities, great service and, of course, the dance floor. Photo by Justin Storm, Storm Photo & Design



Emily's bridal bouquet, as well as all the flowers for the ceremony and reception, were designed by The English Rose. Photo by Justin Storm, Storm Photo & Design

but also added a beautiful and interesting look to the bridal party."

When their wedding day arrived, everyone was excited about the day ahead. Emily's cousin's wife, Dixie, delivered a delicious spread to feed the bride and her party after their "slumber party" together the night before. Eagan's cousin, Taylor, another Indianola graduate and the hairstylist/owner of Taylored N Made, was set up and ready to do hair and makeup.

"Taylor is my regular hair stylist and a wonderful friend," Emily says. "She and her crew helped all of us feel relaxed, calm and beautiful. We snacked, laughed, sang and had a really great morning together."

Eagan and his groomsmen had a fun night hanging out together as well before heading to Smith Chapel around 11:30 a.m.

The ceremony was set for 2:30 p.m., so the photographer arrived at noon to start photos. The couple agreed they did not want to do a first look, so the first time Eagan saw Emily was as she walked down the aisle. The ceremony was officiated by a classmate of Emily's mom and included music by Emily and Eagan's high school vocal teacher, Val Hagener. After the ceremony, it was time for family and wedding party photos against the beautiful fall backdrop of the Simpson College campus. Guests were invited to head to the reception for cocktail hour and appetizers.

When the wedding party arrived at Decades, Eagan and Emily were "blown away." Everything was beautifully decorated down to the very last detail, and the food and drinks were delicious. There was so much love in the room, made evident by everyone who spoke and shared toasts/speeches.



Emily wanted her bridesmaids to feel confident and comfortable, so each chose different fabrics and silhouettes for their dresses. Photo by Justin Storm, Storm Photo & Design

"We loved sharing all of those heartfelt moments with our family and friends, but, ultimately, our packed dance floor was a highlight," Emily says. "We love to dance and can't thank DJ Mike enough for the fun atmosphere he created."

Today, Emily enjoys helping couples as the wedding and event coordinator at The Salisbury House. She started the job just a few months before their wedding and says having been through the process herself has helped her in providing other couples with a general timeline and vision, as well as pointing them in the right direction for vendors within their budgets.

If she and Eagan could offer any advice to newly engaged couples, Emily says "try and be as flexible as possible while still having a general goal/vision in mind."

"Have a plan A, plan B, and even a plan C,"

Emily says. "Also, rely on your vendors to assist you with their knowledge and advice... and don't be afraid to ask questions, especially when it comes to rental contract(s), so you know all the details before signing."

All the details and planning aside, Eagan and Emily say the most important aspect of their day was to remember that it was about their love for one another and celebrating with all the people who had been a part of their lives and relationship through the years. After six-plus years of a mostly long-distance relationship, this was the beginning of a new chapter together.

"It wasn't about the food, the flowers, or getting caught up in everything that made it an event," Eagan says. "We simply enjoyed having all of our favorite people together in one place. It was everything we could have asked for and more." ■

TIME to prepare tools and garden beds

We have survived February. What a month, from 30 degrees below normal to 30 degrees above and throw in a quick foot of snow. Remember, we can still get snow, and our normal temps are still in the 40s, but you can start some gardening outside.

First things first, if you haven't already, find all your tools and get them ready for spring. Locate pruners, trowels, gloves, shovels, saws, garden twine and wire, vegetable cages and other assorted garden necessities. Take time to sharpen your pruners, shovels and saws. Doing so now will keep you from looking for them when you need them, and they will be ready for this garden season.

Starting seeds? Check for new, unique, or tried and true varieties you can find. Then, to know when to start those seeds, a good seed-starting chart can be found at johnnyseeds.com. Be sure to use May 15 as last frost date, even with the unusual temps we have had this year. And consider taking some of those tomatoes, peppers, summer squash and cool veggies to the local county fair or the Iowa State Fair. Each has specific rules, so check out the fair premium books online in the next months as they are published.

Now is also the time to start cleaning up your garden beds. Trim back your ornamental grasses and any perennials that you didn't last fall. Those annuals you didn't get out should be removed now. However, those hollow stems are often the winter homes of several beneficial insects, so don't destroy or put in the compost pile yet. Just let them lay in an out-of-the-way part of the garden until later in April or May. Take time to dress the beds with compost, working it in to be ready for those new perennials.

Work your vegetable garden beds up, incorporating compost and manure fertilizer into the soil so you will be ready for seed and plants later in the spring. Here is one of the cautions though: Only work dried beds. Working them while wet will leave you with clumps and clods that will make working in the garden harder this summer. A simple test to see if it is dry enough to work is to form a ball of soil in your hand and push your finger into it. If it easily breaks apart, you are good to go. If it does not break apart, you need to wait a while longer.

The end of the month is the perfect time to put in lily bulbs, asparagus crowns and bare root peonies. Canna tubers, elephant ear bulbs and dahlias can be started indoors, then plant out mid to late May after the chance of frost has passed and the soil is close to 70 degrees.

To get a jump on the gardening season, be sure to check out garden shows, garden seminars, and other talks in the next couple of months. You may find that one new and unique bulb, plant or shrub to add to your landscape. And, what better way to get inspiration than listening to gardeners or nursery personnel talk about new and different plants to put in your garden?

Get your tools ready, grab some sunshine and start getting your gardens ready for the spring and summer. ■



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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GET READY for tax time

Many Americans would rather visit the dentist than file taxes. While tax season may not be enjoyable, proper preparation can make the process smoother. Here are a few things you can do to ease tax season trepidation:

Review last year's return

While your tax situation may change, reviewing last year's return can provide useful information. If using a professional tax preparer, expect a checklist or questionnaire to help with organization.

Consider life changes

Major life events in 2024 — such as marriage, divorce, buying or selling a home, changing jobs, having a child, retiring or incurring high medical expenses — can affect your tax return. These may impact your filing status, income, deductions and tax credits.

Gather essential documents

You'll receive some tax forms electronically or by mail in January or February, while others you may need to collect yourself. Key documents



include:

- W-2 forms (wages from employers)
- 1099 forms (interest, dividends, Social Security, self-employment income)
- 1098 forms (mortgage interest, education payments)
- Receipts (medical expenses, childcare, charitable donations)

Keeping all documents in one place and making a checklist can help ensure you have everything needed.

Consider IRA or HSA contributions: If eligible, you can contribute to a traditional or Roth IRA or a Health Savings Account (HSA) for 2024 until the tax filing deadline, provided you haven't reached the annual limit.

Proper planning and preparation can make tax season less stressful and more manageable. ■

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THINGS to consider if injured in a car accident

One of the trade-offs of our highly mobile society is the fact that sometimes auto accidents occur. Unfortunately, sometimes these accidents result in injuries to people who were not at fault for those injuries.

Usually (and hopefully) there will be an insurance company that will cover the claim for damages. This article discusses some of the issues that may arise in such a situation. Of course, it is not all-inclusive, and one should seek legal advice for such issues in a given case.

Documentation: Photographs of all vehicles involved in the accident are important. The severity of observable damage to the vehicles can make a difference in the value of a claim. It is also important to photographically document any bruises, cuts, lacerations or other physical injuries as soon as possible. Bedside photographs of hospital stays can also be helpful.

Recorded statements: Within days of an accident, an insurance company adjuster for the at-fault party will likely reach out to the injured person. The adjuster may ask the injured person to give a recorded statement about the accident and injuries sustained. Sometimes, that recorded statement will be used against the injured party if inconsistent with the injuries claimed. Not all injuries are immediately apparent in the aftermath of an accident. One should be aware that it is not required to give a recorded statement to the insurance company for the at-fault party. On the other hand, there is generally a duty to cooperate with one's own insurance company. If in doubt, one should seek legal advice.

Medical treatment: If there is an injury from an accident (no matter how minor), one should seek appropriate medical care. In addition to aiding recovery, such treatment will document the extent of the injury. From an adjuster's viewpoint, if there was no treatment, there was not much of an injury. It is also important to follow through with any treatment regimen prescribed by the medical professional. Adjusters may reduce the value of a claim for gaps in treatment or noncompliance with the treatment plan.

Social media: Postings on social media may be reviewed by an adjuster (or attorney for the insurance company if the case is in litigation). Perhaps the best policy would be to avoid posting anything that could conceivably be used to diminish the claim.

Conclusion: Where the evidence as to the cause, nature, extent and severity of damages is in dispute, a court may uphold the award of a reduced award. See *Cowan v. Flannery*, 461 N.W.2d 155, 159 (Iowa 1990). One should take measures to avoid an insurance company's ability to dispute the damages incurred. ■

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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PALLIATIVE care: An option for someone you love?

Q. My husband's doctor suggested we look into palliative care. This is not a term that's familiar to me. My husband lives with a chronic health condition. Thankfully, the illness is not immediately life-threatening, but my husband's quality of life isn't what we'd like it to be. What can palliative care do for him?



A. I'm sorry to hear about your spouse's health condition, but it's great that you're exploring palliative care — a specialized form of care focused on providing relief from the symptoms, pain and stress of a serious illness, rather than trying to cure the illness itself. It's aimed at improving the quality of life for both the person living with illness and their family.

Here's what you should know about palliative care.

- It's available to anyone with a serious

or chronic health condition, regardless of their prognosis. The goal is to alleviate suffering and improve comfort by managing physical symptoms, but it also addresses emotional, social and spiritual needs.

- **Palliative care typically includes a variety of specialists**, such as physicians, nurses, social workers, chaplains and therapists. They will all work together to create a care plan that's tailored to your spouse's needs.

- **It's focused on managing pain, fatigue, nausea, breathing difficulties, and any other symptoms of illness.** If your spouse is dealing with discomfort related to their chronic condition, palliative care can significantly help decrease that.

- **It also supports loved ones.** Assistance offered with palliative care can include counseling, caregiver support and education, and help navigating health care systems and decisions.

- **Palliative care doesn't replace other**

treatments for your spouse's condition. It can be given alongside curative treatments, helping to manage the side effects or helping cope with difficult symptoms during treatments like chemotherapy or dialysis.

- **It's offered in various settings.** If receiving care at home is preferable to you and your husband, make sure you find a provider that offers home-based palliative care. The overall aim will be to provide your spouse with enhanced quality of life while managing the challenges presented by his condition. The care is highly personalized, and most families report that palliative care enhances comfort and helps everyone navigate the health care journey more smoothly. Best wishes to you both. ■

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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RECIPE

SAVORY pork chili fresh from the slow cooker

(Family Features) If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit Culinary.net to find more family-friendly dinner inspiration and step-by-step recipe videos. ■


Barbecue chili

Recipe courtesy of "Cookin' Savvy"
Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for serving
- corn chips, for serving

Directions


- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.




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THE IMPORTANCE of wheel alignment

This month, let's focus on an important aspect of vehicle maintenance: wheel alignment service. Your service specialist may recommend this service every 30,000 miles or if you've recently hit something that could cause alignment issues.



suspension takes a hit, whether by hitting a pothole, a curb or anything in a minor accident, it can cause the alignment to get knocked out of spec. Wheels and tires must be aligned. If they aren't, you could be damaging your tires and affecting the vehicle's handling characteristics.

Tire performance and safety: If the chassis is misaligned, it creates uneven tire pressure, forcing your car to work harder. Increased resistance between the tires and the road causes uneven wear, which can lead to roadside emergencies and earlier tire replacements.

Comfort: When tires begin to wear unevenly, it's common to notice vibrations or a pulling sensation in the steering wheel. Additionally, uneven tread can lead to increased road noise. These issues not only make for a less comfortable driving experience but can also contribute to driver fatigue. It's important to address tire wear promptly to ensure a smoother and safer ride.

Fuel efficiency: Your car loses efficiency when tires wear unevenly. The more effort your car exerts, the more fuel it guzzles. Consequently, when tires are misaligned, resulting in uneven wear, your gas expenses

soar. If you notice vibrations in the steering wheel, your vehicle drifting to one side, or a steering wheel that's off-center while driving straight, these are strong signals that your wheel alignment needs immediate attention.

To ensure your vehicle performs at its best, it's essential to monitor for unusual tire wear and follow the manufacturer's guidelines for tire rotation. This proactive approach enhances your safety and can save you significant money on replacements down the road.

If it's been more than 30,000 miles since your last alignment check, don't wait any longer. Schedule an appointment with your trusted service provider today.

Imagine the joy of a perfectly aligned vehicle as you embark on road trips and family vacations. A smooth ride not only elevates your driving experience but rekindles that love for hitting the open road. ■

Information provided by Chris Werner, owner and lead technician, Werner's Elite Auto, 506 1/2 E. Euclid Ave., Indianola, 515-259-0122, www.wernerseliteauto.com.

What factors can change your suspension alignment?

- Normal wear of suspension components
- Potholes
- Curbs
- Minor accidents

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INDIANOLA

V. BOYS TRACK & FIELD

DATE	TIME	OPPONENT	LOCATION
Mar 10	2:00PM	Multiple Schools	UNI-Dome
Mar 13	9:00PM	Multiple Schools	Lied Recreation Athletic Center
Mar 20	10:00AM	Multiple Schools	Central College
Mar 25	4:00PM	Multiple Schools	Simpson College
Mar 27	4:00PM	Multiple Schools	Waukee Northwest High School
Mar 31	4:00PM	Multiple Schools	Simpson College
Apr 3	4:30PM	Multiple Schools	Indianola Stadium
Apr 8	4:30PM	Multiple Schools	Urbandale High School
Apr 10	4:30PM	Multiple Schools	Van Meter High School
Apr 12	8:30AM	Multiple Schools	Drake Stadium
Apr 15	4:15PM	Multiple Schools	Ankeny High School
Apr 17	4:00PM	Multiple Schools	Waukee Stadium
Apr 24-26	TBD	Drake Relays	Drake Stadium
Apr 29	4:15PM	Multiple Schools	Carlisle High School
May 1	4:00PM	Multiple Schools	Waukee Northwest High School

BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 4	12:00PM	Multiple Schools	Southeast Polk High School
Apr 7	12:00PM	Multiple Schools	Indianola High School
Apr 8	4:15PM	Oskaloosa	Oskaloosa High School
Apr 10	4:15PM	Newton	Indianola High School
Apr 14	4:15PM	Knoxville	Indianola High School
Apr 15	4:15PM	Pella Community	Pella High School
Apr 18	4:15PM	North Polk	Indianola High School
Apr 22	4:15PM	Pella Christian	Indianola High School
Apr 24	4:15PM	Dallas Center-Grimes HS	Dallas Center - Grimes High School
Apr 29	4:15PM	Norwalk	Indianola High School
May 9	1:00PM	North Polk	North Polk High School

V. GIRLS TRACK & FIELD

DATE	TIME	OPPONENT	LOCATION
Mar 11	2:00PM	Multiple Schools	UNI-Dome
Mar 14	3:15PM	Multiple Schools	Lied Recreation Athletic Center
Mar 25	4:00PM	Multiple Schools	Simpson College
Mar 31	4:00PM	Multiple Schools	Simpson College
Apr 1	4:00PM	Multiple Schools	Waukee Northwest High School
Apr 3	4:15PM	Multiple Schools	Northview Middle School
Apr 8	4:30PM	Multiple Schools	Ankeny High School
Apr 12	8:30AM	Multiple Schools	Drake University
Apr 15	4:30PM	Multiple Schools	DCG Stadium
Apr 17	4:15PM	Multiple Schools	Indianola Stadium
Apr 2-26	TBD	Drake Relays	Drake Stadium
Apr 28	4:30PM	Saydel	Saydel High School

GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 7	12:00PM	Multiple Schools	Walker-Johnston Park
Apr 8	4:15PM	Oskaloosa	Indianola High School
Apr 10	4:15PM	Newton	Aurora Heights Park
Apr 15	4:15PM	Pella Community	Indianola High School
Apr 18	9:00AM	Johnston	Johnston High School
Apr 22	4:15PM	Pella Christian	Pella Christian High School
Apr 24	4:15PM	Dallas Center-Grimes HS	Indianola High School
Apr 29	4:15PM	Norwalk	Norwalk Middle School
May 2	4:00PM	Ames	Ames High School
May 9	9:00AM	Multiple Schools	Waukee Northwest High School

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DIANS

V. GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 1	7:00PM	Knoxville	Knoxville High School
Apr 4	7:00PM	Nevada	Nevada High School
Apr 8	7:00PM	Waukee	Indianola Stadium
Apr 11	7:00PM	Winterset	Indianola Stadium
Apr 15	7:00PM	Newton	Newton HA Lynn Stadium
Apr 17	7:00PM	Des Moines East	Des Moines East High School
Apr 19	10:30AM	Carlisle	Indianola Stadium
Apr 22	7:00PM	Dallas Center-Grimes HS	Dallas Center - Grimes High School
Apr 24	7:00PM	North Polk	Indianola Stadium
Apr 29	5:30PM	Oskaloosa	Indianola Stadium
May 1	7:00PM	Des Moines Lincoln	Des Moines Lincoln High School
May 6	7:00PM	Pella Community	Pella High School
May 8	5:30PM	Des Moines Christian	Indianola Stadium
May 9	5:30PM	Pella Christian	Indianola Stadium
May 13	7:00PM	Norwalk	Indianola Stadium
May 19	7:00PM	Southeast Polk	Indianola Stadium

V. BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 1	7:00PM	Lewis Central	Indianola Stadium
Apr 4	7:00PM	Southeast Polk	Indianola Stadium
Apr 8	7:00PM	Des Moines Hoover	DM Hoover High School
Apr 10	7:00PM	Ankeny	Indianola Stadium
Apr 15	7:00PM	Newton	Indianola Stadium
Apr 17	7:00PM	Carlisle	Carlisle High School
Apr 19	9:00AM	Des Moines East	DM - Cowrie Soccer Complex
Apr 22	7:00PM	Dallas Center-Grimes HS	Indianola Stadium
Apr 24	7:00PM	Waukee	Waukee High School
Apr 29	7:00PM	Oskaloosa	Lacey Sports Complex
May 1	7:30PM	Johnston	Johnston High School
May 5	7:00PM	Dowling Catholic	Indianola Stadium
May 6	7:30PM	Pella Community	Indianola Stadium
May 9	7:00PM	Pella Christian	Pella Christian High School
May 13	7:00PM	Norwalk	Norwalk Warrior Stadium
May 15,	7:00PM	Ottumwa	Ottumwa

V. GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 14	12:00PM	Multiple Schools	Briarwood Golf Course
Apr 15	1:00PM	Multiple Schools	TBA
Apr 21	10:00AM	Multiple Schools	Willow Creek Golf Course
Apr 24	9:00AM	Multiple Schools	Otter Creek Golf Course
Apr 28	10:00AM	Ames	Veenker GC
Apr 29	10:00AM	Multiple Schools	TBA
May 8	12:00PM	Ottumwa	Ottumwa Country Club

FOR ALL SPORTS SCHEDULES >>

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



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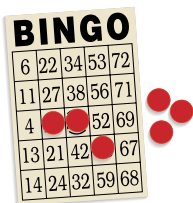
Upcoming in Indianola Living magazine:

Foreign Exchange Students: Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about your experience sharing your home and culture with a student from abroad and what you learned. Email tammy@iowalivingmagazines.com by March 20 to be included in the April issue.

Family Fun: Beach Party Bingo

Friday, March 21, 6-7 p.m.
Indianola Public Library,
207 N. B St.

Your Spring Break staycation won't be complete without a visit to the beach. Join us for a beach party-themed bingo party. Wear your coolest Hawaiian shirt — or maybe a grass skirt — and get ready to eat pizza, win prizes and have a great time with the whole family. Registration for this event will close on March 20 at 6 p.m. Register each person who will attend, as space is extremely limited, <https://indianola.librarycalendar.com/event/family-fun-beach-party-bingo-5090>.



Meet the author

Tuesday March 25, 1:30 p.m.
Norwalk Easter Public Library

Elodie Opstad has recently published a new book, "This is the Place," which contains stories from Warren County's history. The book is available at Page Turners bookstore in Indianola and on Amazon. She is donating proceeds from the book to the Warren County Historical Society.

WCHS Soup Supper and General Meeting

March 26, 6 p.m.

Warren County Historical Society

The Warren County Historical Society's Soup Supper and General Meeting will include officer election and strategic planning with Genna Thompson. The soup supper is a freewill offering event. The public is invited to share ideas and suggestions for developing the historical society's current facilities, resources and property management.

Treasure Island Escape Room for Tweens

Tuesday, March 18 OR Thursday,
March 20, 4:30-5:15 p.m.
Indianola Public Library, 207 N. B St.

This event is for grades 3-5 only. Can you find the treasure, open the chest and get out before the pirates return? Registration required.

Lenten Fish Fries

March 14, 21, 28 and April 4 and 11,
serving 5:30-7 p.m.

St. Thomas Aquinas Parish Hall,
210 S. Wesley St., Indianola

Dine-in or carryout service will be available.
Cost is, adults, \$13, and children ages 6-12, \$6.

The Village's Third Annual Prom

Friday, April 25, 5-7 p.m.

The Village, 1203 N. E St., Indianola

The public is invited to The Village's Third Annual Prom. Doors open at 4:45 p.m. Bring a friend or make one there while you dance the night away under twinkling lights. Enjoy complimentary hors d'oeuvres and a full-service bar with specialty cocktails available for purchase. Don't miss this enchanting evening of fun and community celebration! RSVP to Amber at 515-961-0878 or amcdonald@wesleylife.org.

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.

Treasure Island Escape Room for Teens

Wednesday, March 19, 3-3:45 p.m.
OR 5-5:45 p.m.

This event is for grades 6-12 only. Can you find the treasure, open the chest, and get out before the pirates return? Registration required at https://indianola.librarycalendar.com/events/month/2025/03?age_groups%5B42%5D=42&keywords=treasure+island.

Beginning Vegetable Gardening

Tuesdays, April 15-29, 7-8 p.m.
Indianola Activity Center, 2204
W. Second Ave.

Master Gardener Sue Thompson teaches how to grow veggies in containers or a corner of your yard, with tips on soil preparation, planning, planting, critter control and harvesting. Fee: \$11. Register for the class by Tuesday, April 1. Call Indianola Parks and Recreation at 515-961-9420.

"A Night of Opera at The Village."

April 19, 5 p.m.

The Village, 1203 N. E St., Indianola

Immerse yourself in the world of opera at "A Night of Opera at The Village." The public is invited for an enchanting evening featuring a variety of opera music from the Des Moines Metro Opera. Enjoy complimentary heavy hors d'oeuvres before and after the performance, with wine and cocktails available for purchase. Guests are welcome to dress for an elegant evening at the opera, but it is not required. Doors open at 4:30 p.m. with the performance beginning at 5 p.m. Reservations are required. RSVP to Amber at 515-961-0878 or amcdonald@wesleylife.org.

Jam Making and Food Dehydrating Workshop

Saturday, April 26 from 9 a.m. to 1 p.m.

Learn all the basics of water bath canning, making jam and dehydrating food at a Food Preservation Workshop. The workshop, offered at the Warren County Historical Museum, 1300 W. Second Ave., Indianola, is part of the Iowa State University Extension and Outreach Preserve the Taste of Summer program. Cathy Drost, a health and human sciences educator in food and health with ISU Extension and Outreach, will lead the workshop. The cost of this hands-on workshop is \$25. Participants can register for the workshop at: <https://go.iastate.edu/I9XX8A> until April 18 or until spaces are filled. To learn more or to ask questions, contact Bethany Cecot at 515-961-6237 or bcecot@iastate.edu. ■

MEMOIRS share daily life of past

Some of the most interesting information we have in our research library are the memoirs written by those who lived in Warren County. These are even greater treasures when you have a connection with the author, especially when the author has passed on and you can no longer find answers to questions you hadn't thought to ask while they were living. This month, I'm including excerpts from "Memories of the Past Mingled with the Present," by Pauline Eberman Baxendale.



Pauline Eberman Baxendale

Pauline recalled the cellar in her childhood home as a nice cool place to work. Extra milk that wasn't sold was stored in large stone crocks in the cellar, and it was her job to skim the cream into the butter churn where, after churning, it became butter, buttermilk and cheese. "This cellar was a large stone-enclosed room and had its own roof — so if the house was damaged or blown away, we would still have a roof over our heads. ... When Grandma would send me to the cellar for potatoes or fruit, I would dip my fingers into the cold mincemeat and have a delicious snack. One day, Grandmother went down to the cellar herself and was amazed to discover how much of the mincemeat was missing...

"On the east side of the square was the Haldeman Piano Company. They sold many pianos, as, before 1920, owning a piano instead of an organ was considered quite a luxury. Piano boxes, in which pianos were shipped, could be had for the hauling and a small fee. Margaret Orr, my next-door playmate, had one, too; these were our playhouses. We hung magazine pictures on the walls, had our dolls and playhouse toys inside — never having to worry about the weather (maybe an occasional mouse would bother us). We had to climb in and out of the boxes, but it was no problem for small children...

"I suppose I had the usual number of childhood diseases but don't remember so much about them — just the horrible remedies or preventatives Grandmother insisted on giving us: castor oil, Mother Gray's powders and, the worst of all, sulfur and molasses. How I hated the awful taste of that dosage. It was supposed to thin your blood, but I don't know how effective it was. However, we children were seldom sick..."

Pauline remembered the cattle drives to the railroad that happened in the 1900s, before moving cattle to market was taken over by trucks. "On the northeast edge of Indianola, along the CB&Q railroad tracks, were the stockyards and pens where cattle were driven to be shipped by rail to Chicago. We would hear the men yelling at the cattle as they were driven down the street. It was a frightening sight to see the cattle running along the street, sometimes one or two escaping into a yard. We children were warned to come quickly to the house, or at least run to the porch for safety. Grandma had been severely injured as the result of one of these cattle drives."

Our library's collections of memories remind us to be a little more appreciative of some of the luxuries we enjoy today.

www.warrencountyhistory.org, 515-961-8085. ■

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WHEN to purchase new hearing devices

Hearing aids are sophisticated devices that receive daily use in harsh environments where they are subject to moisture, heat, dirt and earwax. Even though they are built to precise standards, at some point, they will need to be replaced. Figuring out when is the key to uninterrupted communications.



No product lasts forever. Over time, mechanical problems can develop or the technology may simply become obsolete. However, there are steps you can take to prolong the life of your hearing equipment. Cleaning on a regular basis can help prevent problems from occurring. Use a soft, dry cloth and avoid liquids, which might cause damage. Change the wax filter and clean the microphone and any other dirty areas with a soft brush. Be sure to take your hearing devices to a licensed audiologist periodically for check-ups; these can detect issues

such as power loss, dirty contact vents and plugged vents.

Servicing and repairs can add up over time. Eventually, these costs will outweigh those required to purchase new hearing devices. You should consider new hearing devices when:

- Your current hearing devices are 5 or more years old.
- Your hearing devices have visible damage.
- Your hearing devices have already been repaired previously.
- Your hearing loss worsens or is no longer helped by your current equipment.
- Newer, better technology for your type/extent of hearing loss is available.

If any of these factors apply to your situation, make an appointment with your audiologist as soon as possible. ■

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

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CUPPING from an Asian Medicine perspective

Asian Medicine (Chinese/Japanese) cupping is an ancient healing practice rooted in Traditional Chinese Medicine (TCM), dating back more than 3,000 years. This therapy involves placing cups on the skin to create suction, which is believed to promote healing and improve overall well-being. It has gained popularity in recent years, especially among athletes and celebrities, for its potential benefits in alleviating various ailments and enhancing physical performance.

Cupping is one of many modalities that a licensed acupuncturist uses to help balance the Qi and the blood. The decision to use cupping is made with complete evaluation of current and past medical histories and evaluation of medications the patient may be using.



The practice of cupping can involve the use of glass, bamboo, silicone or plastic cups, which are placed on specific points of the body. Traditionally, glass cups are most commonly used. The practitioner creates a vacuum inside the cup by either heating the air within it using fire or using a mechanical pump. Once the vacuum is created, the cup is quickly placed on the skin, causing the skin and superficial muscle layer to be drawn into the cup.

There are several forms of cupping, including dry cupping, wet cupping and massage cupping. In dry cupping, the cups are left in place for five to 15 minutes. Wet cupping involves making small pricks on the skin using a sterile lancet before applying the cups, allowing a small amount of blood to be drawn out, which is believed to help remove toxins and improve circulation. Massage cupping involves moving the cups along the skin to provide a deep tissue massage effect.

The benefits of cupping are thought to stem from its ability to move the Qi, increase blood flow, reduce inflammation and promote relaxation. The suction created by the cups is believed to draw stagnant blood and toxins to the surface, allowing the body to process and eliminate them more effectively. Cupping is commonly used to treat conditions such as muscle pain, joint pain, respiratory issues and stress. It is also believed to boost the immune system and improve overall energy levels.

Cupping is used in Asian Medicine clinics as part of a comprehensive treatment plan.

In conclusion, Asian Medicine cupping is a fascinating and ancient practice that continues to be used and appreciated for its potential health benefits. ■

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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WELLNESS

By Jen Penisten

WHAT IS laser hair removal?

Laser hair removal is a popular cosmetic procedure designed to permanently reduce or eliminate unwanted body hair. The process uses concentrated laser beams, which target brown hair follicles to inhibit hair growth. The laser emits light that is absorbed by the pigment in the hair, converting to heat, which damages the follicles and prevents further growth.



One of the key advantages of laser hair removal is its precision. The laser can target dark, coarse hairs while leaving the surrounding skin unaffected. It works best on individuals with light skin and dark hair, but modern advancements have improved its effectiveness for all skin types. It can be used to treat various areas of the body, including the face, legs, underarms and bikini line.

The procedure is generally safe when performed by a trained professional. Most patients experience minimal discomfort, described as a slight sting or snapping sensation. The treatment duration varies depending on the area treated, ranging from minutes to an hour.

Although the results are long-lasting, multiple sessions are typically required for optimal results. This is because hair grows in cycles, and the laser is most effective on hairs in the active growth phase.

Laser hair removal offers a convenient alternative to traditional methods like shaving, waxing or plucking. It can save time and reduce skin irritation, making it a sought-after option. ■

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

FAITH

By Tom Vanderbilt

THE HANDS of Jesus

In Jesus' Sermon on the Mount, He says, "Do not let your left hand know what your right hand is doing" (Matthew 6:3). Jesus is emphasizing that our good works need not receive special recognition within ourselves, let alone the accolades of others. Jesus cuts right to the heart of our sin, knowing that our condition is so entrenched in us that we will manipulate even that which is good for our own pride.



We ought to rend not simply our garments but also our hearts when confronted with this truth (Joel 2:12-13). But, like a master surgeon, Christ takes us in His hands, makes our hearts clean and renews our spirits (Psalm 51). Even more so, Jesus uses His hands to effect our eternal salvation. His hands were stretched out upon the cross as a sacrifice for us, not because of our good works, but purely out of His divine love for us.

For many Christians, March 5 marks the beginning of Lent, a season of reflection and repentance as we prepare to celebrate Easter again. Lent is a season that can make some feel guilty, but that's not its intent. It is meant to remind us how dark our world can be so that the resurrection will be that much brighter. ■

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



KEEP your 'dobbers up'

Local organization leaves a legacy.



Dobbers Up board members make it their mission to help Indianola families in need. Front row: Amy Mitchell, Jamie Busby, Lisa Dowson and Brette Puhl; back row: Dale Crain, Brett Wright, Steve Saylor, Blake Dowson and Mike Staudacher. Not pictured: Dave Moeller.

We all face obstacles — some expected and others unforeseen. In August 2007, the Dowson family was thrown a curve ball when their husband and father, Dan, was diagnosed with ALS at the age of 48. Also known as Lou Gehrig's Disease, ALS is a degenerative disease that weakens muscles and impacts physical function.



"When Dan coached our son's baseball team, and the game wasn't going well, he always told the boys to 'keep their dobbers up,' stay positive and never give up," says Lisa Dowson. "We knew Dan would likely only survive two to five years, so we focused on staying positive and making the most of the time we had."

The phrase "dobbers up" took on a whole new meaning after Dan's diagnosis. Friends rallied around the family, knowing they would need a lot of support both emotionally and financially. They created Dobbers Up and held a fundraiser to help with things like mobility devices and a wheelchair-accessible van. Up until his death in October 2009, everyone saw how Dan never lost his faith, sense of humor or his giving spirit.

Today, Dobbers Up continues its mission to help others who have been "thrown a curveball." The organization has sent donations to families who have a loved one battling cancer and other diseases or recovering from an accident. They helped when a child was born needing intensive medical care. They also provide a yearly scholarship to an Indianola High School senior who has faced adversity and maintained a positive attitude. To date, donations have totaled more than \$160,000.

Dobbers Up is funded by an annual golf tournament, and all proceeds go to help local families. Recently, board members wanted to do something more to help the community at large so purchased a golf cart to donate to the Indianola Athletic Boosters.

"We know there are many people who struggle with mobility, making it difficult to attend school events," says Dowson's daughter, Brette Puhl. "The boosters will be able to use the golf cart to shuttle people from the parking lot to the school or stadium."

They were unsure of where the funds would come from, but Brette took the idea to the January meeting of 100 Women Who Care. Dobbers Up was drawn to present alongside two other nonprofits. Dobbers got the overwhelming vote that evening to receive the large donation.

"We are so appreciative of the donation from 100 Women Who Care because it allows us to provide this service while continuing to have funds available for direct assistance to families in need," says Brette.

Visit www.dobbersup.org for more information. An application can be filled out by a local family affected by a health-related hardship or by someone else on their behalf. Donations are subject to the approval of the board and depend on the funds available. ■



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Prevention is possible.

Shingles can cause a painful skin rash and lead to serious health problems, such as long-term nerve pain and vision loss. Shingles stays dormant in your nervous system after you recover from chickenpox. Your risk of shingles increases with age.

The shingles vaccine is the best way to protect against the virus and its complications.

The shingles vaccine is recommended for:

- Adults 19 and older with weakened immune systems.
- Adults 50 and older.

IOWA
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provider
about the
shingles
vaccine.

Source: cdc.gov 2/25

FOR THE love of music

Roger Young sings for seniors.



They were the Young Brothers Band back in the day and recently Roger invited his brother on stage during a New Year's Eve gig to join in on a couple of songs.



Roger Young can't imagine life without a guitar in his hand, whether sharing his music with local seniors or playing with his band, Coyote.

Whether it is country, rock, blues or gospel, music is about making people happy. Roger Young has played hundreds of paid gigs with his bandmates over the years, and they've had a lot of fun. However, he's found another way to make meaningful connections in the community: singing at senior living communities and care centers.

"I love seeing the smiles on the residents' faces, especially if a song brings back a special memory for them," Roger says. "I always try to bring a good variety so there is something for everyone."

Roger has been making music nearly all his life. In fact, no one was more "instrumental" in shaping his love of playing and singing than his dad.

"My dad had his own band when I was growing up," he recalls. "At age 15, I played bass guitar in his band for the first time in St. Mary's, Iowa. I continued to play there every weekend for several years until my brother and I started our own band."

Roger was self-taught on the bass, and he quickly learned the foundational role the instrument plays in music — particularly in a band. It seemed natural to follow in his dad's footsteps, and he was fortunate to work with Freddy Fender and Hank Thompson back in the 1980s.

In 1993, he started the band Coyote with musician and friend Jeff Runyan, and, more than 30 years later, they're still going strong.

"Jeff and I are the only two original members still in the band," Roger says. "Some have passed away, and others have simply moved on to other things, but we continue to play in Des Moines two to three times a month."

They have an extensive set list of songs from country to classic rock and roll, 50s and 60s and everything in between. Coyote fans like line dancing and two-stepping, so the band has a lot of fun playing songs that keep people on their feet and dancing.

Roger started sharing his talents at senior centers and nursing homes about 10 years ago when he was asked by Pastor John Long. He plays



Blast from the past: In the 1980s, Roger played bass for grammy award winning Tejano/country singer, songwriter and guitarist Freddy Fender at a local event. Indianola's Maurie Goode, who recently passed away, played guitar.

locally several times during the week by himself and as a member of the band Been There, Done That with Tom Peterson and Dave Pitt. The trio plays at senior living and care centers all over central Iowa.

Residents and staff at Westview of Indianola Care Center like when Roger comes to perform. Not only does he sing, but he also takes time to get to know the residents personally.

"Roger walks through the door with a smile on his face, and we can always count on him to have a joke ready to tell," says Activity Coordinator Breanna Cozad. "Our residents enjoy gospel and the older country songs, but Roger is always happy to take requests if they have a favorite song they want to hear." ■

BUSINESS & Brews

Indianola Chamber Business
& Brews Networking was
held Thursday, Feb. 20, at
The Local Vine.



Andrea and Dan Palmer



Kenzie Ellis and Wyatt Kaldenberg



Paula Chew and Gabe Zwanziger



Josh Tibbits, Maddy Nachtman and Chelsea Grenier



Arlette Kuehl and Linda Morris



Gretchen Schrock and Gabe Zwanziger



Tate Johnson and Abby Kinsey



Damon Nuss and Allyson Orwig



K.J. Rankin and Jamie Henderson



David Fox and Bob Fox



Chelsea Grenier and Breann Hooper



Gretchen Schrock and Ryan Williams

HAPPY St. Patrick's

Happy St. Patrick's Day greetings from Hy Vee Grocery Store, 910 N. Jefferson Way, Indianola.



Katelin Burnette and Esther Lehman



Kristin Christenson, Brianne Streyffeler and Audrey Miller



Danielle Zyzanski and Luke Steiner



Sam Mercer and Antonio Lenguadoro



Phuong Ngo and Erik Backstrom



Jenna Anthony and Pam Rickabaugh



Sandra Fridley and Madelyn Colby



Brian Ansley



April Jackson and William Bodell



Bobby Patrick and Christine Cornell



Alex Gann

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WHO let the dogs in?

Therapy dogs boost mental health and academics.

Emerson Elementary welcomed a new staff member this year. But she isn't your typical school employee. Sadie happens to be furry... and has four legs. A 6-year-old golden retriever, Sadie greets students in the morning with excitement and then moves between classrooms throughout the day providing comfort to students who might need a little extra support.

Emerson Principal Brittany Murillo is no stranger to therapy dogs, having implemented a program at her previous district. "Whether it's a student who's feeling sad or stressed, or one who simply needs a calming presence, Sadie is there to help," says Murillo. "She also gets to celebrate student achievements and be a part of a classroom celebrations. Teachers and staff have embraced her wholeheartedly, and she's become an integral part of our school."

Recently, two more dogs joined Sadie as the district expands the program. Cori Stanley, an instructional coach, was already thinking about therapy dogs at Indianola and became more excited as the district was searching for a new superintendent.

"I learned that Tara Paul had a district policy at Estherville, and she herself had a certified therapy dog," says Stanley. "That opened up the opportunity to have a conversation with her when she started in July, and then I found out the new Emerson principal had implemented a therapy dog program, too."

Why therapy dogs? The mental health needs of students have only grown since COVID, and therapy dogs are a great resource. Therapy dogs improve attendance and behavior, reduce stress and anxiety, and increase motivation and engagement in learning.

The school board saw the benefits and gave their vote of approval. Stanley went through certification with her two dogs and, in February, began integrating them into her work at the high school. Her initial goals are to expose the students and staff to what it feels like to have a therapy dog in the school and the expectations of how to interact with it.

"Then, we'll begin to have the dogs work with a teacher/staff member that has access to a large population of students," Stanley explains. "If I can be a steppingstone for the program and begin educating other staff members on the process, my hope is that other teachers will become certified with their dogs."

Sadie belongs to Tara Paul, and, as superintendent, she is excited about the potential to expand the program across the district over the next several years.

"Adding this layer will help us provide additional mental health support for students in all grade levels," Paul says. "As the program grows, therapy dogs can be integrated into additional schools, working alongside counselors and other professionals to support the emotional well-being of our students and staff." ■



Sadie is part of Indianola's therapy dog program, which is becoming a vital part of the district's approach to fostering social-emotional development and academic success for all students.

WHY isn't this working?

As a kid, I sometimes tagged along when my dad opened the business where he worked so the weekend cleaning crew could come in and do their thing. Since there were several hours for us to kill, he would sometimes give me money for the pop machine they had. This was a long time ago, but, even then, this machine was a relic from the past. The pop came in thick glass bottles, all of them off-brands you've never heard of, and, after paying the machine I had to grab a bottle by the neck and pull hard to get it out of the machine. But the problem was, the machine often didn't believe that I'd actually paid, so it wouldn't release the bottle. I would yank and pull on it but with no luck. It was incredibly frustrating.

This is how a lot of people view prayer. God is this machine I want something from, but He may or may not be satisfied with how I've made my request. Maybe I'll pull and yank and work at it, but nothing happens. In the end, I still won't get what I want. I'll just be frustrated and tired. Or worse, I'll end up getting something out of Him but not the selection that I wanted. That kind of thing happened sometimes at my dad's shop.

True prayer, as God describes it, is nothing like that.

First, God isn't some impersonal machine you have to coax to get what you want. Jesus tells us in Matthew 6:7-8, "When you pray, don't babble like the idolaters, since they imagine they'll be heard for their many words. Don't be like them, because your Father knows the things you need before you ask Him." The one who trusts Christ can approach God as a child approaches a loving Father, one who already knows the true needs of the child.

Second, prayer is so much bigger and more significant than me just trying to get something I want. We pray best when we remember that up front. James 4:2-3 tell us, "You do not have because you do not ask. You ask and don't receive because you ask with wrong motives, so that you may spend it on your evil desires." The true desire of my heart affects my prayers. And God knows the true desire of my heart, even when I fool myself.

And third, God is not randomly giving out pranks as answers to our prayers. His response, even when it wasn't what we thought we wanted, is not meant to harm us. As Christ says in Luke 11:13, "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask Him?" ■



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



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