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JUNE 2025

Living

MAGAZINE

SURVIVING and thriving

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share their stories of
strength and resilience

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RECIPE

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We've been in our new office for over a month now, and the move has already made a big impact. The space has been a great fit for our team, allowing us to collaborate more effectively and, in turn, better serve our clients.

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WELCOME

THE TRIALS and tribulations made them stronger

A few decades ago, my dad and I had a conversation about the tremendous health care costs that are associated with medical treatments for cancer patients. Being a naïve and overconfident young man, I expressed my concern over how we are all paying for these costs through higher insurance costs in our own plans.

My dad, who was not a wealthy man but was wise, told me he was glad to pay his share and that he was thankful he had not needed the treatments.

A few years later, Dad was diagnosed with bladder cancer. A few years after that, despite a valiant fight against it, the disease had spread throughout his body and took his life.

Unfortunately, my dad's story is not unique. Almost 10 million people die of cancer worldwide each year, including more than 600,000 Americans. But this is not a message about death. Rather, it is about beating cancer.

In the United States alone, more than 18 million people are cancer survivors, and this number is projected to grow to 26 million by 2040. Each year, many individuals live five or more years after their cancer diagnosis, contributing to the overall number of survivors.

You likely know some of these heroes. You may even be one.

In our cover story this month, we share the victorious stories from some of the folks who received the news we all hope we never have to hear. The adage says, "What doesn't kill you makes you stronger." The trials and tribulations these survivors faced certainly made them stronger, and they serve as role models for those of us who may face the same challenge — and even those of us who, hopefully, never have to.

Thanks for reading. ■



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SURVIVING and thriving

**Local cancer survivors
share their stories of
strength and resilience**



By Becky Kolosik

As has been widely reported in recent months, Iowa continues to have the second highest age-adjusted rate of new cancers in the U.S. and is one of only two states — the other being Kentucky — with a rising rate, according to the Cancer in Iowa Report produced by the Iowa Cancer Registry (see full report at <https://shri.public-health.uiowa.edu/cancer-data/reports/iowa-cancer-reports>). An estimated 21,200 Iowans will be diagnosed with new, invasive cancers this year. Yet, with cancer screenings and improved treatment methods, more Iowans are joining the estimated 171,535 cancer survivors living in the state now.



A big part of Linda Meyer's recovery is helping others. Through her breast cancer journey, she says her faith taught her that, after something bad happens, good can follow.

When cancer strikes twice

In 2019, Mary Henson was looking forward to a new phase in her life — retirement. She had been living in a small town in South Dakota where she taught at a tribal university and was packing for a move to Indianola to live with her son and his family.

“I noticed I was more tired than usual,” Henson recalls. “I also had some weight loss and changes in my bathroom habits. I just chalked it up to stress.”

At the urging of her son and daughter-in-law, Henson made an appointment with a doctor. It was not stress, but rather a 10-centimeter tumor on her right ovary. The diagnosis: Stage 4 ovarian cancer. Instead of enjoying her retirement, Henson was about to take on the fight of her life.

She had surgery and spent 10 days in the hospital. Pleural effusion, a condition where excessive fluid accumulates in the space between the lungs and the chest wall, complicated her recovery and required trips to the ER for drainage. During her five months of chemo treatments, Henson was hospitalized twice for dehydration.

“When my port was installed near my collar bone, I secretly hoped it might take me through time or space or even to a quidditch match (the sport in the Harry Potter series),” she says. “But I quickly realized that real life is not a fantasy novel.”

Henson says she still hasn’t decided who cancer affects more — the patient or the people who have to watch. She is grateful that her son went with her to every appointment. Her daughter-in-law helped with meds, checked Henson’s vitals twice a day and even cleaned her up when chemo made her sick.

They renovated a bedroom in the basement and added a bathroom so Henson could have a space of her own instead of taking over her 10-year-old granddaughter’s bedroom. When she moved downstairs, Henson’s granddaughter gave her an American Girl Horse to keep her company.

“My granddaughter even rescued me once when I fell after a shower and another time when I was so dizzy I couldn’t stay upright,” she says. “I’m grateful she was so competent, but sad that she had to live with my dysfunction.”

It took almost two years to fully



Mary Henson has battled cancer twice, and she says she is grateful for the gift of life and being able to find joy and purpose in the present.

recover from the chemo and feel somewhat normal. Monthly CT scans and blood work stretched to quarterly. But even then, every bump or abnormal symptom scared Henson into thinking her cancer was returning.

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thedailyumbrella

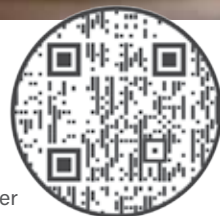
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In July of 2023, the family celebrated at home with a small party on the deck after doctors told her she didn't have to come back for six months. Unfortunately, the celebration didn't last long as Henson was dealt another blow two months later — this time by a diagnosis of breast cancer.

Treatments started again with surgery and radiation. This time, she didn't lose her hair and was able to go to appointments on her own. After radiation, there was another year of monthly checkups that extended to quarterly, and, in December of 2024, the oncologist told Henson to come back in a year.

Henson doesn't really know what it is like to overcome cancer and says she often thinks about it coming back. As part of her recovery, she sees a therapist, goes on retreats and has enjoyed art therapy offered through John Stoddard Cancer Center.

"I'm adjusting to the new me, and am OK that I'll never be the person I was before," she says. "I'm thankful for my family because I could not have gotten through these last few years without them."

Finding a calling after cancer

A cancer diagnosis can bring worry and anxiety, and people often start setting goals, making plans and thinking about the future. Linda Meyer knows that better than anyone else. After finding a lump in her breast, she immediately scheduled a mammogram.

"At that time, I was emotionally exhausted by all of the medical testing and the waiting," she recalls. "Not knowing the bad news was, quite honestly, worse than the bad news."

The diagnosis was confirmed — Meyer had invasive ductal carcinoma. At first she found herself asking, "Why me?" But, soon, her focus shifted. She decided it was more important to not worry about the "why" and instead to trust that her medical team would take care of her physically and that God would take care of her spiritually.

Meyer shared the diagnosis with their children first and then with other close family members. She waited to tell others until she needed to. Her treatment included chemotherapy, immunotherapy and surgery. The most challenging part of treatment was the second regimen of chemo — nicknamed "The Red Devil."

"It really wiped me out for a while," she says. "I didn't always maintain a positive attitude, because having cancer is like a roller

coaster, but I tried to be as 'normal' as I could."

One of Meyer's goals was to continue tutoring children with dyslexia and/or reading, spelling and writing difficulties. With permission from the parents, Linda talked personally with each one of her students about her cancer diagnosis and what she would be going through. She relied on the scriptures to help remind her of how much God loved and cared for her.

"I wanted my students to understand that medicine is very helpful, but sometimes it doesn't always work," she says. "I told them that, if it worked, I would be very happy. But, I also said, if it didn't, I would still be happy because, if cancer took my life, I would be with Jesus in Heaven."

Despite not often feeling her best, Meyer took it day by day. She was able to attend church every Sunday, which provided the spiritual support she needed. Her husband, Loren, was also there, too, helping with tasks when her energy was low and lifting her spirits when she needed it. She also appreciated friends and family members who checked in on her.

From the beginning of her cancer journey, Meyer often wondered if God was calling her to support others with the disease.

"I initially resisted the call, but, two years later, I had progressed to the point that I was willing to accept," she says.

Her church has pledged its support to provide a time and place for people to share their cancer burden and receive spiritual encouragement and practical information on dealing with cancer.

"I think there is a need for a support group here in Indianola for those affected by cancer," she explains. "It's hard to handle something as stressful as cancer by yourself."

Meyer invites people with cancer, as well as family members and friends of those with cancer, to come to Good Shepherd Lutheran Church at 202 N. Kenwood Boulevard on most Tuesday mornings at 11. The meeting day and time might be flexible, based on the needs of the participants.

"We got started in April and have only had a few sessions so far," she says. "The group is small, but I hope to get the word out since there's nothing else like it in Indianola."

Meyer says she is thankful she is cancer free. She opted to have genetic testing done to rule out any inherited gene mutations, and she goes back every six months for checkups. She recently picked up a book about breast cancer

that is 25 years old. After reading the first chapter, she realized just how far medicine has come.

"Medical advances for treatment are so much better now," she explains. "I'm thankful I didn't get breast cancer much earlier in my life."

Anyone who is interested in the cancer support group can send an email to goodshepherdels@gmail.com for more information.

A second chance to use his voice

Those who know Gordon Smith know his voice is part of his identity. Now retired, Smith used his voice daily as an engineer/leader/researcher and speaker in the concrete pavement industry. But he also used it in a different way: as a member of the Des Moines Choral Society.

"We often take such simple things like our voice for granted," Smith says. "When I was faced with the possibility of losing mine, it really put things in perspective."

It was late July 2011 when Smith noticed a pea-sized lump in his neck one morning while shaving. Thinking it was probably just a swollen gland, he made a doctor's appointment to have it checked. After a few appointments, he was prescribed medication for a salivary gland infection, but it did not heal.

After further testing, it was determined to be a tumor in a lymph gland. A biopsy confirmed cancer of the tonsil bed, linked to HPV — human papillomavirus. The good news? A PET scan showed it had not spread.

Smith says, at first, he was scared.

"So often we think cancer is a death sentence, but I tried not to go down that path," he explains. "I was anxious about the future and if I would be able to see my son through college and my daughter blossom in her new teaching career."

Smith was also concerned more about losing his voice than losing his hair due to treatment.

Smith and his wife, Denise, decided it was best to share the news with their kids in person. They headed to St. Olaf where their son was a month into his freshman year of college and then went to see their daughter in Cedar Falls. Both were anxious and scared about what this meant for their family, but after hearing from the radiologist that he was certain they would be able to cure this cancer, everyone felt a boost of confidence.

Smith had 37 weekly radiation treatments as well as three chemo treatments that started in October and ended shortly after Thanksgiving.

FEATURE

He had a feeding tube put in prior to starting treatments after learning that he would get to a point where he wouldn't be able to eat food. Swallowing became difficult. He had a lot of swelling and dry mouth, and chemo left him feeling sick.

After completing his treatment regimen, the next few weeks would prove to be the most difficult. Feeding was through a tube, so instead of enjoying a delicious Thanksgiving meal, Smith retreated to the basement. While he could drink water, it was difficult to get enough fluids, and he was hospitalized several times for dehydration. There were coughing fits, along with choking, gagging, fevers and radiation burns as well as a 50-pound weight loss.

All the while, Smith felt the care and love of family, friends and colleagues. Those relationships were crucial and provided a lifeline when days seemed dark. Smith kept everyone updated via CaringBridge, a nonprofit, online means of communicating. A friend shared this quote: "Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."



Gordon Smith chose faith over fear when he was diagnosed with cancer. Today, he's not only grateful to have his voice but also to experience the joy of watching his family grow.

"Denise found a plaque with the quote and hung it where we could see it daily," Smith says. "On the hard days, we'd find a song and dance in the living room."

In March 2012, Smith was told there was no sign of cancer. He continued to have follow-up exams for 10 years. He still deals with effects from the treatment: neuropathy in both feet, dry mouth and some minor hearing damage.

Today, he is back using his voice, singing with the choral society and serving as president of the board. He believes that his faith, family and positive attitude were all crucial in his treatment and recovery and is grateful to be around for his first grandchild.

"It's a reminder to not take anything for granted," he says. "My best advice is to get out, do things, and live your life." ■

RECIPE By Jolene Goodman

THE SCOTCHEROOS that became a family tradition

"My mom's Scotcheroos are the best!"

The first time I heard one of my daughters say that, I was deeply honored — and I still feel that way every time I hear it. They often tell me about other versions they have tried and always end with, "They were good, but yours are the best!"

In our family, Scotcheroos are a must-have at gatherings, reunions, road trips and just about any occasion. These sweet treats deliver a perfect combo: smooth peanut butter flavor, a satisfying crunch, and a thick, rich layer of butterscotch-chocolate topping that keeps everyone coming back for seconds. I am happy to share the secrets behind their success, but I first must give credit where credit is due. My friend Tammy Even gifted me this recipe more than 30 years ago at my bridal shower. I still have the recipe book my friends gave me that day, and I use it often.

Now, the secrets:

1. Use Special K cereal — it gives the perfect texture and structure. I know many recipes use crispy rice cereal, but trust me on this one. It is truly the ingredient that makes the difference.

2. Don't skip on the topping — use one full bag each of semi-sweet chocolate chips and butterscotch chips.

3. Watch the syrup closely — this step can make or break the batch. Don't overcook or undercook it. Bring it just to a boil (for maybe a minute). The sugar crystals need to melt completely, or the syrup will turn gritty. But overcook it, and your Scotcheroos will be too chewy.

Here's a tip: Dip a spoon in the hot syrup, tap a little onto the counter, and taste it. If you can still feel sugar crystals, keep it on the stove a bit longer. The moment they are gone, pull it off the heat.

Give these a try and let me know what you think. Do you have recipe traditions you would like to share? Send them my way at jolene@iowalivingmagazines.com. Happy snacking! ■



Scotcheroos

Ingredients

- 6 cups Special K cereal
- 1 cup white sugar
- 1 cup corn syrup
- 1.5 cups peanut butter
- 2 teaspoons vanilla
- 1 12-ounce package of semi-sweet chocolate chips
- 1 12-ounce package of butterscotch chips



Directions

- Let sugar and corn syrup come to a boil in saucepan on the stove. Do not let boil long, just until sugar is not crystalized. Remove from stove. Add peanut butter and vanilla. Stir. Add cereal. Press into a 9-inch by 13-inch pan. Let cool. Melt all chips in a microwave-safe bowl in the microwave. Spread over bars. Allow topping to set before cutting and serving. Enjoy!

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

MID-YEAR money check

Reassessing your 2025 financial goals

As the temperature heats up, and summer slows us down just a bit, it's the perfect time to take a step back and ask yourself: Am I still on track with my 2025 financial goals?

Half of the year is gone. When driving through our bank's communities, you'll notice school is wrapping up and kids' activities are ramping up. If you're coaching youth sports, supporting from the sideline, or juggling summer travel plans, it's important to step back and reflect on the first half of the year's finances. A mid-year financial check-in can help you course-correct, celebrate wins, and set yourself up for a strong finish to the year.

Here's a step-by-step guide to reassessing your goals without the stress:

1. Review the goals you set in January: Start by pulling out that vision board, spreadsheet



or list you made at the start of the year. Ask yourself: Which goals have I accomplished or made progress on? Which goals have stalled? Do any goals no longer align with my current priorities? Am I on track to reach my end goal of retirement?

Life changes — jobs shift, families grow, markets move. A goal that felt urgent in January might not be relevant in June, and that's OK.

2. Track your financial progress: Here's where numbers meet reality. Evaluate your progress in key areas.

- **Savings:** Roth and Traditional IRA annual limits: \$7,000 with \$1,000 catch up. Annual 401(k) limit \$23,500; additional \$7,500 ages 50 and older; additional \$11,250 if 60-63.

- **Debt payoff:** Are you ahead, behind or right on schedule? Pay off high-interest cards.

- **Spending habits:** Have you stayed within your budget? Use budgeting tools, bank statements, or even a good old-fashioned spreadsheet to get a clear view.

3. Adjust for life's curveballs: Maybe you faced unexpected expenses or got a raise (congrats!). Use this time to recalculate: Can you increase your savings rate? Do you need to reduce extra spending to stay on track? Should you reprioritize a goal — for example, pause after-tax investment account savings to pay off credit card debt?

Remember: progress over perfection.

Final thoughts: Money management isn't about perfection — it's about progress. A mid-year reassessment isn't a judgment session; it's a realignment. If you've drifted off course in your investment strategy, now is the time to rebalance and reevaluate. 2025 isn't over yet — and neither is your financial journey. ■

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UNDERSTANDING the Hearsay Rule

In our daily lives, we naturally recognize that information directly from the source is more reliable than what has been obtained second hand. Consistent with this, the “hearsay rule” has a long history in the common law as it pertains to evidence.

Although the term “hearsay” may be used in casual conversation, it actually has a very specific definition in the law. Iowa Rule of Evidence 5.801 provides that “hearsay” means a statement that:

1. The declarant does not make while testifying at the current trial or hearing; and
2. A party offers into evidence to prove the truth of the matter asserted in the statement.

Under Iowa Rule of Evidence 5.802, hearsay is not admissible as evidence (unless the Constitution, a statute or Supreme Court rule provide otherwise).

If only it were so simple. As it turns out, there are at least two types of such statements (mostly used in cross examination) which are defined as not being hearsay and numerous exceptions to the rule.

Iowa Rule of Evidence 5.803 contains 24 numbered exceptions to the hearsay rule which apply regardless of whether the declarant is available as a witness. Rule 5.804 contains five additional exceptions if the declarant is unavailable as a witness. Finally, Rule 5.807 contains a “residual exception” which allows hearsay where it is supported by sufficient guarantees of trustworthiness (after considering the totality of the circumstances), and it is more probative on the point for which it is offered than any other evidence the proponent can obtain through reasonable efforts.

Given the complexity of the rule and its exceptions, law school evidence courses devote much attention and time to this subject. A few of the common law exceptions which are adopted by the Iowa Rules of Evidence include:

1. Present sense impression (statement made at time of perceiving something).
2. Excited utterance (relating to a startling event while under stress of event).
3. Then-existing mental, emotional or physical conditions.
4. Statement made for medical diagnosis or treatment.
5. Former testimony.
6. Statement under belief of imminent death (also known as “dying declaration”).

Each of these (and the numerous other exceptions) have specific definitions and requirements for them to apply. The Iowa Supreme Court has observed that, in determining whether hearsay is admissible, it looks at the true purpose using an objective finding based on the facts and circumstances developed by the record. See *Hawkins v. Grinnell Regional*, 929 N.W.2d 261 (Iowa 2019).

The Hearsay Rule exists to make sure that evidence presented at trial is reliable. Toward that end, as a general rule, the testimony should be made in court so that the witness is subject to cross examination. Of course, many exceptions apply. ■



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HELP ensure continued independence as you age

Sandra, 68, is committed to aging in place. She's active, eats a balanced diet, and enjoys good health. But her son and daughter, both living out of state, can't help but worry.

What if something

changes — and she suddenly needs care?

Their concern is valid. Staying at home as we grow older can be a fulfilling choice, but it isn't always the most practical. Health conditions can develop, and the cost of in-home assistance can become overwhelming.

So, what are the options if moving into a community isn't the right fit — but planning for potential health needs is still top of mind?

One increasingly popular solution is



a Continuing Care at Home (CC@H) membership. Typically offered by organizations that specialize in aging services, CC@H programs are designed to help older adults remain in their homes longer, with a strong focus on proactive health and financial planning for future care.

If you're considering a CC@H membership — for yourself or a loved one — be sure to ask the right questions:

Does the program offer personalized well-being support? A good program should provide guidance such as wellness coaching to help you stay independent and thrive. Research shows people achieve better outcomes with the support of a dedicated advocate.

Are future care costs covered? Quality programs help pay for services you may

need later, whether it's home health care or a transition to a senior living community.

Who's behind the program? Look into the organization offering it. Do they have a strong track record in the aging services space? Longevity and a solid reputation matter — they're signs the program will be there when you need it.

The bottom line: Not all CC@H programs are alike. Choose one that fits your current lifestyle and supports your future — while offering peace of mind for you and your family. ■

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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- Revamped wellness area with weight gym and yoga room
- More "pampering" services with an improved hair salon that can also offer manicures, pedicures and massage
- Renovation to our long-term care households that includes all private suites and private half baths
- A refresh to our current Aspen independent living building common areas

We've broken ground! See for yourself at an upcoming event.

Bloom Bar: Thursday, June 26 at 4 p.m.

Join us for an afternoon of floral artistry! We will highlight all The Village has to offer while you enjoy a glass of wine and arrange a beautiful bouquet to take home.

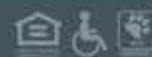
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Brommel family helps people in the fight against cancer.

When someone hears the words, “You have cancer,” it not only affects the person diagnosed, but the entire family. Emotions such as fear, anxiety, anger and even guilt can feel overwhelming. Not only is there added pressure on daily routines and responsibilities, but also on finances.

The Brommel family knows the devastation of cancer all too well. The Pink Tractor Foundation was established in 2014 after Tom Brommel lost his wife, Shirley, to colon cancer in 1996, and his daughters, Lori and Jolene, were diagnosed with breast cancer — both at the age of 44.

Pink Tractor’s yearly Country Carnival came about before the foundation was started.

“We organized the event to raise money for a couple of us who signed up to walk the Komen 3-day, 60-mile walk,” Becki Brommel says.

During planning for the first carnival, they thought it would be fun to have a pink tractor similar to one they saw on Pinterest.

“We talked my Dad, Tom, into painting a tractor pink,” Becki continues. “We let him pick which one, and he chose the first tractor that he and my mom bought together.”

When Lori lost her battle in 2023, she left behind a legacy of hard work with Pink Tractor. The family is carrying on the mission to help others through their cancer journeys. To date, Pink Tractor has brought in more than \$1



Cancer survivors gather each year at the Country Carnival, each holding fans that indicate their year of diagnosis and type of cancer. Photo courtesy of Malinda Palmer/Malinda’s Photo Company

million and given out more than \$790,000 to families dealing with cancer.

Recipients can use the funds from Pink Tractor for whatever they need. Some may apply it toward general household expenses, since they often have to miss work, or toward medical bills and gas money. Others have used it for items like lift chairs or to help pay for a final trip with their family or a special outing they could not otherwise afford.

To apply or to nominate someone, send an

email to pinktractorfoundation@gmail.com or reach out through Facebook messenger on facebook.com/PinkTractorFoundation. The applicant or nominating party should provide a name and mailing address of the potential recipient as well as the person’s diagnosis, general treatment plan and where treatment is being obtained. They also like to know an individual’s circumstances such as any work loss, travel requirements for treatment and family situation, such as single parent, kids in school, and more.

Pink Tractor supports individuals and families facing all types of cancer. With the help of donors and supporters, the Brommel family will continue the work that Lori was so passionate about.

“Cancer is a battle, and it is our hope that we can not only provide financial assistance but also make it easier for people to keep a positive outlook while they focus on the fight,” says Becki. ■



Tom Brommel painted the first tractor he and his wife bought together pink to represent Pink Tractor Foundation and its mission. Photo courtesy of Cassandra Moser/Portraits by Cassandra

2025 Country Carnival

Saturday, June 14

16315 20th Ave., St. Charles

Enjoy food trucks, carnival games, survivor recognition, silent and live auction.

To make a donation, scan the QR code or mail to: 3845 G50 Highway, St. Charles, IA 50240.



EXTENDED vehicle warranties: an overview

An extended vehicle or car warranty is a service agreement designed to reimburse vehicle owners for specific automotive repairs, as outlined in the coverage plan. The advantages of having an extended car warranty are twofold:

1. Cost reduction: They can lower the overall cost of car repairs.
2. Coverage for unexpected breakdowns: They help cover expenses related to unexpected breakdowns, regardless of where they occur.

Extended car warranties can be purchased at any point during a vehicle's lifespan. The cost and coverage options will vary depending on the provider, the plan and specific factors such as the vehicle's make, model, age and mileage.

It is crucial to compare different plans, focusing on costs, deductibles and the specific coverage provided for various auto systems. Notably, most insurers do not cover "maintenance items," even if these items fail prematurely. Additionally, inquire about the coverage cap, which refers to the maximum dollar value that the vehicle coverage will cover.



Many insurance providers also impose a waiting period before their coverage begins, during which they consider any issues as "pre-existing." Therefore, it is advisable to secure coverage before any mechanical failures occur. Common inquiries at service shops often include questions such as "What is covered in my warranty?" Generally, items classified as "wear items," like brakes, wiper blades and tires, are not covered. However, most plans offer detailed coverage for critical systems that could save you significant expenses, such as transmission replacements, fuel management systems and drivelines.

Numerous reputable companies provide extended vehicle warranty plans, making it essential to conduct thorough research. Consulting with your service shop can also yield valuable insights into which providers offer reliable services and the best benefits. With peak travel season approaching, having an extended car warranty can provide peace of mind, ensuring you are protected while on the road.

Safe travels. ■

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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IS IT TIME to consider assisted living for a loved one?

Recognizing the signs

Determining when a loved one may need assisted living can be one of the most emotional and difficult decisions a family faces. While every situation is unique, there are several common signs that suggest additional support might be necessary.



1. Difficulty with daily activities: Struggles with activities of daily living (ADLs) — like bathing, dressing or preparing meals — can signal the need for help. Look for signs such as unwashed clothing, body odor or missed meals.

2. Social isolation: Older adults often face loneliness due to limited mobility, chronic illness or an inability to drive. Isolation is linked to increased risks of depression and health issues. Noticing a lack of social engagement may indicate it is time to consider a more supportive environment.

3. Trouble maintaining the home: If a once-tidy home becomes cluttered or neglected, it may be due to physical limitations or memory

issues. Difficulty keeping up with chores, grocery shopping or home maintenance may signal the need for outside assistance.

4. Chronic health conditions: Managing multiple medications and appointments can be difficult, especially for those with conditions like diabetes or high blood pressure. Missed doctor visits or medication errors may suggest a need for structured medical support.

5. Recent injuries or health changes: Falls, surgeries or new diagnoses can make it hard for seniors to live independently. Increased supervision or rehabilitation may be necessary during recovery or as conditions progress.

6. Cognitive changes: Memory lapses, confusion or getting lost in familiar places can be early signs of cognitive decline. These changes may require specialized care to ensure safety and quality of life.

7. Caregiver stress: Family caregivers often juggle multiple responsibilities. Burnout can appear as anxiety, exhaustion or resentment. Recognizing the toll caregiving takes is important — for both the caregiver's and the senior's well-being.

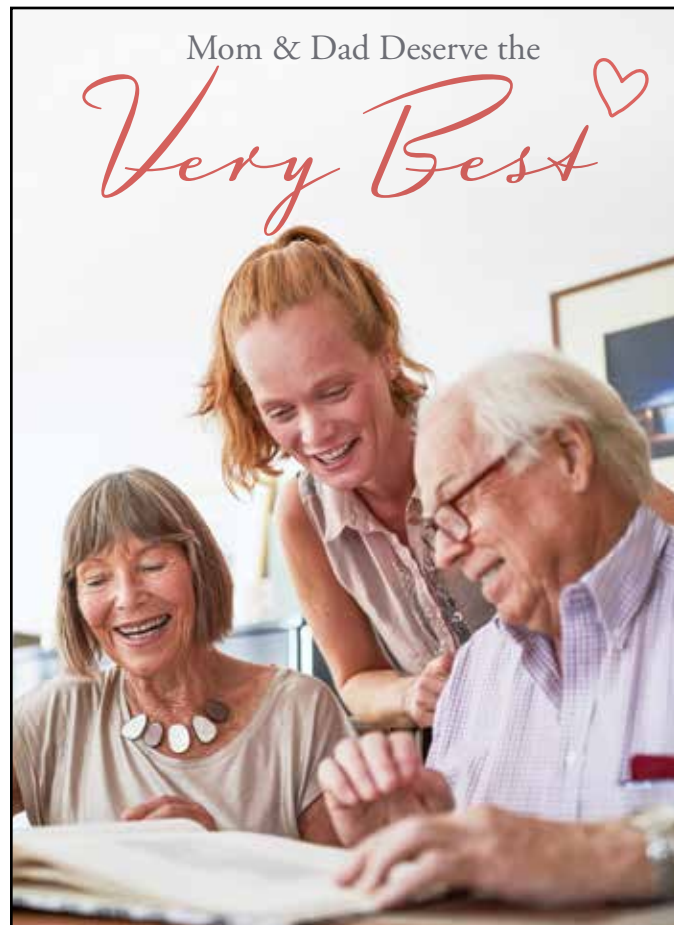
8. Safety concerns: Frequent falls, forgotten appliances or break-ins raise serious safety issues. Aging adults may require an environment designed to reduce risks and respond quickly in emergencies.

9. Poor nutrition and physical inactivity: Older adults may struggle with planning or preparing nutritious meals. Lack of exercise can also contribute to declining health. Monitoring weight loss or lack of mobility can be telling.

10. Financial mismanagement: Missed bills or susceptibility to scams may point to trouble managing finances. This can lead to serious consequences if not addressed.

Recognizing these signs doesn't mean failure — it means ensuring a loved one receives the care, safety and support they need. Taking action early can ease transitions and support long-term well-being. ■

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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CONSIDER new or underused plants

Spring has sprung, and we are moving into summer with our gardens. It is not too late to find a new, unique or different addition to the garden for this garden season. Here are some new or underused plants, trees and shrubs to consider. So, get comfortable and consider where you might be able to add one of these to the garden.



Trees: Not everyone has room for large trees, but here are some that can fit in any garden.

Zydeco Twist Black Gum, a very unique and rare contorted small tree (10-15 feet) with awesome red fall color; Emperor Oak Pinnatifida, a very rare cut-leaf oak that will get 10-15 feet and be a showpiece in the garden; White Fringe Tree, a native addition that has pollinator-friendly flowers and great versatility for soil (usually grown as a shrubby small tree, it is considered the finest of all landscape trees; Red Buckeye (*Aesculus pavia*), upright red blooms (that are hummingbird magnets) cover this tree (10-15 feet) and "buckeyes" in the fall make this a great addition.

Shrubs: Abelia Sweet Emotion, jasmine-scented flowers attract hummingbirds and pollinators, foliage is orange-red in fall, and it is deer and rabbit resistant; Clethra Takeda Nishiki, a large (7-foot by 7-foot) shrub but so worth putting in, flowers that are hummingbird and pollinator friendly and variegated foliage with winter exfoliating bark; Doghobble Paisley Pup, a problem solver for the partial shade garden, evergreen variegated foliage, fragrant flowers are a shining light in the garden.

Perennials: Spigelia Little Redhead, native with red and yellow flowers bringing hummingbirds in, likes full sun but loves the partial shade garden as well; Fig-leaf Hollyhock Las Vegas, assorted floral colors that bring in pollinators and hummingbirds, hardy perennial that grows well under walnut trees; Hosta Emperor's New Clothes, one of the most talked about new Hostas to come out, unusual flecking adorns each leaf, leaves are the most white in spring, with flecks growing in size and number as the season progresses.

Conifers: Picea Abies Kluis, very rare dense dwarf Norway spruce selection that has tiny dark green needles, new branches look like a fox tail, will fit most gardens at 48-inches by 12-inches; Dawn Redwood Amber Glow, brilliant yellow that does not burn in the hot summer months, fall brings on an orange tinge before needle drop and the characteristic reddish brown shaggy bark is exposed for the winter, compact size (25-feet by 15-feet); Thuja Occidentalis (*Arborvitae*) Brobeck's Tower, slow-growing narrow column (7-feet by 2 feet) with twisted fans of lush-green foliage, prefers full sun in well-drained soil.

So, take a trip to the local nursery or independent garden center and look for some of these special additions to your garden space. Have a great June and enjoy the outdoors before the heat arrives in July. ■

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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CUSTOM earmolds provide superior protection, comfort

Audiologists agree: Protecting your hearing should play a more important role in your day-to-day life. Music devices played at high volumes, sporting events, rock concerts, noisy workplace environments

and hunting all pose a serious risk to your hearing health. According to the Centers for Disease Control and Prevention, 17% of adults ages 20 to 69 — approximately 26 million people — have suffered permanent hearing damage due to excessive noise exposure.¹ Custom earmolds provide a simple, inexpensive and effective solution.

Everybody's ears are uniquely shaped. Because of this, one-size-fits-all headphones, hearing devices and earplugs don't always function the way they should. Inexpensive



earmolds provide a custom-fitted solution that can be used in a variety of ways. Industrial workers, musicians, law enforcement officers, pilots, dentists, military personnel and hunters would all benefit from a custom noise suppression mold. These earmolds can also be useful for earbuds, hearing devices, cellphone and Bluetooth accessories, motorsports and swimmers, who must contend with the risk of swimmer's ear.

Most earmolds are manufactured with open vents that vary in size based on patient needs. Those with larger vents are known as open fit, allowing low-frequency sounds to exit the mold naturally. These are recommended for people with good hearing in low pitches. Venting also contributes to a more natural sound quality and less occlusion (that "plugged up" feeling). Custom molds are similar to common earplugs and can be inserted and removed easily.

Comfortable and convenient, custom

earmolds can be crafted from a variety of materials. Your audiologist will give you options to choose from that may include acrylic, soft vinyl, silicone and polyethylene. Once the material is chosen, an impression of your ears will be taken using a putty-like silicone that will be used to create your final custom mold. This process takes about 30 minutes. After the impression is made, a replica of your ear shape is sent to the manufacturer, who will create the custom mold based on the unique shape of your ears. You should receive your molds in two to three weeks. Aesthetics, comfort, acoustics and a superior seal are all reasons an earmold can be advantageous to maintaining your healthy listening lifestyle. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, (515) 416-5990, www.IowaHearingCenter.com. 1. CDC. (2022). Preventing noise-induced hearing loss. <https://www.cdc.gov/ncbddd/hearingloss/noise.html>



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ACUPUNCTURE for pelvic pain and dysfunction: a natural path to relief

Pelvic pain and dysfunction can be debilitating, affecting individuals physically, emotionally and socially.

Conditions such as pelvic floor dysfunction, endometriosis, interstitial cystitis and chronic prostatitis can each contribute to pelvic pain and dysfunction. Acupuncture has emerged as a complementary therapy that can provide significant relief.

Research suggests that acupuncture influences the autonomic nervous system, helping to ease muscle tension and regulate pain signals.

Pelvic pain is frequently associated with muscle tightness and dysfunction in the pelvic floor, leading to symptoms like urinary urgency, sexual discomfort and chronic aching. Acupuncture addresses these concerns by releasing trigger points in affected muscles, promoting relaxation and restoring function. By treating acupuncture points related to the pelvis,



lower back and abdomen, practitioners can alleviate tension and enhance overall mobility. These points may be located on the hands and the feet.

Beyond its physical effects, acupuncture is known for its ability to regulate stress and anxiety, which are often increased with chronic pain. Individuals suffering from pelvic pain frequently experience increased emotional distress, as the condition can impact intimate relationships and daily activities.

Studies have shown that individuals who incorporate acupuncture into their treatment plans experience reductions in pain intensity, improved bladder function and enhanced quality of life. When combined with chiropractic, physical therapy, lifestyle modifications and dietary changes, acupuncture serves as a valuable tool in comprehensive pelvic pain management. Treatments are tailored to individual needs, taking into account specific symptoms and medical history.

Embracing acupuncture as part of a wellness

strategy can empower individuals to reclaim comfort, mobility and emotional well-being.

Several studies have explored the effectiveness of acupuncture for pelvic pain. A systematic review and meta-analysis found that acupuncture therapies significantly reduced pain intensity in patients with pelvic inflammatory disease (PID), both immediately after treatment and up to a month later. Another meta-analysis examined acupuncture for PID and found that it led to lower pain levels compared to control groups, even when used as a monotherapy.

Acupuncture has been recognized for its ability to reduce inflammation, alleviate anxiety and improve overall quality of life for individuals suffering from pelvic pain. If you're considering acupuncture as a treatment option, these findings suggest it could be a valuable complementary therapy. ■

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 Chelsea Taggart, L.E.

GLOW all summer long

We believe summer is the perfect time to refresh your glow and simplify your beauty routine. Check for a spa that offers curated summer services that are designed to keep you looking effortlessly radiant and protected all season long.

Start with a rejuvenating HydraFacial, perfect for deep cleansing, exfoliation and hydration. It's ideal for reviving sun-exposed skin and achieving that coveted summer glow with no downtime. For even smoother, more radiant skin, add dermaplaning to gently remove dead skin cells and peach fuzz, leaving your face silky and makeup ready.

Looking for a more tailored experience? Custom spa facials are designed around your unique skin needs, whether it's hydration, calming sensitivity, brightening or treating breakouts. Each facial is formulated with hand-selected ingredients to ensure your skin stays balanced and healthy all summer long.

Want to wake up ready with minimal effort? Look into a lash lift and tint. This will enhance your natural lashes with a long-lasting curl and rich color, no mascara needed. Pair it with brow lamination for full, fluffy brows that stay perfectly in place despite heat and humidity.

To keep your skin protected, use a personalized SPF and skincare consultations that will help you build a summer-friendly routine that defends against UV damage and supports your skin goals.

Whether you're prepping for a vacation or simply treating yourself, a spa will have everything you need to look and feel your best this summer. ■



Information provided by Chelsea Taggart, L.E, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, www.vividlifespaspa.com.

FAITH

By Tom Vanderbilt

CHECK your ego

Ego and its twin brother, Pride, can be tricky things. On the one hand, Ego drives us to do extraordinary things. Ego makes us want to be better than everyone else on the spelling test, so we study harder. Ego pushes toward lofty accomplishments, so we strive to be the best in sports or music. Ego can be a good thing.

On the other hand, ego can lead us to some terrible things as well. Most of us have probably heard the words of Proverbs 16:18 and may remember them in the King James English: "Pride goeth before destruction, and an haughty spirit before a fall." I remember this in its simpler form: Pride goeth before the fall.

C.S. Lewis has this to say about pride in his book, "Mere Christianity": "It was through Pride that the devil became the devil. Pride leads to every other vice; it is the complete anti-God state of mind."

Is it any wonder, then, that Jesus adopted a life of humility? To me, Paul says it best in Philippians 2:8 — "And being found in human form, (Jesus) humbled himself by becoming obedient unto death, even death on a cross."

Paul urges us to have this mind among ourselves. Humility starts by checking one's ego. ■



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

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REACHING new heights together

Three organizations, three missions... one purpose

Part 1 of a 2-part series

It's no secret that Indianola holds a rich hot air balloon history. Why Indianola? According to the National Balloon Museum website, Indianola and its surrounding areas are known for prime flying conditions, not to mention that many balloonists call Central Iowa home. Since 1970 when the Balloon Federation of America (BFA) brought the National Hot Air Balloon Championships to Indianola, the community has embraced the role of "Hot Air Balloon Capital" of the world.

"The sport of hot air ballooning is woven into the fabric of our community," Classic Director Staci Scheurenbrand says. "Simply put, it's part of our identity... it's who we are."

Even more unique is that Indianola is home to three nonprofit ballooning organizations with their own boards of directors, funding sources and missions: the National Balloon Museum, the National Balloon Classic and the BFA.

Founded in 1967, the BFA advocates for aviation education and safety and is a division of the National Aeronautic Association. Operations Manager Denise Day oversees the daily functions of the office by supporting the BFA's membership and its many divisions.

"Our goal is to provide exceptional safety training and education for pilots and crews, and while doing so, preserve the sport that so many people love," Day says.

The BFA established the National Balloon Museum in Indianola in 1973. Exhibits of ballooning history were on temporary display in various locations each year during the U.S. Nationals until October 1979, when the museum had its first year-round home in a Simpson College house and remained there until 1984 when the current building opened. Up until last year, when a fire temporarily closed the museum, it housed memorabilia/exhibits dating back to 1783, including artifacts about gas, hot air, smoke, airships, Zeppelins and many other record-setting balloons, and more. It also housed the BFA and National Balloon Classic offices.

As fire recovery and renovations continue, Kendra Minks has been hired as the museum's operations manager. She says she is excited to work in partnership with Day and Scheurenbrand and can't wait to collaborate on future projects and promotions.

"While each of us has a specific mission, we all have one purpose," Minks says. "That purpose is to support, preserve and grow the sport of ballooning."

As for the National Balloon Classic, the event is ready to launch into its 36th year. Pilots and guests from near and far can expect a week of fun, entertainment and fierce — but friendly — competition at the Memorial Balloon Field. And, as always, the skies over Warren County will be filled with beautiful, colorful hot air balloons. ■

In next month's issue, we'll share more about what's in store for the Classic and how these three organizations are working as a team to keep hot air ballooning a vital part of the community.

Upcoming local and national events:

- **June 9-15:** BFA U.S. Hot Air Balloon Championship, Longview, Texas
- **July 10:** National Balloon Classic Sky Parade
- **July 14:** Flight Over Des Moines
- **July 14-19:** BFA Women's Hot Air Balloon Championship, Jackson, Michigan
- **July 25 – Aug. 2:** National Balloon Classic



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

Indianola Public Library Events

207 N. B St., Indianola

• **Wednesdays, 10:30-11:15 a.m.: STEM Explorers.**

Build and explore all kinds of STEM-related activities, appropriate for kids who have finished third through fifth grade.

• **Friday, June 13, 5:30-6:30 p.m.: Teens Mini Golf.**

Join Kelsey for a night of mini golf provided by Pop Up Games. Grades 6-12 only. Registration required at <https://indianola.librarycalendar.com/event/mini-golf-6616>.

• **Tuesday, June 17, 4-7 p.m.: Family DIY - Hobbit or Fairy Door.** Create a custom door for your garden's resident hobbit or fairy. This activity will be messy, so dress accordingly. All ages welcome.

• **Thursday, June 19, 6-8 p.m.: Puzzle Competition.**

Teams of up to five will compete to finish their puzzles and win a prize. Puzzles are 500 pieces and the same for every team. Only one person needs to register for your team. If you do not have a team, email Jacy at jwest@indianolaiowa.gov to be added to a table. Adults age 18 and older. Registration required by June 19, 6 p.m. at <https://indianola.librarycalendar.com/event/puzzle-competition-6782>.

• **Thursday, June 26, 6:30-7:30 p.m.: Garden Fresh Mocktails.**

Warren County Master Gardeners invite you to learn how to create your own mocktail garden. Discover the benefits of fresh herbs, edible flowers and garden produce in these thirst quenching beverages. The group will create mocktails to test, and you will head home with recipes and ideas for a summer full of healthful hydration. Ages 18 and older, register at <https://indianola.librarycalendar.com/event/garden-fresh-mocktails-boost-your-health-alcohol-free-drinks-6785>.

Pink Tractor Foundation Country Carnival

Saturday, June 14, 3:30 p.m.
16315 20th Ave., St. Charles

Enjoy carnival games, food trucks, a silent auction and a live auction. Proceeds benefit local families dealing with a cancer diagnosis. To donate or volunteer, contact pinktractorfoundation@gmail.com.

Warren County Historical Society garage sale

Friday, June 20, 3-7 p.m. and Saturday, June 21, 9 a.m. to 2 p.m.

The Warren County Historical Society will be holding its annual garage sale. Put these dates on your calendar, start collecting items you want to donate and think about volunteering to help the week of June 16 to sort, price, fluff or staff the sale on Friday or Saturday.

Free Summer Meals

Wednesdays through Aug. 20,
5:30-7 p.m.
Pavilion in Moats Park,
900 N. First St., Indianola

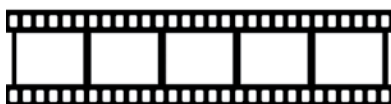
The Mt. Calvary Lutheran Church will be providing free meals to anyone who needs or wants one.

Hy-Vee Special Needs Swim Nights

Wednesdays, June 25, July 9 and July 23, 7-8:45 p.m.

Indianola Veterans Memorial Aquatic Center, 714 W. Detroit Ave., Indianola

These nights are set aside for individuals with special needs and their families, chaperones or SCL workers. Each special needs swimmer must be accompanied one-on-one in the water by an adult or SCL worker at all times. All ages invited. Admission is free thanks to the sponsor, Indianola Hy-Vee.



Night at the Drive-In Movies

Friday, June 13, 6:30-10:30 p.m.
Pickard Park, 2205 E.
Second Ave., Indianola

Pile into the car and bring the family for two free movies you can watch from the comfort of your car or in your lawn chairs. "Moana 2" starts at 6:30 p.m. "Wicked" begins at 8:25 p.m. La Tiendita food truck will be available all evening.

Father's Day Ice Cream Show and Shine

Sunday, June 15, 1-3 p.m.

The Indianola Good Samaritan Society, 708 S. Jefferson Way

Join the 2 Lane Cruisers of Iowa for ice cream and a show and shine.

Yoga in the Park

Saturdays at 9 a.m. through Sept. 27

Buxton Park, 705 N. Buxton St., Indianola

Volunteer instructors lead yoga each week in the serene beauty of Buxton Park (except for during the

National Balloon Classic when the group will meet at the Memorial Balloon Field at 7 a.m. July 26 and Aug. 2). Baby goats will join the group on June 21 and Sept. 6. This is a free program thanks to volunteer instructors. Sign up for the text group in case of weather cancellations at www.tinyurl.com/IPRTexts.



Bike Fest 2025: Fast and Furriest

Saturday, June 14, 10 a.m. to noon

Parking lot east of Simpson football stadium, corner of C Street and Clinton Avenue

Free, family-friendly community event to promote bike safety. Indianola Mayor's Youth Council will be collecting donations for Kiya Koda Humane Society. Obstacle course, pedal-powered smoothies, helmet giveaway, games and community celebrity giant trike races at 11:30 a.m. Sponsored by Indianola Elks No. 2814, Simpson College and the Indianola Independent Advocate. Hosted by Indianola Parks and Recreation.

Community Pool Party - CANCELLED

The community pool party that had been scheduled for Saturday, June 14, at the Indianola Veterans Memorial Aquatic Center has been cancelled. ■

DORSEY Bottle Works

Is it “pop” or “soda”? Actually, it’s not worth arguing about because the correct term is “soda pop.”

The term “pop” comes from the original bottles that first contained this beverage. The first glass soda pop bottles had a marble within them. Once filled, the pressure from the carbonation within the bottle would hold the marble up in the neck of the bottle, thus creating an airtight seal. To open the bottle, you would press down on the marble with a finger to release the seal. When the seal was broken, there was an audible popping sound, and, thus, you get the name “pop.” The Warren County Historical Museum is fortunate to have one of the bottles, donated by Bert and Dottie Lyon in 1990.



In 1937, Dorsey Beverage Company of Marshalltown rented a garage building owned by John Hines and moved the plant to Indianola. It was located at 206 S. Jefferson Way, at the northeast corner of the highway 65/69 and 92 intersection. James Allen and Edison Polson were contracted as distributors, and, later that year, they bought Dorsey’s interest in the business. Bert Griffey was the manager. The plant was moved to Indianola partly because the availability and purity of the city water permitted its use in bottled beverages without treatment.

The capacity of the plant was 500 cases a day. It was an interesting process to observe. Nineteen cases of empty bottles could be washed at the same time. The plant manufactured 15 varieties of drinks, including pop and ginger ale.

Soda pop and other carbonated beverages got their start as medicines. According to an article in the Indianola Tribune, “Pop was introduced to the United States by a Philadelphia doctor who had carbonated water prepared for his patients. Later, fruit juice was added as a flavor.”

In 1941, a reporter for the New Virginian predicted that the next thing on the market would be “bottled soda pop with the straw already inside and ready for use when the bottle is opened.” I hope he invested in one of the modern companies making water bottles.

In 1976, the Record Herald and Indianola Tribune noted the environmental danger of purchasing single-use products. “If you buy soda in a pop can, the can is used only once and then discarded. The returnable bottle of soda pop, on the other hand, is returned an average of 15 times as it goes from bottler to store to home back to the store for refilling. Thus, only one container is made instead of 15 disposable containers, saving natural resources, energy and landfill space.” I wonder what the reporter would have written if today’s use of plastic bottles had been envisioned.

If you are curious about early businesses in Indianola, you are welcome to visit the museum, 1300 W. Second Ave., Indianola, any Thursday or Saturday morning or during the county fair. Find more information at warrencountyhistory.org, on Facebook under Warren County Historical Society or by calling 515-961-8085. ■



HPV VACCINATION

Help Protect Against Cancer

Human papillomavirus (HPV) infections may be common. Fortunately, the HPV vaccine prevents the virus and the cancers it can cause.

WHO SHOULD GET VACCINATED?

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccine for boys and girls, starting as early as age 9 and through age 26.

IOWA
Health and
Human Services



Ask your child’s
healthcare provider
about the HPV vaccine.

Source: cdc.gov 4/25

INDIANOLA Public Library

The Indianola Public Library was a busy place on May 27.



Mike Baethke and Charlotte Berg



China Johnson



Jacy West



Melanie, Thea, Constance and Eleanor Simmermann



Morgan, Sutton and Sawyer Schultz



Alex and Elisa Flores



Shawna Person and Astrid Quinnett



Owen, Liam and Elliott Fox and Megan Mueller



Hunter, Haley and Stephanie Salsberry



Jacob Kotlarski



Nike Wadle



Elizabeth and Apollo Quinnett



Caleb and Josh Lawrence

RIBBON cutting

A ribbon cutting was held May 22 for Starbucks, 302 E. Trail Ridge Ave., Indianola.



Starbucks, 302 E. Trail Ridge Ave., Indianola.



Chase Geiger and Steve Armstrong



Lexie Heck and Makayla Seemann



Jill McDowell and Katie Graham



Shawn and Alysha Martin



Cindy Nelson and Paula Chew



Meg Kissner and Amanda Price



Scott Gray and Pat O'Meara



Ryan Williams and Gretchen Schrock



Katie and Jackie Rafferty

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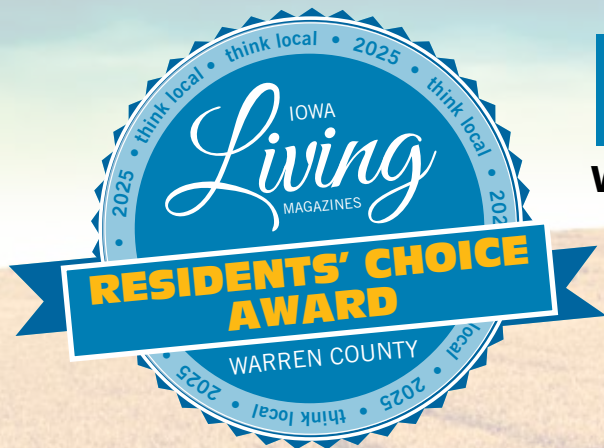
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IT'S BACK!

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
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- 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)

MEET Alivia Nelson

TAP has successful year at Indianola High School.

Alivia Nelson knew she wanted to pursue a career that allowed her to have a positive impact on people. As she marks her first year as the Transition Alliance Program (TAP) coordinator at the high school, she says the school community has been welcoming, and the best part of her job is interacting with students every day.

Nelson graduated from Bondurant and earned a bachelor's degree in psychology and neuroscience from Coe College followed by her master's in rehabilitation counseling from St. Cloud State University.

She started her career at Iowa Vocational Rehabilitation Services as a vocational rehabilitation counselor. IVRS focuses on helping people with disabilities find and maintain competitive employment. Nelson worked with students ages 14-21 enrolled in secondary education with either an IEP or 504 plan, as well as parents, special education teachers, counselors and AEA staff.

"I often found myself getting frustrated that these kids weren't finding careers because of the stigma surrounding the word 'disability,'" she explains. "I really want to continue to de-stigmatize that word because it's not a bad word, it just means that some people have to do things a little differently to be successful."

TAP is a partnership between Indianola Community School District and Iowa Vocational Rehabilitation Services. The district added the program to address the low post-secondary success of students in special education and increase the opportunities offered to students to explore careers and gain skills in and around Indianola.

TAP is an individualized program that focuses on the needs of each student rather than a one-size-fits-all approach. Nelson focuses on five areas: job exploration, counseling on opportunities, work-based learning experiences, self-advocacy instruction and work-readiness training. She provides career exploration and self-advocacy lessons when first meeting with students because she wants them to start thinking about what comes next, even if they are only freshmen.

"Every student is different, so I like to tailor each meeting to their individual needs," she explains. "In preparation for summer, I spent a lot of time helping students fill out applications and practice interview skills."

Field trips are a big component of the program because, while the kids are more than capable, they are not always exposed to what is out there. Nelson cultivates experiences based on interests expressed by her students, including careers in health care, animal care, law enforcement, welding, automotive and even opportunities they may not have heard about.

The TAP summer program is underway in collaboration with Norwalk TAP. For six weeks, students can continue exploring careers, improving their advocacy skills, volunteer and more. Nelson's biggest goal is to continue growing both in the number of students that are involved but also the number of businesses willing to provide opportunities to students through TAP. ■



TAP Coordinator Alivia Nelson wrapped up a successful first year and is excited about continuing to grow the number of students and local businesses involved in the program.

TRUTH is the first casualty

There's an old saying, "Truth is the first casualty of war." This can mean a couple of different things. First, when there's chaos and conflict, people will gladly manipulate the truth for their own purposes. And, second, in the middle of great upheaval and turmoil, it can be very difficult to know what's actually happening. For instance, after a tragic accident with a bus or a building fire, there are often mistaken reports of the number of casualties and just who they are.

Why is this important? Because for all the claims of truth being relative — that truth is just a squishy substance that can be shaped and molded into any form you like as if it were a pile of PlayDoh — we really don't operate that way in life. In the bus accident or building fire, loved ones of victims want to know the "truth" of whether or not their relative or friend survived. "Close enough" is most certainly not good enough.

In the book of Mark, Jesus is having a discussion with a group of civic and religious leaders called the Sadducees. Because they denied life after death, among a great deal of other things, they try to trick Jesus with a question about it. His answer to them has very broad implications for us. Mark 12:24 states, "Jesus told them, 'Are you not deceived because you don't know the Scriptures or the power of God?'" It's as if He's saying you don't know the truth because you're not listening to what God has said.

Let's be honest, we all distort truth in the midst of the chaos, in the midst of whatever war we find ourselves. Sometimes, it's a conscious effort; oftentimes, it's not. Where do we turn so we're not deceived nor self-deceived? Psalm 119 (the longest chapter in the Bible) focuses solely on our need to hear what God has said. The human writer of the Psalm — I say it that way because God is the true author — is clearly in the midst of great duress at times. Yet he is able to say in verse 29, "Keep me from the way of deceit and graciously give me Your instruction."

Are you longing for Truth, not PlayDoh, in the midst of whatever chaos you see around you? Read the Bible. Or better still, attend a church where they're teaching it and following it. As he says in verse 25, "Give me life through Your word." ■



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

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