

INDIANOLA

MAY 2025

Living

MAGAZINE

Pampered Pets

Residents share how
they go the extra mile
to spoil their critters

Meet Morgan Singleton

EDUCATION

Asian ground turkey bowl

RECIPE

Campidilli closes chapter on scout leadership

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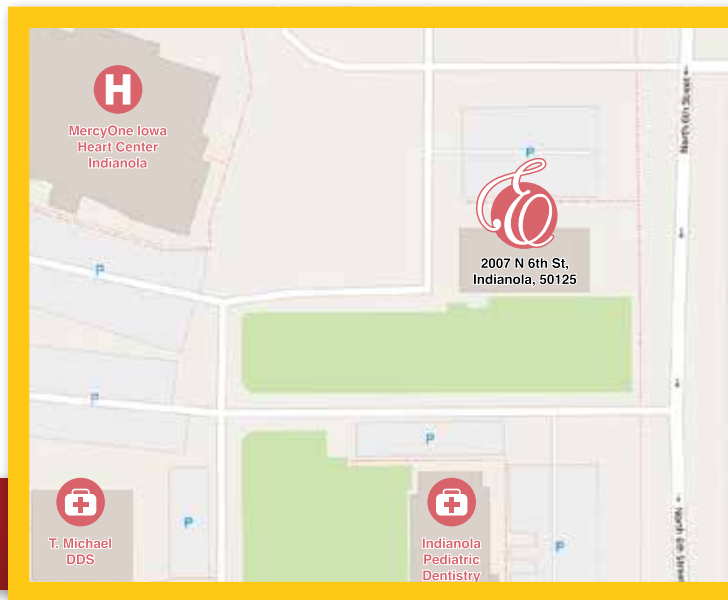
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WELCOME

A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■



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Pampered Pets

Residents share how they go the extra mile to spoil their critters

By Becky Kolosik

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Haleigh Meier and her dog, Whiskey, have a strong bond that goes beyond simple companionship.

Raising healthy, happy chickens

Stacie Jones began featuring the family's "Cluckers" on social media mainly to humor and educate her family and friends about chickens. While they provide farm-fresh eggs, chickens are hysterical little creatures full of personality and antics.

"People reach out for updates when I haven't posted for a while," she says. "I think those who don't have chickens are curious about them."

When the family moved to the country, their plans did not include chickens. Stacie's husband, Brian, grew up raising them and often talked about how he hated chicken chores as a young boy.

"One day, my daughter and I thought it would be fun to get some baby chicks," Stacie says. "They were in the house and situated before Brian got home from work. He was not pleased, to say the least."

That first year, they experimented with four meat birds and one small coop and chicken run. The next year, it was Brian who suggested they get some hens and a rooster. Their flock grew to nine hens, nine meat birds, two ducks and a rooster they call Rudy the Rudester.



Brian and Stacie Jones have a variety of personalities in their flock of chickens. Some like to be held and stroked, some "talk" more than others, and then there are a few who like to cause a little trouble.

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They converted a shed into a coop and built an enclosed fence/run around it. A few months later, they decided the chickens needed more room to run and other amenities to keep them comfortable and cozy all year long.

This time, they converted an 8-foot by 10-foot shed. They added a window, exhaust, automatic chicken run door, roosting bars over a shelf to collect chicken droppings, nesting boxes and chick brooder space. Depending on the season, they change out fans and heat sources to keep them comfortable. A screen door is installed in the summer for extra ventilation.

They refer to the run as the “Barndomenium.” It is built out of posts in the ground and framed out by 2 by 4s. It is wrapped in welded wire fencing from floor to ceiling, has a 1-foot skirt on the ground to prevent digging, and a roof covered in metal sheeting. It was a big project that got the whole family involved. Their kids, Stacie’s parents and even friends lent a hand along the way.

There are lots of toys and perches, as well as a variety of suspended produce that not only provides a healthy snack but serves as entertainment. Stacie’s dad said their flock is spoiled. In addition to their cozy coop, Barndomenium, and regular food, they are often served scratch grains, cracked corn, crushed oyster shells, dried black soldier fly larvae, a variety of spices that aid in health and combat parasite infestations and, finally, any leftovers the family doesn’t finish at dinner. When it is hot, the chickens frequently enjoy frozen ice blocks with things like fruit, sweet corn, lettuce and cabbage. “Spa day” consists of some dry dirt for dust bathing.

The chickens have distinct personalities. Some of their original four were cuddlers, and Rudy is a gentleman — most of the time.

“Rudy makes sure his ladies eat first, plus he guards them from predators when they are free ranging,” Stacie says. “But don’t count on sleeping in, because he will make sure everyone is up at sunrise.”

The perfect pair

Haleigh Meier has had many pets leave “pawprints” on her heart. First came Ginger, then Jazzie and, finally, Maggie, who she lost at the end of 2019. After Maggie, she wasn’t sure she would ever be ready for another dog.

“In February 2020, I saw this sweet little puppy online and instantly knew she had to come home with me,” Haleigh says. “From that moment on, we have been inseparable.”

Whiskey, a Cavapoo (a cross between a Cavalier King Charles spaniel and a miniature or toy poodle), is 5 years old and full of spunk and personality. Her name fits perfectly — she’s warm, strong and a little wild.

“Whiskey is always by my side, and, no matter where I roll, she’s never far behind,” Haleigh says.

Whiskey runs the household on her schedule, and, each morning makes sure someone follows her to the doggie door and watches her go outside. Then she bolts to the treat cupboard and waits for her “greenie.”

“I think it’s her equivalent of clocking in for a job,” Haleigh laughs. “If we get distracted and forget, she will remind us — repeatedly.”

When it comes to toys, “Fish” is her favorite. The fish sleeps with Whiskey, and Haleigh has a couple of backups just in case anything ever happens to the original Fish. Whiskey enjoys taking walks and meeting new people. She is the queen of the drive thru and treats them like her own personal snack stops. She even likes boating and sports her doggie life jacket while perched at the front of the boat enjoying the wind in her ears and the sun on her face.

Is Whiskey pampered? Absolutely... and Haleigh says she deserves every bit. Her dog bed is next to the fireplace, but she often sleeps with Haleigh. Because she had back surgery for a herniated disc, Whiskey uses pet stairs to reach her favorite spots on the couch, has a ramp leading out her doggy door, and she even hitches a ride on Haleigh’s stairlift.

“Whiskey gives so much joy, love and laughter that spoiling her just feels like the natural response,” Haleigh says. “She’s my best friend, my co-pilot, my bedtime buddy, and my favorite little weirdo. Life with her is louder, funnier and so much brighter.”

A doggone good life

Growing up, Stephanie Erickson’s family bred Old English sheepdogs. One of the dogs, Baby, was born the runt of the litter, but she had a big personality, wore pigtailed and proudly sported Grateful Dead tie-dyed shirts as if she were part of the band. Funny, gentle and full of life, Baby made a lasting impact, and Stephanie hopes to one day have an Old English sheepdog again, ideally to train as a therapy dog.

These days, the Ericksons are blessed with three furry family members: Willow, a 12-year-old Maltese; Theo, a 6-year-old Shih Tzu; and Gus, a 4-year-old Pekingese.

Willow is the “matriarch” and sleeps right



The Erickson family dogs — Theo, Willow and Gus — provide companionship, as well as laughter and fun.

between Stephanie and her husband, Josh, like she owns the place. She is calm, content and regal, enjoying her routines and preferring to observe the action from the comfort of her favorite bed.

Theo was adopted after the family moved to Indianola. He quickly bonded with daughter Hadley and, at just 8 pounds, he has the heart and bark of a much larger dog.

And while Josh wasn’t keen on a third dog, Gus was the “bonus dog” Stephanie and her kids campaigned for. And, wouldn’t you know, Josh is completely smitten with him.

During the summer, you’ll often find Theo and Gus lying in the driveway, soaking up the sun as if they were at a beach resort. Meanwhile, Willow prefers air conditioning and her comfortable bed in the living room.

“They each have beds and blankets, so they’re never far from a soft spot to land,” Stephanie says. “We have a rotation of treats on monthly delivery to keep things exciting.”

Gus is obsessed with toys — the squeakier, the better. If he’s not worn out from playing fetch for hours, he enjoys his daily walks. Willow gets to rule the house on her terms, and when it comes to car rides, Theo calls shotgun and insists on riding with his head out the window like the big dogs.

“If no one is holding him up, he perches on the middle console, taking it all in like he’s on a sightseeing tour,” Stephanie laughs.

Vet visits and regular grooming are also important. Gus struggled at the groomer until the Ericksons found Tammy's Tailwaggers. It has taken some time to build trust with him, but now, when it is time for a "spa day," Gus' ears perk up, and he runs straight to the car as soon as he hears the words, "Ms. Tammy and Malibu."

More than anything, the Ericksons spoil their dogs with love, attention and time. In return, they bring an immeasurable amount of joy, comfort and connection.

"They've helped us through life transitions, rough days and plenty of celebrations," Stephanie says. "They are family, and we wouldn't have it any other way."

Companions for life

Kathy Petersen can't imagine life without her two schnauzers, Sully and Petey. They have been her constant companions and emotional support after losing her husband of 30 years.

"One of the reasons Denny and I were attracted to the breed is because they are non-shedding and hypo-allergenic," Kathy says. "But, shortly after we got our first schnauzer, Bandit, we discovered they are also very smart, loyal and have a huge capacity to give and receive love. It didn't take long before we got our second schnauzer, Harley."

When it came time to say goodbye to both of those dogs, it was like losing a family member.

"We always planned to have our pets buried with us," Kathy explains. "Bandit and Harley's ashes are with my husband, and their names, along with Sully's, are inscribed on the front of the headstone."

Kathy acquired Petey when she noticed Sully seemed anxious after Denny passed away. Having a companion has helped, and Sully continues to be the strong-headed one while Petey is content to lie back and take it easy. Regardless of their personalities, both are equally spoiled.

Both dogs enjoy camping, which was a favorite activity for Kathy and Denny.

"Now it's just the three of us, but I've gotten really good at pulling the camper, and we enjoy our camping adventures," she says.

The dogs also like their walks, going to the groomer and, of course, their toys and treats. They have too many toys to count; however, Sully's favorite is "Chicky," and Petey prefers his "Fish."

Kathy recently ordered a doggie bunk bed from Etsy. It's at the front window, and, most days, you'll find both dogs sitting on the top bunk just watching the world go by.

"Sully and Petey have brought me so much joy, comfort and healing in this new phase of my life," Kathy says. "I hope to give them back all the love that they have shown me." ■



Schnauzers, Sully and Petey are a perfect pair, and Kathy Petersen says they are a constant source of affection.



A TIME machine on wheels

Rick Rodger's 1964 Impala keeps the memories rolling.



Then and now... Rick Rodger's first car is just a memory, but, today, he's making new memories in a similar 1964 Chevy Impala.



Growing up on a farm near Milo in the 1950s and '60s, Rick Rodgers says it was natural for boys to learn how to operate tractors and farm machinery.

"When I got my driver's permit, and eventually a license, my interest in cars grew," he says. "I had two close friends who also grew up on farms, so cars were a popular topic of discussion back then. We still get together occasionally and talk cars."

In the summer of 1968, Rick bought his first car — a 1964 Chevy Impala. When he enrolled in a two-year program in mechanical technology at DMACC, the Impala was great for commuting to his classes in West Des Moines (the Ankeny campus was under construction). He graduated in the spring of 1970 and was drafted into the Army later that year, so he sold the car to his brother.

"My plan was to buy something new when I got out of the service," he explains. "I told my brother he could do whatever he wanted to with the Impala, so, after about a year, he traded it in for a new car."

After his discharge from the Army, Rick was eventually hired into the drafting department at the old Pittsburgh-Des Moines Steel Co. He moved to Indianola in 1979, married in 1980, and life moved on. The Impala was a distant memory.... or so he thought.

In 2019, Rick came across a 1964 Chevy Impala on Duffy's Classic Cars' website. Although not that interested in buying it, he still wanted to see it in person, so he and his wife made the trip to Cedar Rapids.

"I came home without making an offer," he says. "But, over a period of weeks, my emotions gradually got the best of me, because it was very much like the first car I bought back in '68. I made a call, it was still available, and the rest is history."

The previous owner had done a good job with the exterior and interior. However, Rick had some additional work done to improve reliability, including having the original 283 V8 engine rebuilt as well as converting the power steering that was worn and leaking to manual steering.

It's how his first Impala was equipped, and he's quite happy with its simplicity compared to today's high-tech, computer-controlled cars.

"Many of these cars either went to the scrapyard or were parked and forgotten," Rick says. "I'm always glad to see when people acquire some of the survivors and put them back on the road. These old cars are time machines, and, for many like me, they bring up old memories of family, friends and good times." ■

NAVIGATING market volatility

On April 2, the Trump Administration announced sweeping tariffs on imported goods that were larger and different than what the markets expected. By the end of the week, the S&P 500 had dropped by 10.5%.

Market volatility continued the following Monday, with prices swinging throughout the day but with the resulting changes ending moderate. Fast forward to Wednesday, April 9, the S&P 500 had its best one-day gain since 2008. Quick market drops can cause anxiety for investors, but it's important not to overreact and risk missing out on the best days of the market.

There are a few certainties when investing: In the near term, it is impossible to consistently predict the direction of the market. You can expect volatility, and risk is unavoidable, but panic is optional.

While any substantial decline can be worrisome for investors, it's important to remember that markets are cyclical. Regardless of the reasons for the downturn, the market has always bounced back. Here are some other considerations that may help provide perspective and support for staying calm when markets are volatile:

After a down year in 2022, the S&P 500 gained 24.23% in 2023 and 23.31% in 2024, the largest two-year increase since 1998. ⁽¹⁾

Since 1928, the S&P 500 Index has returned an annual average of



approximately 10%, but annual returns have varied widely. ⁽²⁾ Over 97 years, there have been 65 positive years, 30 negative years, and two flat years. ⁽³⁾

As we've recently experienced, some of the best days of stock market performance followed some of the worst days. No one can predict market direction, and pulling out of the market due to an emotional reaction can lead to missing gains on the way back up.

By the time this article is published, it is likely that markets have adjusted up or down based on tariff news, company earnings, geopolitical developments, etc. Past performance is not a guarantee of future results, but the clear message in these statistics is that it pays to be patient and stick to your long-term strategy. Having a plan in place and an investment allocation that you can stick with helps investors get through turbulent market environments. ■

For more information, please contact Kourtne Klocko with City State Bank Trust & Investments at 515-981-1400. (1) Marketwatch, December 31st, 2024. (2) Investopedia, December 26th, 2024. (3) www.macrotrends.net, 2025. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice.



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WHAT IS a case worth?

The value of a given personal injury case is often subject to debate. Insurance companies (who ultimately pay the damages) are notorious for seeking to pay as little as possible in exchange for a closed file.

Often, the representative for the insurance company will try to settle based on medical expenses plus a small amount for "general damages." Some companies are using computer applications to try to objectify what is actually a very individual inquiry.

As a result, persons with an injury claim may find themselves lumped together with others reflected only as a data point in the insurance company's books.

Moreover, many first line adjusters have little authority to make an offer outside a pre-determined range set by the company. Despite what an adjuster might argue, the value of a case is not dependent on what the insurance company wants it to be.

The only way to truly determine the value of a case is by trial to a court or jury under the applicable law. Under Iowa law, the jury is to determine the amount of each element of damages separately.

Typically, the jury may be asked to fill out a verdict similar to what is listed below:

State the amount of damages sustained by the plaintiff caused by defendant's fault as to each of the following items of damages.

If the plaintiff has failed to prove any item of damage, or has failed to prove that any item of damage was caused by defendant's fault, enter a 0 for that item.

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|--------------------------------------|----------|
| 1. Past medical expenses | \$ _____ |
| 2. Future medical expenses | \$ _____ |
| 3. Loss of full mind and body-past | \$ _____ |
| 4. Loss of full mind and body-future | \$ _____ |
| 5. Past pain and suffering | \$ _____ |
| 6. Future pain and suffering | \$ _____ |

There may be lines for additional items of damages. Each item has its own definition under Iowa law. Below are a few definitions of what insurance companies try to call "general damages."

Loss of full mind and body (past). Loss of function of the mind and/or body from the date of the injury to the present time. Loss of mind and/or body is the inability of a particular part of the mind and/or body to function in a normal manner.

Pain and suffering (past). Physical and mental pain and suffering from the date of the injury to the present time. Physical pain and suffering may include, but is not limited to, bodily suffering or discomfort. Mental pain and suffering may include, but is not limited to, mental anguish or loss of enjoyment of life.

Conclusion: Every case is unique. A computer cannot determine a personal injury claim value. ■



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PALLIATIVE care: What is it, and how does it help?

Q: My wife's nurse practitioner suggested we look into palliative care. I'm nervous, as this is not a type of care I'm familiar with. My wife has diabetes and suffers from congestive heart failure. While her care team says she could live with her conditions for several years, we would both like her to have a better quality of life. What can palliative care do for her?



A: Great question. Palliative care is 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, palliative care is designed to improve the quality of life for both the person living with illness and their loved ones.

Here's what you should know about palliative care.

Anyone with a serious or chronic health condition, regardless of their prognosis, can take advantage of it. The goal is to alleviate suffering and improve comfort by managing physical symptoms while also addressing emotional, social, and spiritual needs.

A variety of specialists, such as physicians, nurses, social workers, chaplains, and therapists, make up a palliative care team. They will all work together to create a care plan that's tailored to your wife's needs.

It helps manage symptoms such as pain, fatigue, nausea, breathing difficulties, and anything else that goes along with illness. If your wife is dealing with discomfort related to her chronic condition, palliative care can significantly help decrease that.

It also supports family members. 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. It can be used alongside curative treatments, helping to manage the side effects or help cope with difficult symptoms during treatments like chemotherapy or dialysis.

It's offered anywhere. If receiving care at home is preferable to you and your wife, make sure you find a provider that offers home-based palliative care.

The overall aim will be to provide your wife with enhanced quality of life while managing the challenges presented by her conditions. Palliative care is highly personalized, and most families report that it 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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NEWS BRIEF

MESHKE named Indianola city manager

Jacob Meshke, current deputy city manager for the City of Brookings, South Dakota, has been named the next city manager of Indianola following the adoption and approval of an employment agreement on April 21 at the Indianola City Council's regular meeting.

Meshke will begin his new role May 28.

"We are very excited to welcome Jacob Meshke to our community," Indianola Mayor Steve Richardson said. "He brings a strong track record of leadership, having managed larger budgets and teams in a bigger city, and his expertise in economic development has led to the successful completion of several major projects. Additionally, as a college town, we value our relationship with Simpson College, and Jacob has already expressed his commitment to strengthening that vital partnership. We're confident that Jacob will be a tremendous asset to our community as we work together to move Indianola forward and continue building a community for all citizens."

Meshke has been the deputy city manager of Brookings since 2019. Prior to that, he served as the assistant village administrator in Bayside, Wisconsin, for three years after moving back from Arizona, where he completed of his master's degree in public administration at Arizona State University.

"I want to thank the mayor and council for their trust and support in selecting me to be Indianola's city manager," Meshke said. "I am incredibly excited, humbled and grateful to join and serve the community. I look forward to working alongside city leaders, staff, community partners and residents to build on the great work already underway and to help shape Indianola's future together."

The city manager manages the day-to-day operations of the city and ensures that policies declared by the mayor and city council are fulfilled. In Indianola, this top leadership position is responsible for: preparing the annual budget, applying the ordinances set by the council, hiring personnel, recommending policies or programs to the council, keeping the council fully advised of the financial and other conditions of the city and providing the council with information to aid in decision-making.

MGT, an executive recruitment and management consulting firm that specializes in local government, assisted the city of Indianola in the city manager recruitment process. Meshke takes over for Benjamin Reeves, who resigned last December to become the city manager for Eagle Mountain City, Utah. ■

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RECIPE

By Jolene Goodman

ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■



Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

Asian ground turkey bowl

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced



Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.
- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight. ■

PREPARE your car for long-distance driving

With May marking the start of summer driving, preparing for road trips is essential. Long-distance driving can be challenging, so having a vehicle maintenance checklist is key to ensuring a smooth journey.

Battery check: Don't get stranded with a dying battery. Ensure connections are tight and clean and have a professional battery test done for summer readiness. Since the average life of an acid battery is five years, replace it if it's past that date. Peace of mind is worth it.

Wiper blades and fluid check: Inspect your wiper blades and refill the washer fluid as needed. Good visibility is essential for safe driving, especially with seasonal elements like dust, bugs and rain. Replace any worn blades, including the rear if applicable.

Top off all fluids: Power steering, transmission, coolant, brakes and engine oil are essential for your vehicle's reliability. Be sure to top off all fluids before your vacation.

Repair chipped/cracked windows: Get chipped or cracked glass repaired ASAP. Small damage can quickly worsen and jeopardize your safety while driving or disrupt your plans.



Brake check: Listen to your brakes; they're crucial for your safety. Test them by listening for odd sounds or vibrations when braking. If you hear grinding or screeching, get them inspected ASAP.

AC check: Ensure your air conditioning is working well for your trip. If it's not cooling properly, get it serviced before you head out.

Tire check: Your tires are crucial for getting you from point A to point B. Inspect all four tires, including your spare, for bulges, gouges, nails or cuts, and ensure the spare is properly inflated. Tires should be replaced at 3mm of wear and always follow your vehicle manufacturer's recommendations for tire pressure, found on the driver's side door jamb or in the owner's manual. Under-inflated tires can generate excess heat and may become damaged on long drives.

Roadside emergency kit check: Before heading out on the road, make sure your roadside emergency kit is stocked. Basic items like first aid supplies, batteries, a flashlight, booster cables, basic tools, gloves, emergency flares and water are essential for any breakdown. With your vehicle checklist completed, you can enjoy your trip without worries. Preventing roadside emergencies keeps your travels smooth and enjoyable. ■

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.

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8 HELPFUL tips to downsize to assisted living

Downsizing for a move to assisted living can feel overwhelming — both emotionally and physically. Whether you're helping a loved one or preparing for your own transition, having a thoughtful approach can ease the process and reduce stress. Here are eight practical tips to help navigate this important life change.



it's OK to ask for help. Reach out to family and friends or consider hiring professional movers who specialize in senior relocations. Their support can reduce the physical and emotional load.

4. Declutter and let go: Use this opportunity to sort belongings into categories: keep, donate, gift or discard. Passing along meaningful heirlooms to family can bring joy and preserve memories. A clean slate can be refreshing in a new space.

5. Know your new space: Before packing, request a layout or dimensions of the new living area. This will help you determine what furniture and belongings will fit best and avoid taking more than the space can handle.

6. Maximize storage: Downsizing means making the most of smaller spaces. Look for furniture with built-in storage, use vertical shelving, and consider under-bed bins or closet organizers to keep things neat and accessible.

7. Make it enjoyable: Try to turn packing into a positive experience. Invite loved ones to

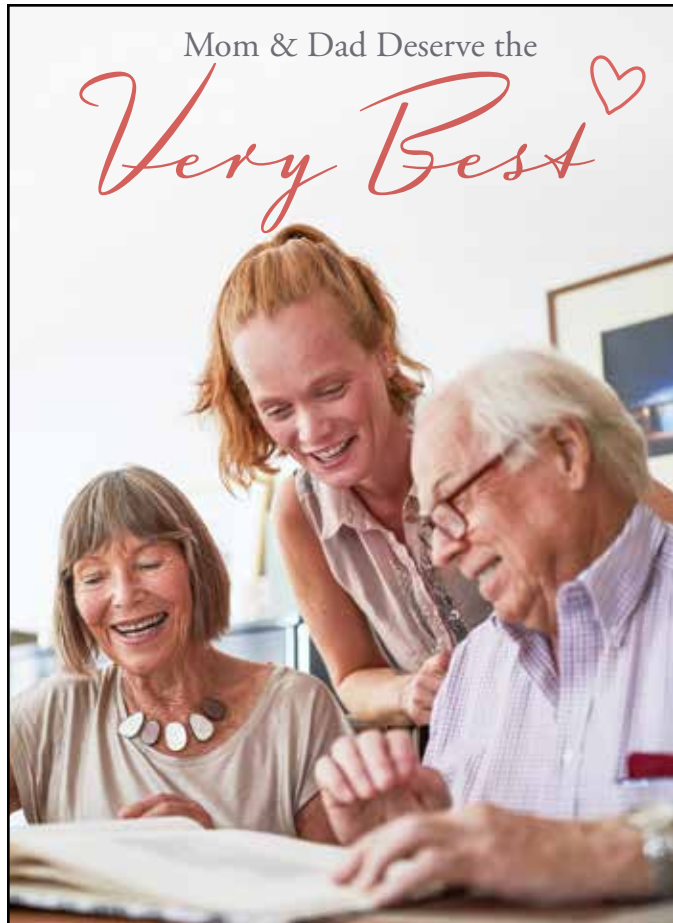
help, play music, and share memories over a meal. Reframing the task can make it feel more like a celebration of new beginnings.

8. Stay positive and patient: Unexpected challenges may arise during the transition. Approach the move with flexibility and an open mind. Staying positive can ease the emotional toll and help focus on the benefits of the new living arrangement.

Final thoughts

Moving into assisted living is a big step, but it doesn't have to be overwhelming. With early preparation, thoughtful organization, and the support of others, the process can be smoother and even meaningful. It's also an opportunity to embrace a new chapter while surrounding yourself with familiar comforts. ■

Information provided by Ashley Bergman, Addington Place of Des Moines, addingtonplaceofdesmoines.com. Written by Discovery Senior Living, 3461 Bonita Bay Blvd., Suite 100, Bonita Springs, FL 34134.



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RENEWING the garden

Spring is in the air, birds are singing, the trees are budding out and perennials are peeking out of the ground. Take an inventory of the gardens as you enjoy the birds singing and the color of spring-blooming daffodils and tulips. Notice the bare spots that need to be filled with color and excitement for summer and fall. Take a moment to think about what you want to add this summer and start a plan for renewing the gardens.



Let's start with some trees, and let's talk Japanese maples, one of those fantastic trees that adds unique color and texture to the garden and seems to scare us Midwesterners. They are hardy to Indianola and provide interest from spring all the way to fall and winter. Leaf color can be all the way from black to dark reds, pinks and, yes, even white leaves. Some change through the season starting out in spring one color and progressing through summer another color and then fall putting on another fantastic show. Leaf type can be from palm-like to slender to fine filigree and will add texture to the garden landscape or even a container on the patio or deck.

The same can be said with many of the conifers. Spring can bring on red, pink and purple cones. Or the new growth pops out in spring a sunshine yellow or gold, with a backdrop of green. Several will be gold in the winter and green in the summer. And, here again, you have many different textures of needles and branch structure. Most conifers will supply you with an all-seasons show, spring through the winter. Conifers can add to the landscape and even to containers or specialty gardens.

What about flowering trees? Magnolias, redbuds and crabapples all put on an early spring show and come in a myriad of colors. Saucer magnolias are familiar to many of us, but there are many others. Yellow Bird, Sunsation are later blooming yellows. Marilyn's Choice is a white bloomer that was developed to bloom large white flowers later in the season to avoid the late frosts. Finally, Spring Welcome was developed at North Dakota State to withstand really cold temps, hardy to Zone 3.

Another great fall blooming small tree choice would be the Seven Son Flower. This small tree grows to 15 feet and has all-season interest. In spring, the new leaves unfurl dark green to 3-inch-long interesting leaves. Then, in the fall, when not much else is blooming, it blooms in clusters of small white flowers with an unbelievable fragrance, attracting migrating monarch butterflies. Then, in winter, the bark is exposed and peels in long vertical strips of cinnamon and silver.

So, go to your local nursery (with your plan in hand) and start filling your cart with new additions for your garden. Don't hesitate to ask questions. That is what those employees are there for. Keep your options open. Remember, you might not find that exact plant you saw in the magazine, but there may be a similar or better alternative. Get ready to liven up your garden this year. ■

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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V. SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 28	5:30PM	Pella Community	Pella High School
May 29	7:30PM	Carlisle	Carlisle High School
May 30	7:15PM	Southeast Polk	Indianola High School
Jun 3	7:15PM	Ballard	Indianola High School
Jun 4	7:15PM	Dallas Center-Grimes HS	Dallas Center - Grimes High School
Jun 6	5:30PM	Newton	Indianola High School
Jun 7	8:45AM	Multiple Schools	Greater DM Softball Complex
Jun 9	7:15PM	Norwalk	Indianola High School
Jun 11	5:30PM	Pella Christian	Pella Christian High School
Jun 12	7:15PM	Pella Community	Indianola High School
Jun 14	9:30AM	Multiple Schools	Cedar Rapids Kennedy High School
Jun 16	5:30PM	Oskaloosa	Oskaloosa High School
Jun 17	7:15PM	Waukee Northwest	Indianola High School
Jun 19	7:15PM	Boone	Boone High School
Jun 20	5:30PM	Dallas Center-Grimes	Indianola High School
Jun 23	7:15PM	Newton	Newton High School
Jun 25	5:30PM	Norwalk	Norwalk Baseball/Softball Complex
Jun 27	7:15PM	Pella Christian	Indianola High School
Jun 28	10:00AM	Multiple Schools	Indianola High School
Jul 1	7:15PM	Oskaloosa	Indianola High School
Jul 3	12:00PM	Multiple Schools	Dallas Center - Grimes High School
Jul 7	5:00PM	Ottumwa	Indianola High School

JV1 SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 29	6:00PM	Carlisle	Carlisle High School
May 30	5:30PM	Southeast Polk	Indianola High School
Jun 3	5:30PM	Ballard	Indianola High School
Jun 4	5:30PM	Dallas Center-Grimes HS	Dallas Center - Grimes High School
Jun 6	4:00PM	Newton	Indianola High School
Jun 9	5:30PM	Norwalk	Indianola High School
Jun 12	5:30PM	Pella Community	Indianola High School
Jun 16	4:00PM	Oskaloosa	Oskaloosa High School
Jun 17	5:30PM	Waukee Northwest	Indianola High School
Jun 19	5:30PM	Boone	Boone High School
Jun 20	4:00PM	Dallas Center-Grimes	Indianola High School
Jun 23	5:30PM	Newton	Newton High School
Jun 25	4:00PM	Norwalk	Norwalk Baseball/Softball Complex
Jun 27	5:30PM	Pella Christian	Indianola High School
Jul 1	5:30PM	Oskaloosa	Indianola High School
Jul 7	3:00PM	Ottumwa	Indianola High School
Jul 8	3:00PM	Des Moines East	Indianola High School

JV2 SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 29	4:30PM	Carlisle	Carlisle High School
May 30	4:00PM	Southeast Polk	Indianola High School
Jun 4	4:00PM	Dallas Center-Grimes	Dallas Center - Grimes High School
Jun 9	4:00PM	Norwalk	Indianola High School
Jun 12	4:00PM	Pella Community	Indianola High School
Jun 17	1:00PM	Carlisle	Carlisle High School
Jun 19	10:00AM	Boone	Boone High School
Jun 20	1:00PM	Dallas Center-Grimes	Indianola High School
Jun 25	2:30PM	Norwalk	Norwalk Baseball/Softball Complex
Jul 1	4:00PM	Oskaloosa	Indianola High School
Jul 7	1:30PM	Ottumwa	Indianola High School
Jul 8	1:30PM	Des Moines East	Indianola High School

FOR ALL SPORTS SCHEDULES >>

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



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SUMMER SPORTS SCHEDULE 25

V. BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 19	7:00PM	Knoxville	Indianola High School
May 21	5:00PM	Ottumwa	Ottumwa - Schaefer Field
May 22	5:00PM	Johnston	Johnston High School
May 27	5:00PM	Mason City	Mason City High School
May 28	5:00PM	Pella Community	Pella High School
May 30	7:00PM	Oskaloosa	Indianola High School
Jun 3	7:00PM	Valley	Indianola High School
Jun 4	7:00PM	Dallas Center-Grimes	Dallas Center - Grimes High School
Jun 6	5:00PM	Newton	Indianola High School
Jun 7	5:00PM	Bettendorf	Busch Stadium/St. Louis
Jun 9	7:00PM	Norwalk	Indianola High School
Jun 11	5:00PM	Pella Christian	Pella Christian High School
Jun 13	7:00PM	Pella Community	Indianola High School
Jun 16	5:00PM	Oskaloosa	Oskaloosa High School
Jun 18	5:00PM	Ames	Indianola High School
Jun 20	5:00PM	Dallas Center-Grimes HS	Indianola High School
Jun 23	7:00PM	Newton	Newton High School
Jun 25	5:00PM	Norwalk	Norwalk Baseball/Softball Complex
Jun 27	7:00PM	Pella Christian	Indianola High School
Jun 28	3:30PM	Multiple Schools	Dowling Catholic High School
Jul 1	5:00PM	Urbandale	Indianola High School
Jul 3	5:00PM	Carlisle	Simpson College
Jul 7	5:30PM	Des Moines Lincoln	Des Moines Lincoln High School
Jul 8	5:00PM	Des Moines East	Indianola High School

JV1 BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 19	7:00PM	Dowling Catholic	Dowling Catholic High School
May 20	5:00PM	Ottumwa	Indianola High School
May 22	5:00PM	Johnston	Indianola High School
May 27	5:00PM	Ames	Indianola High School
May 29	5:00PM	Waukee Northwest	Waukee Northwest High School
May 30	5:00PM	Ankeny Centennial	Ankeny Centennial High School
Jun 3	5:00PM	Dowling Catholic	Dowling Catholic High School
Jun 5	10:00AM	Dallas Center-Grimes	Dallas Center - Grimes High School
Jun 6	10:00AM	Carlisle	Carlisle High School
Jun 7	7:00PM	Bettendorf	Busch Stadium/St. Louis
Jun 11	10:00AM	Ankeny Centennial	Indianola High School
Jun 12	10:00AM	North Polk	North Polk High School
Jun 16	5:00PM	Johnston	Indianola High School
Jun 18	10:00AM	Bondurant-Farrar	Indianola High School
Jun 20	10:00AM	Dallas Center-Grimes HS	Indianola High School
Jun 24	10:00AM	Ames	Ames High School
Jun 25	10:00AM	Norwalk	Norwalk High School
Jun 27	10:00AM	Des Moines Roosevelt	Indianola High School
Jun 30	10:00AM	Creston Community	Creston High School
Jul 1	10:00AM	Ballard	Indianola High School
Jul 3	10:00AM	Bondurant-Farrar	Bondurant-Farrar High School

JV2 BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 19	5:00PM	Dowling Catholic	Dowling Catholic High School
May 20	5:00PM	Ottumwa	Ottumwa - Legion Field
May 23	5:00PM	Johnston	Indianola High School
May 27	5:00PM	Ames	Ames High School
May 28	5:00PM	Pella Community	Indianola High School
May 30	5:00PM	Oskaloosa	Oskaloosa High School
Jun 3	10:00AM	Dowling Catholic	Indianola High School
Jun 4	10:00AM	Dallas Center-Grimes HS	Indianola High School
Jun 6	10:00AM	Newton	Newton High School
Jun 9	10:00AM	Norwalk	Norwalk High School
Jun 10	10:00AM	Ames	Indianola High School
Jun 13	10:00AM	Pella Community	Pella High School
Jun 16	10:00AM	Oskaloosa	Indianola High School
Jun 17	10:00AM	Southeast Polk	Indianola High School
Jun 20	10:00AM	Dallas Center-Grimes HS	Dallas Center - Grimes High School
Jun 23	10:00AM	Newton	Indianola High School
Jun 25	10:00AM	Norwalk	Indianola High School
Jun 27	10:00AM	Des Moines Roosevelt	DM Roosevelt High School
Jul 1	10:00AM	Southeast Polk	Southeast Polk High School
Jul 2	10:00AM	Creston Community	Indianola High School

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CELEBRATE National Speech-Language-Hearing Month with a visit to the audiologist

Along with enjoying nature's soundtrack as we spend more time outdoors, there's another reason to care for your hearing this May. It's been designated as National Speech-Language-Hearing Month, previously



known as Better Hearing and Speech Month. Organized by the American Speech-Language-Hearing Association, this month focuses on raising awareness about hearing loss and encouraging people to seek appropriate treatment — particularly the 37.5 million adults who report some trouble hearing.¹

If you're one of them, visiting an audiologist is a good place to start your journey to better hearing. Audiologists play a pivotal role in diagnosing, managing and treating hearing and balance disorders. They use a medical model approach to hearing health care, which

not only ensures that any potential issues you may have are identified early but also opens the door to effective management strategies and treatments that can significantly improve your quality of life. Your local audiologist is here to provide everything from comprehensive hearing evaluations to fitting hearing aids and counseling you and your family.

The consequences of untreated hearing loss

Untreated hearing loss is not just about misunderstanding conversations with friends and loved ones. It's also correlated with several serious physical, mental and emotional health issues, including:

- Cognitive decline
- Depression, anxiety and loneliness
- Increased risk of falls

The good news? Hearing loss treatment can help. Research has found that wearing hearing aids can provide significant benefits, reducing the likelihood of depression, lowering the risk of

falls and improving one's social life. In addition, using hearing aids may help reduce the risk or slow the progression of cognitive decline in some individuals.

Don't put your well-being at risk. Scheduling regular hearing evaluations with an audiologist is a simple yet critical way to ensure optimal hearing health and overall well-being, allowing you to stay connected to the world and savor life's special moments to the fullest.

If you or someone you know could benefit from a hearing consultation, now is the time to act. In honor of National Speech-Language-Hearing Month, prioritize your hearing health this May by reaching out to your local audiologist to request an appointment. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.iowahearingcenter.com. 1. National Institute on Deafness and Other Communication Disorders. (2024). Quick statistics about hearing, balance and dizziness. www.nidcd.nih.gov/health/statistics/quick-statistics-hearing#:

MAY IS National Speech- Language-Hearing Month!



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ACUPUNCTURE and myofascial therapy

A research-based approach to pain relief

Acupuncture and myofascial therapy are two complementary treatments that have gained recognition for their effectiveness in managing pain and improving mobility. While acupuncture originates from traditional Chinese medicine, myofascial therapy focuses on releasing tension in the connective tissues. Recent research highlights their combined potential in treating myofascial pain syndrome (MPS) and other musculoskeletal conditions.

• **Acupuncture: a time-tested healing method.** Acupuncture involves the insertion of fine needles at specific points to stimulate the body's natural healing processes. It is based on the concept of Qi, or energy flow, which moves through meridians in the body. By targeting these points, acupuncture enhances circulation, reduces inflammation, and promotes the release of endorphins — natural painkillers.

A 2024 research review published in "Frontiers in Neurology" examined the



effectiveness of acupuncture in treating myofascial pain syndrome. The study analyzed data from 10 randomized controlled trials involving 852 patients, comparing acupuncture to conventional treatments. Results showed that acupuncture significantly reduced pain intensity and improved overall treatment efficacy. Patients also reported better outcomes on the Pain Rating Index and Present Pain Intensity scales.

• **Myofascial therapy: addressing connective tissue restrictions.** Myofascial therapy focuses on the fascia, a connective tissue network that surrounds muscles, nerves and organs. Restrictions in this tissue can lead to chronic pain and limited mobility. Practitioners use sustained pressure and stretching techniques to release fascial adhesions, restoring flexibility and reducing discomfort.

• **The synergy of acupuncture and myofascial therapy.** Integrating acupuncture and myofascial therapy offers a holistic approach to pain relief. Acupuncture reduces inflammation and stimulates healing, while myofascial therapy restores mobility and eliminates fascial tension. Together, they accelerate recovery and improve

structural integrity.

Research supports the safety and efficacy of acupuncture, with no serious adverse effects reported in clinical trials. This makes it a viable option for individuals seeking non-pharmacological pain management strategies. As awareness of holistic healing grows, more patients and practitioners are embracing these complementary therapies.

Acupuncture and myofascial therapy provide a powerful combination for treating musculoskeletal pain and dysfunction. Scientific studies confirm their effectiveness, making them valuable tools in modern pain management.

For those struggling with chronic pain, integrating acupuncture and myofascial therapy may be the key to restoring balance and mobility. As research continues to evolve, these treatments will likely play an even greater role in holistic healthcare. ■

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

PLATELET-derived growth factors

A natural approach to anti-aging

Platelet-derived growth factors (PDGFs) are gaining popularity in the world of aesthetic medicine as a powerful, natural tool for anti-aging. These growth factors are proteins found in our own blood platelets, plant sources, or safe, synthetic sources that play a critical role in healing and tissue regeneration. When used in cosmetic treatments, they help to stimulate types 1, 3 and 6 collagen production, elastin and hyaluronic acid. This improves skin texture and tone and restores a youthful glow.



PDGFs work by signaling cells in the body to begin the repair process. When injected into the skin or applied after microneedling, they promote the growth of new collagen and elastin fibers — two essential proteins that decline with age. This results in firmer, smoother skin with improved tone and elasticity. Common treatment areas include the face, neck, décolletage and even the scalp to support hair restoration. It's a more natural approach to rejuvenation with minimal downtime and an excellent safety profile.

As interest in non-invasive, regenerative treatments continues to rise, PDGFs are at the forefront of science-based skin care. Whether used alone or combined with other procedures like laser resurfacing, microneedling or injecting into areas of volume loss, they offer a promising option for those seeking highly effective, long-lasting results in their anti-aging journey. ■

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

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FAITH

By Tom Vanderbilt

WHEREVER we go, God is there

In Genesis 13, we read about Abram and Lot. They are coming into the Promised Land after fleeing to Egypt during a famine. There was some friction. Abram had a large herd of animals and Lot, his nephew, had a similar blessing. It was getting bad because the herdsman who worked for the two men had strife with each other trying to find enough resources for their respective herds.



Abram could have demanded his own way, but he didn't. He let Lot choose saying, "If you take the left hand, then I will go to the right, or if you take the right hand, then I will go to the left" (Gen 15:9b).

How is Abram able to swallow his pride and allow Lot the first choice? Faith. Abram knows that, either way he goes, God is with him. God has already blessed him so that he has a large group of people and animals with him. Abram knows that these blessings will continue no matter which way he turns.

If you're worried about which way to turn today, do two things. First, count the blessings that you already have; don't let the troubles of the day hide them from you. Second, trust our God to be with you no matter which way you turn. ■

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

EVENTS IN THE AREA

Check for cancellations

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Upcoming in Indianola Living magazine:

Cancer Survivors: In June, we will be sharing the stories of cancer survivors. If you would be willing to share your experiences about how overcoming cancer has impacted your life, please email tammy@iowalivingmagazines.com.

Mother's Day Tea Party

Saturday, May 10, 10 a.m. to noon

Edencrest at Riverwoods, 2210 E. Park Ave., Des Moines

Join for a delightful afternoon filled with love, laughter and appreciation in honor of the incredible women who've shaped our lives. This Mother's Day Tea Party is a time to slow down, savor sweet treats, sip on fragrant teas, and create cherished memories in a beautiful, relaxing setting. Enjoy a variety of aromatic teas and fresh pastries, live soft music and engaging conversation — a celebration of moms, grandmas and mother figures alike.



Afternoon Adventures: Reid Miller Storytelling

Tuesday, May 13, 1 p.m.

Indianola Activity Center, 2204 W. Second Ave.

Join Reid Miller for an enchanting afternoon of exploring "Then, Now and Tomorrow!" Enjoy a rich blend of music and stories as he weaves songs and tales of love, life and laughter. This free speaker series is hosted by Indianola Parks and Recreation and sponsored by Community 1st Credit Union and Oak St. Health.

Paige Clark Memorial Poker Run

Saturday, June 7, 8:30-10 a.m. registration, 10:15 a.m.

cruise leaves from Route 65, 1300 S. Jefferson Way

Join the 2 Lane Cruisers of Iowa for this poker run. All makes and models are welcome. Cost is \$10 per hand, and 50/50 tickets will be sold. Stops include Humeston, Garden Grove, Eagles in Osceola and final stop returns to Route 65 for ice cream. For more information, call Cliff, 515-419-3824.

Suds on Salem

Friday, May 30, 5-8 p.m.

216 W. Salem Ave., Indianola

Enjoy Suds on Salem, between Buxton and B streets. West Hill Brewing Company will be serving outdoors. Or grab your favorite unopened beverage/bottle of wine from any downtown business (and open it inside the barricades). Hungry? Grab take out from downtown restaurants or hit the food truck. The Suds rules are: Anything brought inside the barricades must be purchased from an Indianola downtown business, and no open containers are permitted outside of the barricades. Got kids? There will be suds especially for them with a foam party. This free event is sponsored by Bob's Custom Trophies, Clearpath Financial, Crain Chiropractic, ITown Real Estate, Little Shed on Salem and West Hill Brewing Company. ■



May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

Hepatitis A

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

Hepatitis B

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

Hepatitis C

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

Help Protect Your Liver From Hepatitis

IOWA
Health and
Human Services



Ask your healthcare
provider about hepatitis
vaccines and testing.

Source: [cdc.gov](https://www.cdc.gov) 4/25

LEADING by example

Campidilli closes chapter on scout leadership.

When Patti Campidilli thinks back to all the behind-the-scenes work it took to make scouting a success in her unit, it could have been easy to lose sight of why she signed up in the first place. But in her 25-plus years in leadership, it's never been about her, but rather about making a difference for her scouts.

In 1997 and 1999, Campidilli's boys joined Cub Scouts, and she started as a den leader. Fast forward to 2009 when her oldest was moving into Boy Scouts. The leader at the time was stepping down. She agreed to serve in the interim, but the position eventually became permanent, and, as they say, "The rest is history."

Growing up in the small town of Lehigh, Campidilli was introduced to Scouts at an early age, watching her mom as a Cub Scout leader. It's no surprise that she followed in those footsteps and continued as a scoutmaster long after both of her boys earned their Eagle Scout rank.



Scoutmaster Patti Campidilli surrounded by Eagle Scouts past and present. Front row: Aiden Barber, Ethan Liventals, Patti Campidilli, Tom Phillips, Logan Bass, Nathan Borlaug, Seth Eaton and Kasey Marron; second row: Dylan Arpy, Remington Oakley, Jacob Riedmann and Tyler Ragan; and, back row: Jason Kruse, Lane Kruse, Daniel Gandy and Peyton Wilbur. Not pictured: Tim Stanley.

Scout leaders are there to make sure everyone is safe and included and to work with the scouts in coordinating the things needed to earn merit badges and meet rank advancements.

"It's almost like a teacher's lesson plan," Campidilli says. "We met every Tuesday, and my job was to create opportunities for them to earn advancements. There was a lot of paperwork and spreadsheets, but also a lot of fun stuff like hikes, campouts, service projects and other activities."

Scouting develops leaders and good citizens who are helpful and confident in the world. Scouts learn about camping, cooking, first aid, communication, personal fitness, personal management and much more.

"It's a lot of life skills that they will take well into adulthood," she explains. "It also provides a niche for kids who are not athletic or musical to be a part of a group."

Over the years, Campidilli has watched her scouts develop skills and become more confident. She's seen them struggle and learn to solve problems. In 2024, she oversaw her last group complete Eagle rank.

"Each scout is required to plan, organize, lead and manage an extensive service project," she explains. "I've seen a variety of Eagle projects over the years that made an impact, and I'm proud of all the hard work that goes into each one."

Campidilli says she learned a lot about herself through volunteer leadership.

"Working with youth keeps you young," she laughs. "I learned to play/have fun, and I have so many fond memories of, not only the kids, but also great adults and assistants. I also got really good at using power tools, so maybe it's time to tackle some projects of my own." ■

2024 Eagle Scout projects

- **Blank Park Zoo** - Swan, monkey and wallaby shelters, pickets in Big Cat Area and storage boxes
- **Indianola Activity Center** - Garden beds, handicap accessible garden beds, hose reel and tomato frame
- **Lake Ahquabi** - Tree planting and trail signs
- **Milo Cemetery** - Flagpole installation
- **Helping Hand** - Painting and shelf building
- **Palmyra Cemetery** - Concrete slab and bench
- **Izaak Walton League** - Built targets
- **Des Moines School** - Reroofed a garden shed ■

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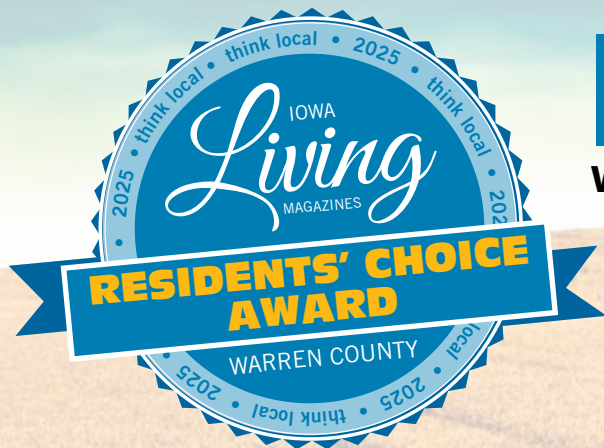
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IT'S BACK!

Who will be voted favorite in Warren County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2025 Warren County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Indianola and Norwalk August editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES JUNE 27, 2025.

See rules and vote at www.iowalivingmagazines.com/residentpoll. One vote per resident, please.

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Brewery/Distillery/Winery
- Bakery
- Catering Company
- Server/Bartender (First and last name)

AUTO BODY

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

- Preschool/Daycare
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Florist
- Home Improvement Retail Store
- Appliance Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Thrift Store

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Event Venue
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym

- Pharmacy
- Hearing Center
- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio
- CBD Store

OTHER PROFESSIONAL SERVICES

- Financial Planner
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- Accounting Firm
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- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrician
- Plumber
- Senior Living Facility
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Pest Control
- Tree Service
- Home Builder
- Home General Contractor
- Exterior Contractor (siding, roofing, windows, doors)

OUT & ABOUT



Bobbi Gladson and Lexie Heck at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Andrei Murphy and Ryan Williams at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Alisha Martin and Cam Cosenza at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Chelsea Greenier, Mallory Wells and Abby Kinsey at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Sean Gunderson and Micah Spurlock at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Kristy Brouillet and Paula Chew at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Barry Green and Makayla Seemann at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Hailey Swanson and Anna Zelenskiy at Indianola Chamber's Business & Brews April 17 at Uncommon Grounds Coffee Shop.



Zeus, Josh Truman and Diesel enjoy a spring day.



Carla Weed of Many Hands Thrift Market wishes everyone Happy Spring.



Jazzy Sween of Many Hands Thrift Market wishes everyone Happy Spring.



Troy and Karen Tucker of Many Hands Thrift Market wish everyone Happy Spring.

OUT & ABOUT



Connie Heaberlin and Jeremy Dean of Fareway wish everyone Happy Spring.



John Hraha and Mason Sickles of Fareway wish everyone Happy Spring.



Austin Parker of Fareway wishes everyone Happy Spring.



Nick Brangers of Fareway wishes everyone Happy Spring.



Kobie Headlee of Fareway wishes everyone Happy Spring.



Kim Phillips of Fareway wishes everyone Happy Spring.



Stephanie McGinnis of Fareway wishes everyone Happy Spring.



Barry Laws and Dandi and Larry Skellenger and Corona enjoy a spring day.



Rowan, Keely and Stratton Sandquist enjoy a spring day.



George and Tracy Morgan and Lincoln Donaldson enjoy a spring day.



Natalie and Nicholas Ranasyuk enjoy a spring day.



Kristine and Dawson Nelson enjoy a spring day.



Denise Fitzlaff and Suki enjoy a spring day.



Rowan Hess and Lacey enjoy a spring day.

MEET Morgan Singleton

Making “magic” happen in the classroom

Ask Morgan Singleton if there’s something interesting that people might not know about her, and she would tell you she loves to dance like nobody’s watching.

“Picture Phoebe Buffay from ‘Friends’ running through Central Park,” she says. “That’s me on the dance floor.”

Singleton believes life should be fun... and so should learning. She strives to make her classroom a loving, supportive, focused environment full of color and sprinkled with a little third-grade “magic.”

Teaching is somewhat of a family affair.

Her husband, parents, aunt, cousin and grandpa have all been in the profession at one time or another. Because of those influences, she knew from a young age that she would likely become a teacher. However, during her senior year of high school, she chose a different direction and headed off to Simpson College to study broadcast journalism.

“After one semester, I quickly realized that teaching was my true calling, and I feel so blessed to work in this district and at Emerson,” she says. “The children and families I serve and the people I work with make my job so wonderful.”

Singleton enjoys teaching elementary students for many reasons, but mostly because it’s fun. Her students have so much love to give, they work hard, and, when it’s time to laugh and be silly, she is right there being silly with them.

Singleton’s third-grade teacher, Mrs. Reints, was — and still is — a big influence, not only in her life, but in her classroom.

“I have my third-grade school picture framed in my classroom,” she says. “My students can see it, and, for me, it is a great reminder of the joy and love of learning I felt that year. I want my students to feel the same way.”

Singleton is also the head coach for the high school girls cross country and girls track and field teams. She and her husband, Cort, enjoy all that Indianola has to offer, from shopping and eating local to supporting Indianola activities, whether it’s athletics, music or theater.

“We love taking our daughter, Jovie, to see the ‘big kids’ do the things they love,” she says. “It’s great that she will grow up with so many positive role models.”

Singleton also enjoys reading, working outside, and packs her summer break with as much fun as possible, including spending time with family at the lake and taking Jovie to the zoo. ■



In her third-grade classroom at Emerson Elementary, Morgan Singleton’s goal is to build positive relationships with kids well before the learning starts.

WHO started it?

When I was a kid and any of my siblings and I would get into an argument of some kind while my mom was in earshot, it always ended the same way. She would tell us all to stop arguing. Someone would then usually complain, “But they started it!” And Mom’s answer was always, “I don’t care who started it. I want it stopped.”

It’s childish, this justifying our own misbehavior by claiming the other party started the whole thing so now I can respond any way I want, usually angrily. But, unfortunately, this behavior isn’t limited solely to children. Not by a long shot.

In the fourth chapter of the book of James, this is addressed at its source. “What is the source of wars and fights among you? Don’t they come from the cravings that are at war within you? You desire and do not have. You murder and covet and cannot obtain. You fight and war.” Though the words “war” and “murder” appear here, the context throughout this portion of the book shows that James is primarily addressing the tensions and strife in relationships between people — like the shouting match in the living room between a couple of third graders. And, as he points out, the source of such tension and strife is because the participants in the struggle each have a heart issue. This passage uses words like “cravings” and “desire” and “covet” and “obtain.” In short, we demand our own way.

Laying down our verbal weapons in the middle of the conflict, or refusing to carry those arms in the first place, goes against our nature. And, just to be clear, simply saying, “Fine!” and walking away, all the while still seething and nursing a bitterness, still counts as conflict. We’re still dwelling on what we wanted but didn’t get. And that damages our soul.

James gives us the answer: “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.”

Here he’s speaking of asking God. Left to our own natures, we treat others and God as if their purpose is to be the dispensers of the objects of our own desire. What to do instead? Ask God for the humility that prevents our selfishness from starting the fight in the first place. ■



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



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