

INDIANOLA

JULY 2025

Living

MAGAZINE

'FLYIN' HIGH IN 2025'

Memorable moments await at
the National Balloon Classic,
July 25 – Aug. 2.

Meet Nathanael Smale
EDUCATION

Broccoli and friends salad
RECIPE

Favorites, family fun and food
WARREN COUNTY FAIR

PRSR STD
ECRWSS EDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

BEEN IN A CAR WRECK?



By McKenzie Ellis

SHOULD I GET A LAWYER IF I AM IN A CAR ACCIDENT?

This depends upon many factors.

However, if you are involved in a car collision that is someone else's fault AND you have injuries, you should seek a personal injury lawyer. Most lawyers will look into and investigate your case at no

charge. If you hire a lawyer, most will work on a contingent basis. This means you do not pay unless you recover a settlement or win a verdict, in trial. The percentage you will pay the attorney varies. It is always a good idea to at least call an attorney to discuss.

WHAT CAN A PERSONAL INJURY LAWYER DO FOR ME?

1. *Help me obtain quality medical care.* Personal injury attorneys work with physicians and can help you find expert doctors to consult and treat.
2. *Work with Insurance Adjusters.* Working with insurance company representatives can be challenging. Their goal is often to pay out as little as possible. Personal injury attorneys know how to work with and talk to representatives.

3. *Guide you to the best settlement.* Personal injury attorneys prepare detailed demand letters containing the law, facts of your case and the damages and effects on you caused by the negligence of another driver. The demand letters are sent to the adjusters to begin discussing possible settlement.

4. *Reduce medical bills.* Medical providers want to be paid for their services while you are in the hospital. Personal injury attorneys can stop medical providers from attempting to collect from you during the pendency of your action and may be able to reduce the repayment amount.

5. *Go to trial.* If a settlement cannot be reached, an experienced personal injury attorney can present your case to a jury in an attempt to maximize your recovery.

The personal injury team at Ellis Law Offices, P.C. would be happy to discuss your case. We will assess your matter and provide honest advice on whether we can assist you. We have recovered millions for clients the past 27 years.



www.ellislawpc.com

2007 N. 6th St, Indianola, IA 50125 | (515) 962-9080

Experienced attorneys serving Indianola, Warren County and all of Central Iowa.

your team that is
#MAKINGADIFFERENCE

Ryan Ellis, Randall Jackson, McKenzie Ellis, Wyatt Kaldenberg



"We pride ourselves on making a difference in the lives of our clients and the community."

WELCOME

AIRING of grievances and feats of strength

"A Festivus for the rest of us." If you watched the popular TV show "Seinfeld" in the late 1990s, you are smiling right now. If you didn't watch the show, well, read on, as you can still smile.

Festivus was depicted on "Seinfeld" as a Dec. 23 holiday that includes a Festivus dinner, an aluminum Festivus pole, practices such as the "airing of grievances" and "feats of strength," and the labeling of explainable events as "Festivus miracles." It's a Costanza tradition.

Every time I hear the word "festival," I think of "Festivus." And, this time of year in Iowa, festivals are aplenty. For several decades now, Jolene and I have been traveling to various communities in our great state to partake in their wonderful community festivals, including the National Balloon Classic featured in this month's cover story.

Do these others sound familiar to you? Tulip Time in Pella. Mac and Cheese Festival in Dubuque. John Wayne Birthday Celebration in Winterset. Scandinavian Days in Story City. Bell Tower Festival in Jefferson. Good Egg Days in Stuart. Ice Cream Days in Le Mars. RibFest in Sioux City. Four Seasons Festival in Polk City. Truckers Jamboree in Walcott. Beef Days in Solon. Watermelon Days in Newell. Hobo Days in Britt. Pufferbilly Days in Boone. And, not to be left out, the Testicle Festival at Appleberry Orchard in Donnellson.

The list goes on. And on. If there is one thing we Iowans know how to do, it is how to throw a community festival.

Many of the festivals have similarities. Some focus on food. Others on drink. Many include music. But they all have at least one unique selling point that makes them truly stand out, and Indianola's is the majestic view of colorful hot air balloons in the sky.

My dad would take me to festivals around our hometown when I was a kid, whether I wanted to go or not. He enjoyed connecting with people and reminiscing about days gone by — the same things I do today.

When it comes down to it, though, all of our community festivals are about wholesome fun — with or without the Festivus pole.

Have a great month, and thanks for reading. ■

SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



IT'S NEVER TOO EARLY FOR THE RIGHT CHILDREN'S LIFE INSURANCE.



A DreamSecure Children's Whole Life Insurance policy from American Family Life Insurance Company is a simple way to help your child, or grandchild, get a head start on building financial protection. Because someday, they'll live for someone else, too.

Let's talk about protecting their future, today.



Mike Richey, Agent
Mike Richey Agency Inc.
204 E Detroit Ave
Indianola, IA 50125
(515) 961-8889
mrichy@amfam.com



Life insurance underwritten by American Family Life Insurance Company
6000 American Parkway Madison, WI 53783 014108 12/17 ©2017 - 25334051
Policy Form ICC17-223 WL, Policy Form L-223 (ND) WL, Policy Form L-223 WL,
Policy Form ICC17-224 WL, Policy Form L-224 (ND) WL, Policy Form L-224 WL



IS YOUR VEHICLE READY FOR THAT SUMMER ROAD TRIP?



DON'T FORGET! We offer batteries for life and FREE Road Hazard on all tires we sell.



TRUMAN
AUTOMOTIVE & PERFORMANCE

515-249-2886

12915 Polk St, Indianola www.trumanauto.com



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Jim Jacobsen
Advertising Account Executive
515-953-4822 x323
jim@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

'FLYIN' HIGH IN 2025'

Memorable moments await at the National Balloon Classic, July 25 – Aug. 2.



By Becky Kolosik

In 2024, the National Balloon Classic faced some challenges with unprecedented storms and rain. While several days of the event were cancelled, it didn't dampen spirits or the competition. This year, The Classic is back — bigger and better than ever with more than 100 hot air balloons, skilled pilots from around the world and, of course, the roaring burners that create a whoosh that is both heard and felt. In this issue, you will meet pilots and volunteers and learn about organizations that play an integral role in launching this iconic event.

Landon Olson (pictured with his mom, Kristin; twin sister, Lauren; and dad, Bill) has grown up around hot air balloons and has his own at the young age of 17.

Reaching for the stars

When Landon Olson first stepped foot in a balloon basket at the age of 4, his parents, Bill and Kristin, sensed something special.

“When we saw the smile on his face and heard the excitement in his voice, we could see his passion for watching and chasing hot air balloons,” Bill says.

Today, Landon Olson is 17 and looking forward to his senior year at Indianola High School. He still has a passion for hot air balloons, but these days he is not just watching them from the ground... he is a licensed FAA balloon pilot.

“I remember watching hot air balloons fly over the house when I was little, and it always made me happy,” Olson says.

When he was a little older, he started attending the National Balloon Classic every morning and eventually took his first balloon ride with Indianola pilot Jeremy King.

“After that flight, I was hooked,” he says. “We flew over the state fairgrounds and the Des Moines metro area. When we landed, a crowd gathered around us. Being around the balloon and watching the process was so cool, and I knew I wanted to learn more.”

When Olson was 14, he started crewing for Jim and Aaron Gebhart. At that time, he didn’t know much about how ballooning worked, so it was just for fun. Jim and Aaron took Landon under their wings, and that is when things really started taking off. After about a year, he began lessons with them and continued to crew when he wasn’t flying.

Olson trained with the Gebharts, as well as Ken Bolton, for a couple of flights. He accumulated 20 hours prior to taking his solo flight at the age of 16, which he describes as a “very surreal and exciting experience.”

“I had to get used to the balloon feeling so much lighter since it was just me in the basket,” he explains. “When you’re flying with an instructor or any others in the basket, it really makes a difference in weight — meaning you need more heat in the balloon to carry it.”

Olson’s mom, dad and twin sister have cheered him on from day one. They like to see the drive and passion he has and have done all they can to encourage him to reach his goals. Are they nervous each time he gets in the basket? Yes. However, they let their faith drive the process, and they know there is someone greater watching over their son while he flies across the countryside.

“During his first solo flight, we had tears of joy, excitement and nervousness,” Landon’s mom, Kristin, says. “Now, we still have those same emotions, but it’s just so much fun watching him live out his dream.”



Landon Olson became interested in hot air balloons at age 4.

Olson’s hot air balloon dreams came true this past Christmas when he opened his last present under the tree.

“It was a long box, and, when I opened it, I saw balloon cards,” he says. “I looked at my parents in disbelief, and they were just waiting to see my reaction. I cried happy tears.”

His parents wanted to have his balloon ready for Christmas, but, because it was being custom made, it didn’t get finished in time. They had balloon cards made and saved that box for last.

“When we saw the tears, we knew they were not only tears of excitement, but, most of all, they were tears of appreciation,” Bill says. “His reaction validated that he has appreciated everything we, as parents, have done to allow him this opportunity.”

Olson will be piloting the balloon “Reach for the Stars” at the National Balloon Classic. He is looking forward to the camaraderie with other pilots and learning from some of the best.

“Competing in The Classic has always been a dream of mine, especially since it’s my hometown,” Olson says. “Aside from the competition, my biggest goal is to inspire kids to be themselves, work hard and pursue their dreams. I was lucky enough that my dream came true.”

The best seat in the house

Since 2018, spectators at The National Balloon Classic have heard Darrin Johnson’s voice over the loudspeaker announcing pilots and their beautiful balloons. Whether taking off from Memorial Balloon Field, coming in for a landing or maneuvering their way over a target, Johnson can rapidly fire off pilots’ names and where they are from, the balloon name, and even describe balloons by shape, color or design.

“Having a ‘bird’s eye view’ from the tower is awesome, but my favorite part is watching and



Landon Olson will pilot his new balloon at the National Balloon Classic.

hearing the crowd’s excitement,” Johnson says.

Johnson grew up in Indianola and started crewing for Sherry Allsup at 12 years old with his best friend, Darin Wall. Darin’s mom, Marlene, was an integral part of ballooning in Indianola, so the two friends helped with everything they could throughout high school and college.

Johnson’s day job is in sales. Announcing is a volunteer hobby he has enjoyed as a way to stay connected and give back to the community. He started announcing high school home basketball games after being asked by Bernie Brueck. That turned into multiple sports including football, track, wrestling and volleyball over the last 20 years. He doesn’t do it for the limelight... in fact, he would rather just stay in the background and let the athletes shine.

“Being an IHS grad and having parents that ran a local sporting goods store when I was younger drives me to serve the community and school district,” he says. “I enjoy watching the kids grow up right before my eyes.”

When it comes to The Classic, preparation is a team effort. Johnson works with NBC Director Staci Scheurenbrand, Balloonmeister Bill Clemons and board members to stay informed each evening. And while there are nerves every time the mic is “live,” he says being prepared and confident helps.

“At the end of the day, I have a front-row seat to an amazing event, and my job is to inform the key points, then stand back and let the crowd enjoy the show,” he continues.

Scheurenbrand provides Johnson with the tools to recognize the balloons and pilots as well as other key facts to help tell the story each night. Each balloon has a number on the basket, so he uses those along with the balloon pilot cards to identify them in the air. From the tower, he uses binoculars to stage the balloons as they are entering or exiting the field so he can call



Darrin Johnson is grateful to have the best view at Memorial Balloon Field as the tower announcer, and he enjoys seeing pilots put on a great show for Classic spectators.

them out. He also takes notes during the week regarding special balloons and pilots.

Johnson spends several hours leading up to The Classic organizing the pilot information, ad reads and public address information, which helps make it go smoothly as the event unfolds.

"I toss in ads or sponsor highlights during down times or when waiting to get the green flag," he explains. "I also like to give shout-outs to sponsors, vendors and volunteers, thanking them for their support and the long hours they put in."

Johnson says the biggest challenge is weather, and it is sometimes difficult to explain to the crowd that the balloons will not fly due to winds at higher altitudes or a storm several miles away that could impact flight safety.

Regardless, Johnson is grateful to have one of the best seats in the house and does not take it for granted.

"I love watching the pilots work their balloons up and down in the sky to steer toward a target and then wait to hear on the radio how close a throw was to the center," he says. "Every night is a new memory with so many talented pilots."

While Johnson will not be on the tower for the entire 2025 Classic, you will be able to catch him opening weekend on Friday and Saturday night and then again later in the week on Thursday and Friday. The Classic is welcoming back the "Tim & Bob Show" to fill in on the nights Johnson is absent. If you have missed Tim McConnell and Bob Kling's witty banter, you can come out and enjoy the "2025 Reunion Tower Tour."

Born to fly

When Cory Bloom was 10 years old, family friend and balloon pilot Todd Netley suggested he come out to The Classic. When he got there,



Cory Bloom was born to fly — whether in his small airplane with his niece, Averi, and nephew, Topper, or in his hot air balloon scoring on a target at the 2024 Classic.

Netley asked fellow balloonist Bill Clemons if he needed any crew help.

"When Bill said, 'Yes,' Todd basically handed me over to him," Bloom says, laughing. "I was barely 60 pounds and probably not going to be that much help, but Bill and his team welcomed me, and that planted the seed."

Bloom crewed with Clemons for the next eight years, learning all he could about the sport, even taking the chase vehicle home after flights to clean it up when he was old enough to drive. During his senior year, Clemons urged Bloom to learn how to fly before heading off to college.

"He told me to come and get all his balloon stuff," Bloom explains. "My parents were not too keen on the idea of being responsible for someone else's hot air balloon system. They insisted I take it all back, but Bill assured them that he would take care of any problems or repairs along the way."

Bloom trained that spring with local pilot Jim Fromm and secured his license a few weeks after graduation — just in time for his first competition in Ottumwa.

In the last 20 years, Bloom has made a name for himself in the sport of ballooning. But this fierce competitor is as humble as they come and knows that, without those mentors in the early years, he wouldn't be where he is today.

"From the start, I wanted to compete," he says. "I credit a lot of that to Bill because, when crewing for him, it was all business. I'm grateful he saw something in me."

Bloom was one of the first pilots in Indianola to fly a racer-style balloon. That was back in 2006. Today, his current — and fifth — balloon, "Cekmate," was built in the Czech Republic by Kubicek Balloons. During COVID, a team comprised of Bloom, Kubicek's owner, an engineer, and French pilot Clément Seigeot gave input/feedback and worked together to redesign



their racer model. Bloom got the first balloon built in the new model; the second went to Seigeot, who went on to win the 2024 World Championship.

Bloom has six Top 10 finishes in the U.S. Nationals, a seventh-place finish at World's in 2012, and a fifth-place finish in the 2024 Czech Trophy Cup.

"Every flight — whether practice or competition — I have a goal to achieve," he says. "I always fly like I'm competing."

While Bloom has been in the Top 3 at the National Balloon Classic, he is still striving for No. 1. He would also like to win the U.S. Nationals since the last pilot from Iowa to win was Rob Bartholomew in 1988. What he loves about competitions is that every pilot is on the same, level playing field.

"We all start with the same number of points, whether a rookie or a world champion, so anybody, on any given week, has a shot," he explains. "There will be six previous World Champions competing at the 2025 Classic."

Competition aside, Bloom thrives on the camaraderie and friendships. His goals are to be safe, have fun and win — in that order. He says, if he is not having fun, it is not worth it. The Classic is an important event for him and his family, so giving back is equally, if not more significant, than winning. You'll often find Bloom mowing or helping set the field in his downtime, and he sponsors a pizza night for the pilots each year.

Because he always wants to challenge himself, Bloom is also a fixed wing pilot currently working toward his instrument rating. While Indianola is still considered his hometown, he lives part-time in Texas, so his small plane comes in handy to fly back and forth. ■

FAVORITES, family fun and food

It is Warren County Fair Time, July 23-28.

The Warren County Fair board brings another year of fun to the Warren County Fairgrounds in Indianola July 23-28. Gate admission and parking will be free. Tickets and wristbands for grandstand events and the carnival, respectively, can be purchased in advance online or at a kiosk in the foyer of Hy-Vee in Indianola. Grandstand tickets are \$25 for adults and \$7 for kids 12 and younger. New this year, carnival wristbands are only available for purchase online or at the kiosk, and advance tickets purchased before July 19 are \$25. Wristbands purchased after July 19 are \$30 each. The carnival will be every day of the fair from 6-10 p.m. adding in additional operating hours on Saturday and Sunday from 1-5 p.m.

Grandstand events this year kick off with the ATV Big Air Tour at 7 p.m. on Wednesday.

"It should be quite a show," Jo Reynolds, Warren County Fair Board president, shares.

Thursday night, a new event — Bands, Beer and BBQ — will fill the Grandstand with a concert by Brady Streeter, Fat Andy Band and Tank Anthony Band. Hy-Vee will be cooking brats and burgers on the track, and grandstand attendees are welcome to bring lawn chairs to relax and enjoy the event on the track. Friday night, Lonestar will shine on the Grandstand stage and will be opened by special guest, Forgotten Highway. Grain truck races, Tuff Trucks/ATV, and a combine demo derby will take place Saturday evening. Be advised of a clear bag policy for all Grandstand events.

Young fairgoers can enjoy various activities in the kid zone and participate in No Harm on the Farm as well as a kids Jumpin' Jamboree.

Nick's Kids Show and Barnyard will take place Wednesday through Sunday. The Bubbler can be found around the fairgrounds throughout the week, as well as Playing with Giants and the Rhinestone Roper show. A kids pedal tractor pull is on Sunday. Enjoy pony rides daily from 11 a.m. to 8 p.m., and the Kids Celebration will take place in the Entertainment Zone with three different showtimes each day from Wednesday through Sunday.

"There will be an ice cream show, and the kids love him. Toby the Kid will return this year, and we're glad to have him back," Reynolds shares.

Carlisle, Indianola and Norwalk parks and recreation departments join to host several contests on Thursday morning including: rooster crowing; braids, mullets and more; twins, triplets and more; face off cookie challenge; bubble gum blowing and tree pose challenge.



The Warren County Fair is a time for livestock shows, family fun, entertainment and the Queen contest, among many other events.



The veterans' ceremony this year will be enhanced to honor all veterans, and a Quilt of Valor will be presented. Attending veterans will get a meal coupon and a lanyard.

The free stage will feature a hypnotist, an Elvis impersonator and Omaha Street Percussion. Reynolds also says that a barn project is underway to renovate two fairground barns that are more than 100 years old.

"We have a local Amish crew that worked on them, and we'll have a ribbon cutting at the fair," she says. "We want to kick off fixing up other barns, replacing two with one big one. It will take some fundraising. Maybe there is someone who would love to be a part of the project, and we're grateful for all the help we can get."

For more information on the Warren County Fair, visit www.warrencofair.com. ■



LEGACY planning

Should you gift during life or after death?

You may be considering how best to leave behind a legacy through gifting while you are still alive or waiting until after your death. Each option comes with its own financial, emotional and tax-related considerations.

The IRS allows individuals to give up to \$19,000 per person (\$38,000 for married couples) annually without triggering gift taxes in 2025. This annual exclusion can be used with multiple recipients, and it resets annually. Gifts exceeding this threshold may require you to file a gift tax return and will count against your lifetime gift and estate tax exemption of \$13.99 million in 2025. Recipients of the gift typically do not owe any taxes.

Benefits of gifting while living

- See the impact firsthand for those that mean the most to you.



- Reduce estate taxes: Gifting reduces the size of your estate, which may help avoid or reduce estate taxes especially for high-net-worth individuals.

- Qualified charitable distributions: Gifting from an IRA to charity, this amount is in addition to the annual gift exclusion (\$108,000 for 2025).

Potential downfalls of gifting while living

- Your needs must come first: Gifting too much can leave you at risk of outliving your money.
- Medicaid implications: Gifting can impact eligibility for Medicaid benefits, especially within the five-year lookback period.

Inheritance after death impacts

- Retain financial control: Maintain access to all your resources in case of unforeseen expenses.
- Use of trusts: Distribute assets on your terms, avoid probate, and ensure responsible use.
- Stepped-up basis: Beneficiaries inheriting appreciated assets receive a stepped-up cost

basis, which can reduce capital gains tax liability in the future if they sell.

- Tax planning opportunities: Proper planning can reduce estate tax liability.

Gifting while living offers emotional and strategic advantages, while inheritance ensures stability and long-term control. Combining both strategies can offer the best of both worlds by assisting loved ones now and providing additional security after your death. There are many complexities of estate and gift planning, and it is essential to consult with your financial advisor to see what may be best for you. ■

City State Bank's Trust & Investments Department works with a team of experts, and we are here to help with your estate and gift planning needs. For more information, please contact Kourtne Klocko with City State Bank Trust & Investments at 515-981-1400. 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.




Thinking about building a new home?

Contact a City State Bank professional lender today!

- ✓ **Competitive rates** with lenders you trust.
- ✓ **Lot loans, construction loans, and end loan financing all in one convenient location.**
- ✓ **Experienced lenders** ready to help answer your questions.



Ryan Williams
Indianola
515-803-7782
NMLS #1471728
rwilliams@citystatebank.com



1510 N 1st Street • Indianola • 515-961-7000 • www.citystatebank.com **FDIC**

CONTINGENCY fees

When a person is injured by reason of the fault of another, they usually deal with an insurance company claims representative. Insurance companies handle thousands of cases every year. The injured party usually is at a disadvantage because he or she has probably had extremely limited involvement in such cases.

A way to balance this disadvantage is to retain an attorney to represent one's interests. Often, people are concerned about the cost of getting an attorney involved in their case. We have heard about the hundreds of dollars per hour that are charged for various matters. Many people do not have the means to pay these amounts.

An agreement involving a "contingency fee" is a way for those who otherwise would not be able to afford legal counsel to get representation. In essence, a contingency fee provides that the client does not pay the attorney until the case is resolved. Generally, the agreement specifies that the attorney receives a percentage of what is recovered in the case, along with any costs.

Contingency fees have been part of the Iowa legal landscape for more than 100 years. In the case of *Winslow v. Central Iowa R. Co.*, 71 Iowa 197, 32 N.W. 330 (1887), a plaintiff was injured by the railroad. The plaintiff had made the following agreement with his attorney:

"I agree to pay [attorney], as a contingent fee in the above case, a sum equal to one-third of the amount that may be ultimately collected therein. Said [attorney] is not to pay any costs or expenses except his own personal expenses."

After a trial, the case was settled. The railroad objected to paying the attorney his fees, claiming, among other things, that the fee agreement was "champertous." The Iowa Supreme Court observed that "The contract is an agreement for a contingent fee. It has long been settled in this state that such a contract is not unlawful." (The term "champertous" is an old English law term relating to financial support of a suit of a non-interested party for a share of recovery).

An interesting wrinkle to this area of law may involve a party with a claim out of the proceeds of a recovery (usually an insurance company that has paid medical bills). The Iowa Supreme Court decided in *Principal v. Norwood*, 463 N.W.2d 66 (Iowa 1990), that such claimants must also pay a share of their recovery for attorney fees in an amount similar to the percentage paid by the injured party. This can operate to make more funds available upon distribution of the proceeds.

Contingency fees are a time-tested way to allow for representation to those who could not otherwise afford it. ■

Information provided by Ken Winjum, The Winjum Law Firm, P.L.C., 1220 Sunset Drive., Suite 103, Norwalk, 515-981-5220, www.winjumlaw.com.



When you suffer a serious injury, you need experienced representation.

Hire
KEN WINJUM

- ✓ Ken has over 30 years of experience and knowledge in Iowa law
- ✓ Ken has effective representation and communication with the insurance company
- ✓ Ken can get you maximum compensation
- ✓ Ken does a thorough investigation

★★★★★
Ken's compassion and knowledge was clear right away. I was extremely pleased with the outcome of my case? -Jane C.

The Winjum Law Firm, P.L.C.
Attorneys at Law

515-981-5220 | 1220 Sunset Dr. N, #103, Norwalk
Call or Scan Today for Your **FREE CONSULTATION**
GET THE MOST OUT OF YOUR CASE!

WSJ WINE
THE WALL STREET JOURNAL.

TOP 12
Wines You Need to Try
plus Bonus Gifts
JUST \$69.99

SAVE \$150

GO TO
Buywsjwine.com/Cork1
OR **CALL 1-855-594-3045** and mention code AGRJ001

WSJ Wine is operated independently of The Wall Street Journal and Dow Jones & Company, Inc. Full terms and conditions online. Void where prohibited by law.

HOSPICE care may be a gift to your family

For Linda's family, summer had always meant joy — a season of togetherness, with loved ones traveling from near and far to reconnect and celebrate.

But last year was different. Linda's health was steadily declining due to several chronic conditions, and although she still cherished the idea of seeing her family, she and her husband, Tom, weren't sure how they could fully take part in the usual reunion activities.

Support from an in-home hospice team helped shift the focus from what they couldn't do to what was still possible — allowing the family to create lasting memories during a meaningful summer.

"Hospice began caring for Linda just after Easter," Tom recalls. "They gave her the support she needed to enjoy a few very good months, and she was able to take part in our June family gathering. It might sound unusual, but that



summer felt full of life."

When you're exploring hospice care for someone you love, it may feel difficult — even paradoxical — to associate it with the idea of living. But that's exactly what hospice is meant to support: living well, with dignity and comfort, even as health declines.

Hospice care isn't one-size-fits-all. It can be provided at home, in a dedicated hospice facility, or in a blended care model — and the right choice depends on your family's unique situation and needs.

Whatever form of care you consider, one of the most important questions to ask is: "How can this help my loved one live fully during this stage of life?"

Many people are surprised to learn that hospice can begin earlier than they think — as soon as a person has received a diagnosis of a life-limiting condition. Early access to hospice can improve comfort and quality of life for weeks or even months, providing space and peace to focus on what matters most.

If you're navigating a loved one's illness this summer, consider how you want to spend that time together. Hospice providers can often deliver care in a person's home, helping preserve familiar surroundings while supporting both the individual and their family.

While reaching out to a hospice team can feel daunting, having compassionate, expert care in place can ease stress and allow for more meaningful moments — especially during treasured family traditions.

"Once we had hospice involved and a plan in place, it lifted a huge burden," Tom says. "We could concentrate on celebrating the season with Linda, knowing she was comfortable and cared for. We'll never forget that summer — it was a gift." ■

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.



Healthy Kids Iowa
from Iowa HHS

Healthy Kids Iowa Starts With Healthy Choices!

Learn more and find a
Healthy Kids participating
pantry near you.





New! New! And more news!



The Village is growing in beautiful and exciting ways! We're making room for more, offering:

- 28 new independent living apartments — and reservations are currently being accepted with the remaining inventory limited!
- A community room addition to our main building
- Enhanced dining venues
- Plans for other amenities — including outdoor dining, raised garden beds, and a dog park — are in the works!
- 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!

Schedule a visit to see for yourself.

Call Amber at (515) 961-0878 or
email amcdonald@wesleylife.org.



Independent Living | Assisted Living | Memory Care | Short-Term Rehabilitation | Long-Term Nursing Care

1203 North E Street | Indianola, IA 50125 | (515) 961-0878 | wesleylife.org/the-village



Check for cancellations

Upcoming in Indianola Living magazine:

Home Improvement: Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email tammy@iowalivingmagazines.com with your stories.

Free Summer Meals

Wednesdays to 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.

Des Moines Metro Opera shows

Various dates
Blank Performing Arts Center,
513 N. E St., Indianola
desmoinesmetroopera.org/productions

- "The Cunning Little Vixen": Friday, July 11, and Saturday, July 19, 7:30-9 p.m.
- "The Flying Dutchman": Saturday, July 12; Tuesday, July 15; and Thursday, July 17, 7:30-10:30 p.m.
- "The Rake's Progress": Sunday, July 13, 2-5:15 p.m.



Trivia at The Groggy Dog

Tuesdays, July 15, 22 and 29,
7-9 p.m.

116 W. Ashland Ave., Indianola

Grab some friends, bring an appetite and your love for knowledge and beer and enjoy Trivia.

Indianola Public Library Events

207 N. B St., Indianola

KIDS

- Storytime with Janis: Tuesdays and Thursdays, 10:30-11 a.m.
- Library Playdate: Saturdays, all day
- Saturday Stories: Saturdays, 10:30-11 a.m.

TEENS

- Teen Hangout: Wednesdays, 2:30-4:30 p.m.
- Teen Art Cart: Saturdays, all day

ADULTS

- Morning Book Club: Friday, July 11, 10-11 a.m.
- Evening Book Club: Tuesday, July 22, 6:30-7:30 p.m.

Hy-Vee Special Needs Swim Nights

Wednesday, 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.



CITYVIEW Summer Stir

Friday, July 25, 5-9 p.m.
East Village, Des Moines

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com/>.

Yoga in the Park

Saturdays through Sept. 27, 9 a.m.
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 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.



Sisterhood Night

Friday, July 11, 7-9 p.m.
Indianola First, 1700 W. Second Ave., Indianola

This event features Terrian, an inspiring contemporary Christian artist known for her powerful vocals and uplifting music. Arrive early and grab some delicious eats from a variety of food trucks in the parking lot starting at 5 p.m. Experience an amazing night of worship, community and connection. Register at <https://indianola1st.churchcenter.com/registrations/events/2788778>.



Indianola Downtown Farmers Market

Saturday, July 12, 8 a.m. to noon
The East Side Lawn/Patio of the Warren County Justice Center, 115 N. Howard St., Indianola

The Indianola Downtown Farmers Market is a community event that showcases the best of what local farmers and artisans have to offer. The market is a vibrant hub of activity where you can enjoy live music and delicious food while supporting local businesses. For more information, visit www.indianoladfm.com. ■

BRITTEN trains to become Navy recruiter

By Alvin Plexico, Navy Office of Community Outreach

Petty Officer 2nd Class Nicole Britten, a native of Indianola, is serving in the U.S. Navy assigned to Navy Recruiting Orientation Unit (NORU) with the next generation of U.S. Navy Recruiters. Britten is a 2014 graduate of Indianola High School.

Britten joined the Navy 11 years ago. Today, Britten is a student learning the skills necessary to be a Navy recruiter.

"My family has a history serving in the Army, and I wanted to explore other branches to create my own legacy," Britten said. "My dad, grandpa and sister all served in the Army Reserve or National Guard."

The skills and values needed to succeed in the Navy are similar to those found in Indianola.

"One of the most important life lessons I learned growing up was from my dad," Britten said. "He always reminded us to do and be our best even when no one was watching."

Located at Naval Air Station Pensacola, NORU is the Navy's sole recruiting schoolhouse responsible for the instruction of Enlisted and Officer personnel in professional sales, prospecting techniques, marketing, applicant processing, recruiting terminology, leadership, ethical behavior and activity analysis. It also provides continuum training for the Navy's Career Recruiting Force and prepares selected leaders for the challenges of operating a Navy Talent Acquisition Group.

Britten has many opportunities to achieve accomplishments during military service.

"I'm most proud of a time during a deployment aboard the aircraft carrier, USS Nimitz, in 2014," Britten said. "I spotted a burnt paint bubble on one of our jets and reported it to quality assurance, who inspected it and took appropriate action. I was told that if that had not been reported, our jet could have gone down during its flight, which would have put the aircrew's lives at risk. Realizing that I potentially saved two lives made me appreciate the importance of my job."

Britten can take pride in serving America through military service.

"Serving in the Navy means the world to me," Britten said. "It helps me show other females that they are strong enough to serve in the military. If I can help even just one female reassure herself of that fact, then it's all worth it."

Britten is grateful to others for helping make a Navy career possible.

"I want to send a shoutout to my dad, Raymond Reynolds, who has been one of the biggest supporters throughout my life," Britten added. "Whenever I am doubting myself, he knows just what to say to help me push on. I know I would not have made it this far into my military career without his support through the ups and downs of my journey. Of course, I want to thank my husband, Austin, for his support throughout this whole process, including career changes." ■



Petty Officer 2nd Class Nicole Britten

LIBRARY open 10 fewer hours each week



The Indianola Public Library Board of Trustees announced the library will be open 10 fewer hours each week.

Like many communities in Iowa, the city of Indianola is facing financial challenges due to recent actions taken by the Iowa State Legislature. To support the city of Indianola's budget objective, effective July 1, the Indianola Public Library implemented revised operating hours. Those new hours are:

Monday through Friday: 10 a.m. to 8 p.m.

Saturday: 10 a.m. to 5 p.m.

Sunday: Closed

This reduction in hours will allow the library to focus its resources on providing essential services and programming. It remains dedicated to serving our community's informational, educational, and recreational needs. ■

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT

AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
SINCE 1917

Butcher's Classic Pack **SAVE 57%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)**

78237XDS separately \$300.93 **\$129.99**

SPECIAL INTRODUCTORY PRICE

Scan Now To Order

ORDER NOW! **OmahaSteaks.com/ClassicPack7199** | **1.833.897.4133**
Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/25. 24M7165 | Omaha Steaks, LLC

BROCCOLI and friends salad

Step aside, "Trees and Raisins." It's 2025, and there is a new salad in town. The Broccoli and Friends Salad is bursting with flavor and packed with nutrients, making it a fresh favorite you will want to hang on to.

Salads and slaws have come a long way in the past 75 years. I'll admit, I wasn't a fan growing up, but now they are the dishes I look forward to most at potlucks. Add some cubed chicken or a piece of salmon, and you have got a light, satisfying meal.

These days, salads are more versatile than ever, thanks to healthier, more creative dressing options ranging from various oils and vinegars to honey, mustard, maple syrup, Greek yogurt, fat-free sour cream and soy sauce. To lighten this recipe, try swapping the mayo for Greek yogurt and cutting the sugar to half a cup. You will still get all the flavor with fewer calories.

Whip up a batch this weekend. You will be glad you did. ■

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



Broccoli and friends salad

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

Ingredients:

- 2 medium heads broccoli
- 2 apples
- lemon juice
- 1 carrot
- 1 cup blueberries
- 1 cup dried cranberries
- 1 cup sunflower seeds
- 1 cup pecans
- 1 package (2 1/2 ounces) real bacon pieces

Dressing:

- 1 cup mayonnaise
- 1/3 cup milk
- 1/3 cup apple cider vinegar
- 2 tablespoons poppy seeds

Directions

- Coarsely chop broccoli and place in large bowl.
- Coarsely chop apples and brush with

lemon juice to prevent browning; add to bowl.

- Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.
- To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds. Pour over broccoli salad and mix well.



DON'T MISS AN ISSUE OF SENIORVIEW

Get local events, news and exclusive content for the 55+ community straight to your inbox for free!



FIND THE PREMIERE ISSUE ON RACKS IN THE DM METRO!



Scan the QR code to sign up today!



SENIORVIEW.DMCITYVIEW.COM

CITYVIEW'S



10 DRINKS, JUST 25 BUCKS!

*\$25 PRE-PURCHASE ONLINE PRICE. \$35 AT THE DOOR.

EAST VILLAGE DES MOINES

FRIDAY, JULY 25, 2025
5-9 P.M.



TICKETS AND INFORMATION AVAILABLE AT
SUMMERSTIRS.DMCITYVIEW.COM

CAR CARE tips for students returning to school

August means it is time to prepare your student for back-to-school. Whether they are heading to college or starting a new school year, ensuring their car is in top shape is essential. Here is a quick guide to get a vehicle ready:



The basics

Proper maintenance not only helps avoid breakdowns, it also enhances driving experience and safety. Here are the basic items to address before heading back to school:

- **Oil service:** An oil change service is a must before long drives.
- **Tire pressure:** Proper inflation boosts fuel efficiency and safety.
- **Brake lights:** Ensure all lights are operational to avoid unsafe conditions and potential stops from law enforcement.
- **Fluid levels:** Top off coolant, brake fluid and windshield washer fluid.

• **Climate preparation:** Ensure the coolant and windshield washer fluid are rated for the expected climate.

• **Battery health:** Test and clean any corrosion; replace if older than five years.

• **Emergency kit:** Stock with a first aid kit, jumper cables and a flashlight.

Essential dashboard warning lights to watch for

Dashboard warning lights are more than just a display of colorful icons — they are crucial indicators of your vehicle's health and performance. Ignoring these warnings can lead to unexpected breakdowns, costly repairs, or even dangerous driving conditions. It's essential to be aware of what each light signifies.

• **Red lights:** Indicate critical issues needing immediate attention.

• **Yellow/amber lights:** Signal warnings that require prompt action.

Plan for regular maintenance

For students, managing car maintenance goes

beyond mere convenience — it's essential for their safety, well-being and peace of mind as they balance academic and personal responsibilities. Failing to perform regular maintenance checks can result in various problems, ranging from minor inconveniences to significant safety risks.

• **Safety first:** Regular checks prevent accidents due to mechanical failures.

• **Peace of mind:** A well-maintained car lets you focus on studies.

• **Reliability:** Consistent care extends your vehicle's lifespan.

• **Prevents breakdowns** by catching issues early or addressing them proactively.

• **Saves money** on costly emergency repairs.

We recommend consulting a brand specialist to determine the best maintenance schedule for your vehicle. Drive safe and enjoy the school year. ■

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.

BACK-TO-SCHOOL SPECIAL

\$299⁹⁹ ONLY

1 EURO OIL SERVICE
1 TIRE ROTATE
1 BRAKE FLUID SERVICE
1 COOLANT FLUSH & REFILL

+Multi-point Inspection including:

★ Brake Check	★ Charging System
★ All Fluid Levels	★ Battery Health
★ Suspension	★ Engine Compartment
★ Lights	★ Tires – Tread and Pressure
★ Belts & Hoses	★ Wiper blades and motor operation
★ Radiator & Coolant	★ Plus... Road Test!

*Most cars/ light trucks. Oil service includes up to 5qts. of European oil and new oil filter. Some vehicles require additional oil. Tax is extra. Cannot combine with any other offers. Limited time only. Expires 8/31/2025

www.wernerseliteauto.com
506 1/2 E Euclid Ave, Indianola | (515) 259-0122

8 CRITICAL observations and questions for families choosing a memory care community

As Alzheimer's disease and other dementias progress, individuals often require full-time support with daily activities such as bathing, dressing and eating. For many families, balancing caregiving with work, distance or health concerns becomes unsustainable, making memory care a necessary option.



Here are eight essential considerations to guide families in selecting the right memory care community:

1. Environment and design: The layout and feel of the community should be welcoming, calming and safe. Look for natural light, secure outdoor areas, simple navigation and comforting design elements.

2. Care philosophy: Ask about the community's approach to care. Do they offer person-centered care tailored to each resident's preferences? Are programs designed to keep

residents engaged based on individual interests?

3. Staff training and expertise: Inquire about staff qualifications and ongoing training. Important questions include: Are caregivers trained in specific types of dementia? Is there access to medical professionals with geriatric or behavioral health expertise?

4. Activities and engagement: Residents benefit from meaningful activities that support their social, physical and emotional needs. Ask for an activity calendar and observe whether programming includes recreational, intellectual and spiritual options.

5. Peer group compatibility: The size of the community and the cognitive levels of other residents can impact your loved one's experience. Ask how many residents are at a similar cognitive level. Too great a mismatch may lead to disengagement or isolation.

6. Family communication: Frequent and open communication is vital. Ask whether the community involves families in care planning and provides updates about your loved one's well-

being, including any health changes.

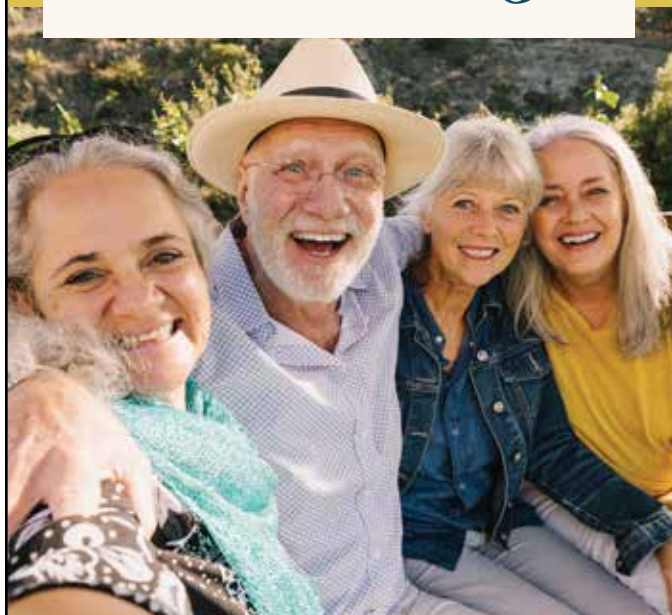
7. Licensing and survey results: Request recent state survey results or inspection reports. These provide insight into the community's compliance with safety, care and staffing regulations.

8. Length of stay and end-of-life support: Ask whether your loved one can remain in the community as their condition progresses. Some communities have limitations based on care needs. Clarify policies around hospice care and whether the community supports residents through end-of-life stages.

Visiting communities, asking the right questions, and understanding care philosophies can help ensure your loved one receives the support, safety and dignity they deserve. ■

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.

SEEING IS
Believing



It's knowing that an old friend may greet you at the door and the sense of belonging to a close-knit community. It's cozy common areas and the home-style cooking that make it feel just like home.

Is your loved one in need of additional care? Visit us today to explore our community and discover the convenience of personalized care, health and wellness programs and engaging social events. At **Addington Place of Des Moines** Assisted Living and Memory Care, seeing is believing.

**Schedule Your Tour Today and
See All We Have to Offer!**

ADDINGTON PLACE
OF DES MOINES
An Arvum Senior Living Community

515.992.2877 • AddingtonPlaceOfDesMoines.com

5815 SE 27TH Street, Des Moines, IA 50320

ASSISTED LIVING | MEMORY CARE

©2025 Arvum Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed and Operated by Arvum Senior Living. APDM-0039 5/25



WATER, weed and mulch

July has arrived, and we are heading into the warmth of summer, so our mantra for now is “watering, weeding and mulching.” There are some other things to do, but let us start with our month’s mantra.

Watering is very important now. Even if we are getting some rains, we may not be getting enough for our containers, veggies, gardens and trees. As the temps go up, evaporation becomes more of an issue, so water earlier in the morning so the water can soak in before evaporating in the hot sun. Containers may need daily or at least every-other-day watering. For trees, let your hose barely drip on the tree for 30-45 minutes once or twice a week if we are not getting much rain. Water garden plantings and vegetables by hand instead of using a sprinkler. This will help conserve water and make sure each plant — not the surrounding soil — gets water.

Weeding needs to be kept up. If you used Preen earlier in the spring, now is the time to use it again, helping to keep summer and fall weed seeds from germinating. Pull weeds in garden beds and in the vegetable garden to keep everything looking tidy and prevent weeds from being able to overwinter and be a problem next spring.

Be sure to keep mulching through this month. Mulch will help keep moisture around your plantings and keep the soil cooler in the heat of the summer. It will also act as a weed barrier, and, if you watch, you should be able to get it on sale...bonus! If you didn’t mulch your trees, now is the time to get it done. This will help maintain moisture through the fall, going into winter.

Other things to do include harvesting from your vegetable garden regularly (daily if possible). You can enjoy the fruits of your labor, and, by harvesting, you give your plants more energy to produce more produce. Deadhead your perennials and your annuals. This will encourage them to rebloom and keep the gardens looking tidy. Do you have some cool season annuals in your containers? Now is the time to swap them out for summer annuals and keep those containers lush until fall.

If you have a pollinator garden, take note of when your plants are blooming and consider finding some plants to put in to be sure to have blooms from spring into fall. Columbine, scarlet or red beebalms, Rose Rhinestones penstemon, Hot Lips or Black and Blue salvia, cardinal flower, catmint, hosta, and Peachie’s Pick stokesia are all perennials that can be added to have that spring to fall bloom for the pollinators.

Though there are things to keep doing in the gardens, remember to take time to enjoy your garden and the fruits of your vegetable garden while having a cup of coffee in the morning or a refreshing drink in the evening. If you do not have your own garden, take time to visit a public garden or visit with a friend or neighbor to enjoy their garden. ■



Information provided by Barry Laws, co-owner, Quilted Gardens Nursery and Landscaping, 19635 130th Ave., Indianola, 515-720-3089, www.quiltedgardens.com.



QUILTED GARDENS NURSERY

July & August: OPEN BY APPOINTMENT
Call or Email to set up a time.
We still have many unique and special plants, shrubs and trees available!
Check our website for Inventory

Opening with regular hours in September for Fall Planting & Bulb Sales
Not just the Usual, but the Unusual, too!
19635 130th Avenue, Indianola • 515-720-3089 • quiltedgardens.com

Summer Lovin' with a summer bouquet!



Bellflower
FLORIST & GIFTS LLC

For Any Occasion!
515-410-2397
 2251 Sunset Drive Suite C
 Norwalk, Iowa 50211

Veteran Owned

bellflowerfloristandgifts.com





CENTRAL IOWA'S PREMIER ROOFING COMPANY

**ROOFING • SIDING • DECKS • ADDITIONS
 REMODELS • & MORE**



**WHEN YOU SUFFER ROOF DAMAGE, YOU HAVE A CHOICE.
 CHOOSE THE BEST,
 CHOOSE LOCAL.**

ROOFING • SIDING • DECKS • ADDITIONS • REMODELS • & MORE

CALL OUR TEAM TODAY!
(515) 689-3700!
Locally Owned & Operated



IMPORTANCE of using hearing protection devices

A recent study by the National Institute for Occupational Safety and Health (NIOSH) found that 53% of noise-exposed workers did not consistently use hearing protection when exposed to hazardous occupational noise.¹

This is an alarming statistic, as more than 22 million U.S. workers currently face exposure to hazardous noise at work. Younger workers age 18–25, females and smokers were the least likely to wear hearing protection devices (HPDs).

Those who worked in industries with the least noise exposure (like finance and social assistance) were less likely to wear HPDs. However, just because exposure to hazardous noise is less common in their line of work does



not mean there are no instances where they could benefit from using hearing protection. Further education on the potential for damage and the advantages of using HPDs should be discussed in those industries.

Surprisingly, some industries where noise is a well-recognized hazard were found to have a high prevalence of HPD non-use as well. These include agriculture, forestry, fishing, hunting (74%) and construction (52%).

This is another indicator that education and training about the importance of proper and consistent use of HPDs are critical. Additionally, workers need access to HPDs that are both comfortable and still allow them to communicate effectively with their coworkers and hear what they need to in order to perform their jobs safely.

If you are exposed to loud noise at work, here are steps you can take to protect your hearing:

- **Wear hearing protection:** Your audiologist can work with you to find the right earplugs to protect you from unsafe noise levels at your job.

- **Get routine hearing screenings:** Being proactive will allow you to catch and treat hearing loss sooner.

- **Take noise breaks:** Giving your ears some time away from a loud environment helps reduce your overall noise exposure.

Do you work, or have you worked, in a noisy environment? Contact your local audiologist to get a hearing health checkup as soon as possible. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.IowaHearingCenter.com. 1 Green, D. R., Masterson, E. A., & Themann, C. L. (2021). Prevalence of hearing protection device non-use among noise-exposed U.S. workers in 2007 and 2014. *American Journal of Industrial Medicine*. <https://doi.org/10.1002/ajim.23291>.

Protect your HEARING

Which hearing protection is best for you?

Call (515) 416-5990 to schedule an appointment today!



IOWA HEARING
CENTER

1228 Sunset Dr., Ste. B
Norwalk, IA 50211

www.IowaHearingCenter.com



Kelly Cook, Au.D., CCC-A
Doctor of Audiology

We proudly fit
oticon
life-changing technology

DISPELLING the myths of acupuncture

Unraveling the truth behind the ancient practice

Acupuncture, an ancient medicine with roots in Traditional Chinese Medicine (TCM), has persevered for centuries and has become increasingly popular worldwide. Yet, despite its prevalence, acupuncture remains shrouded in mystery and misconception. Let's unravel some of the myths about this ancient medicine.

Myth 1: Acupuncture is nothing more than a placebo. A common misconception is that acupuncture's effects are primarily psychological. Critics often label it a placebo, dismissing the possibility of real benefits.

Multiple scientific studies have shown that acupuncture can elicit biological responses that can now be measured. Research demonstrates that needling specific points can stimulate nerves, muscles and connective tissue; increase brain waves; and increase blood flow, which releases endorphins and neurotransmitters.



Placebo response may play a role, the same as it does in Western Medicine, but the evidence is presenting otherwise.

Myth 2: Acupuncture is painful and dangerous. This can depend on the practitioner. Licensed acupuncturists have extensive training and education in needle techniques, including a technique that "dry needling" was derived from. Generally, acupuncture is painless, with the most sensation being a tiny prick as the needle is inserted. Most people rest very relaxed and often fall asleep during their treatment.

Myth 3: There is no scientific evidence supporting acupuncture. It is safe to say there is more and more scientific evidence in research studies that have been done here in the U.S. over the last 10 years. Prior to this time, there is research in Germany, China, Japan, Korea and England that goes back more than 50 years. As with any research you search, evaluate the quality of the research and the sources of funding.

Myth 4: Acupuncture is only for chronic pain. It is true that acupuncture is widely sought

for pain relief, but its scope is far broader. In Traditional Chinese Medicine, acupuncture is used to address a spectrum of physical, emotional and even spiritual ailments ranging from digestive disorders and allergies to anxiety, insomnia and infertility.

Myth 5: Acupuncture is not compatible with modern medicine. Acupuncture and Chinese Medicine is a very integrative medicine. Licensed acupuncturists in Iowa are required to have more than 800 hours in Western Medicine education including disease pathology, physiology, pharmacology, microbiology, physical exam and advanced diagnostics in addition to their Chinese Medicine education, totaling more than 3,000 hours for the master's degree and 4,200 for their doctorate degree. ■

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.

dedicated
to your
healing

Chiropractic Care | Acupuncture | Gua Sha
Chinese Herbal Medicine | Shonishin | Cupping
Moxibustion | Massage Therapy | Yoga | Meditation



THE LOTUS BLOSSOM

A Community of Healing Professionals

14849 130th Ave., Indianola
thesoaringcrane.com



The Soaring Crane, LLC
Dr. Renee Dalrymple, L.Ac.
515-962-9093
Doctor of Acupuncture & Oriental Medicine
Diplomate in Acupuncture & Chinese Herbal Medicine
Certified SEED meditation instructor



Chiropractic Traditions
Dr. Nikki Enos, DC
515-962-2015
Uses hands-on, specific adjustments to correct your alignment.
Uses MyoVision Technology to detect where the nerve irritation is located and to what degree the nerve is irritated.

Glow Into Summer with vIVid Life Spa



Let the skincare experts at vIVid Life Spa help you shine all season long.

From custom spa facials and Hydrafacials, to SPF must-haves, lash lifts, botox and laser hair removal — we offer results-driven treatments designed to refresh, protect, and perfect your summer glow.

- ✦ Personalized skincare
- ✦ Summer-ready services
- ✦ Expert care in every treatment

Book online or call today — your skin will thank you.

vIVid Life Spa
Where your glow begins.

NEW LOCATION
1951 E. 18th St.
Suite 105
Opening July 7th

Follow us on social for updates!



(515) 850 - 7848

vividlifespaspa.com

WELLNESS

By Mackenzie Duffy

COMMON questions about Botox

As the patient care coordinator for a med spa, I get a variety of questions about Botox. Some questions are what you would expect from curious new clients: What's the cost? How do I know how many units I need? Those questions are best answered during a skin consultation with an injector, but here are some commonly asked questions that I can answer:

Can I get Botox if I'm allergic to bees? Yes.

This question refers to the commonly held misconception that Botox contains bee venom. While there are skincare products that include bee venom, neurotoxins do not.

Should I avoid alcohol before my tox appointment? It's recommended to avoid alcohol 24-48 hours before your tox appointment. Alcohol is a blood thinner, which can increase your chance of bleeding during, or bruising after, your treatment.

How long until I see results? It takes 14 days to see the full effects of neurotoxins. Sometimes, one part of the treated area will show results before the other parts do. To avoid over-treating, injectors wait two weeks before doing any touch-ups.

What does aftercare look like? After your treatment, avoid touching or rubbing the treated area for 24 hours. Also, stay seated upright for four hours, refrain from excessive heat or exercise for 24 hours, and don't consume alcohol for 24 hours.

How long does tox last? Results vary based on the brand and amount, but, on average, tox lasts from three to six months. ■

Information provided by Mackenzie Duffy patient coordinator, Vivid Life Spa, 1951 E. 18th Street, Suite 105, Norwalk, 515-850-7848, vividlifespaspa.com



FAITH

By Tom Vanderbilt

WHAT to do with freedom

In 1995, Mel Gibson starred in “Braveheart,” a film about the life of Scottish knight, William Wallace. Much of the dialog is fictitious and full of creative license, but there's one scene that always stirs my heart. Before the first real battle of the movie, the movie depicts Wallace addressing his army. He says: “I am William Wallace. And I see a whole army of my countrymen here in defiance of tyranny. You have come to fight as free men, and free men you are. What would you do with that freedom?”

In Galatians chapter 5, under the inspiration of the Holy Spirit, St. Paul writes these words: “For freedom, Christ has set you free; stand firm therefore, and do not submit again to a yoke of slavery” (Gal. 5:1a). Everything about the mission, ministry and message of Christ is about freedom. The sick are freed from their illnesses. Sinners are freed from the shame of sins. Some are freed even from death. Jesus' whole mission was an operation of liberation. So, also, you have been freed from worrying about your sins because they are forgiven through Christ's death. You have been freed from the fear of death because Christ is risen, and death is not the end. Forgiveness, eternal life and salvation are yours. Freedom for all eternity.

What will you do with that freedom? ■

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



Free Meal AT THE PAVILLION

Wednesdays June 4-August 20
Moats Park • 5:30-7PM

Join us to eat a free meal and eat with
the community in Moats Park!



2214 E 2nd Ave | PO Box 174 | Indianola
mt-calvary.com | 961-4321

SUNDAY SERVICES: 8AM & 10:30AM

AN 'UPLIFTING' volunteer

Wigeland is the heart of the U.S. Ballooning Hall of Fame.



Becky Wigeland and husband, Gil, in Albuquerque last fall after being honored for her dedication to ballooning and many years of service.

Becky Wigeland and her first husband, Jerry, purchased their balloon, "Luck of the Irish," in 1975 and were active balloonists until 1992. She started on the Nationals board in 1983, was head of the Nationals in 1984 and remained on the board through the transition into the National Balloon Classic in 1988.

Shortly after, Wigeland joined the National Balloon Museum Board and served as president for 13 years.

"I mentioned to Maxine Weinman that, if she wanted to retire, I'd love to take over the museum, and she was thrilled to pass over the reins of the historic volunteer job," she says.

Wigeland took on the job of volunteer curator of the museum after retiring from a 33-year teaching career. In her 21 years at the museum, it grew tremendously, and, today, she is still a familiar face and tremendous volunteer, dedicating many hours to hot air ballooning in Indianola.

In addition to her dedication to the museum, Wigeland is also credited with bringing another major ballooning event to Indianola — the U.S. Ballooning Hall of Fame — in conjunction with the Balloon Federation of America (BFA).

Wigeland says, in 2000, a group of Iowa Sport Museums formed an alliance to better promote themselves. Those included were The Iowa Baseball Museum in Norway, The Iowa Hall of Pride in Des Moines, The National Balloon Museum in Indianola, The National Motorcycle Museum in Anamosa, the National



Becky Wigeland, left, with 2024 Hall of Fame Inductee Orvin Olivier and his family.



Becky Wigeland was honored in Albuquerque last fall for her dedication to ballooning and many years of service.

Sprint Car Hall of Fame and Museum in Knoxville, and the University of Iowa Athletics Hall of Fame in Iowa City.

After attending several meetings, Wigeland noticed that all the other organizations had a Hall of Fame. When she asked Phil Bryant of the BFA why they did not have one, he told her it was "something they had been discussing." That's when Wigeland went to work and started the

2025 U.S. Ballooning Hall of Fame

Sunday, July 27, 11 a.m. to 2 p.m.
National Balloon Museum

Inductees include:

- **Ruth Ludwig Lind** (Post Mills, Vermont) – Lind has been flying balloons all around the world since 1979, including hot air, gas, Rozière and air ships.
- **Mark Semich** (Coeur d'Alene, Idaho) – Semich, who passed away in 2007, started hand gliding in 1937 and also designed and built the Semco Balloon System.
- **Rob Bartholomew** (Carlisle, Iowa) – Bartholomew is retiring after being in ballooning since 1974. The only Iowan to win the U.S. Nationals, he was also a pilot instructor, and he and his wife built and repaired balloons.

U.S. Ballooning Hall of Fame.

Ed Yost was the first person inducted into the Museum's Hall of Fame in 2004. More than 21 years later, the hall of fame is still growing and inducts two to three pilots each year. Wigeland and her husband, Gil, work closely with the BFA to get recommendations, connecting with the pilots to gather information and photos and planning the ceremony each year. ■

NATIONAL Balloon Classic is ready to launch

Part 2 of a 2-part series.

Last month, Indianola Living magazine featured The National Balloon Classic, the National Balloon Museum and the Balloon Federation of America (BFA). The women who lead these organizations are working to preserve ballooning's rich history, uphold the highest safety standards and deliver an unforgettable, family-friendly experience that draws visitors from near and far. Each plays an interconnected role in creating the meaningful experience that defines hot air ballooning in Indianola.

The National Balloon Classic is nine thrilling days of balloon launches, competitions, entertainment and fun for all ages. Executive Director Staci Scheurenbrand and her team work tirelessly to ensure that the serene morning ascents and breathtaking evening glows are safe, well-coordinated and memorable for all.

Just down the road, Kendra Minks leads the National Balloon Museum, home to the prestigious Ballooning Hall of Fame. Although the museum remains temporarily closed for renovations following a fire, its mission is alive and well as Minks is involved in planning the annual Hall of Fame induction ceremony, held on the first Sunday of the Classic.

As a BFA-sanctioned event, the Classic is held to rigorous national safety and operational standards. The BFA works in close coordination with agencies like the FAA, NTSB and NOAA to promote safe flight practices and pilot education. Throughout the week, Denise Day, BFA operations manager, will be onsite, serving as a key resource for



The National Balloon Classic, the National Balloon Museum and the Balloon Federation of America (BFA) — and the women who lead them, from left, Staci Scheurenbrand, Kendra Minks and Denise Day — are working together to keep hot air ballooning a vital part of the community.

pilots and crews. Her presence ensures that real-time questions and concerns are addressed, reinforcing the BFA's commitment to safety and professionalism.

Together, these organizations form the heart of Indianola's ballooning community. Through their shared mission and seamless collaboration, they connect a storied past with a vibrant present and are boldly looking into the future.

"Hot air ballooning continues to change, and we are seeing more racer balloons designed for competition rather than for leisure and relaxation," says Scheurenbrand. "Being on the championship board in Indianola holds a lot of weight, and that's why we're attracting more pilots each year, including many from all over the world."

Morning flights begin on Saturday, July 26, and the gates are open from 6 a.m. to 9 a.m. Guests can enjoy watching the competition flights as weather permits.

Gates open again at 4 p.m., and hot air balloons are scheduled to launch each evening at 6:30 following the pilot briefing and weather reports. General admission tickets include all evening entertainment, so that means, even if balloons are not able to launch due to weather conditions, all other scheduled entertainment will go on unless there are safety concerns.

Each night there will be a live band on the TruBank Stage as well as other scheduled events that include:

- "The Sky is Alive" 3D Drone Show, Friday and Saturday, July 25-26, and a second, unique show on Thursday, Friday and Saturday, July 31 and Aug. 1-2 at dark.
- Nite Glow, Sunday, July 27, at dusk,
- Colossal Kites, Monday and Tuesday, July 28-29.
- Nite Glow Extravaganza, Wednesday, July 30, at dusk.

For more information about pilots competing this year as well as a complete schedule of all activities, visit nationalballoonclassic.com. You can follow The Classic on Facebook for daily up-to-date information on the status of balloon flights and activities. ■

MORE THAN JUST A JOB...

Have a meaningful career!

If you love our publications, you'll love working with us!

If you are a motivated sales representative with attention to detail and a solid work ethic who wants to work where you live, then we want to talk with you.



IOWA
Living
MAGAZINES

Benefits include unlimited earnings potential, health insurance, dental insurance, life insurance, AD&D, long-term disability, paid vacation and sick time in a casual, family-owned working environment.

Contact Jolene Goodman at 515-326-0082 or email your cover letter and resume to jolene@iowalivingmagazines.com

RIBBON cutting

A ribbon cutting was held for Ellis Law Firm, 2007 N. Sixth St., on June 26.



Ellis Law Firm, 2007 N. Sixth St.



Chris and Brian Berry and Chris Lorenz



Pre-ribbon cutting comments by Ryan Ellis



Arlette Kuehl and Linda Morris



Jen Schrodder and Larry Mason



Karey and Linda Samson



Allyson Orwig, Damon Nuss and Lori Orwig



Bailee Ellis and Keagan Reeves



Rick Wilson and Wyatt Kaldenberg

RIBBON cutting

A ribbon cutting was held for Fellows & Blake Financial Advisor Chase Geiger, 700 E. Second Ave., on June 26.



Fellows & Blake Financial Advisor Chase Geiger cuts a ceremonial ribbon.



Jill Downey and Chase Geiger



Chelsea Grenier and Haley Swanson



Stacey Geiger and Amanda Zwanziger



Stan and Eileen Thompson



Keri Blake and Jared Bienemann



Scott Gray and Paula Chu

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

AUCTIONS

Kramer Auction Service. 1,700+ Lots of Guns & Vintage Sporting Goods. Online Catalog at www.kramersales.com Closes July 17th at 9 am. 300 S. Marquette, Prairie du Chien, WI. (mcn)

Discover the Hamilton-Maring Auction Group difference today. Where quality meets opportunity, and every auction tells a story. Contact us now to learn how we can turn your assets into opportunities! 800-801-4502 Email: info@hmauction.com (mcn)

LANDPROZ REAL ESTATE: Land brokerage and auction company specializing in farming and hunting auctions across the Midwest. Whether you're buying or selling, we can help. Landproz. com 507-373-5660. (mcn)

Consign Now! 27th Annual Fall Machinery Auction, Sat. Aug. 16, 9AM. Live & Online. Deadline July 31. Farm, livestock equipment welcome. Call Randy 507-360-2650. www.randybuntjerauction-andrealtyllc.com (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855 977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-833-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

EMPLOYMENT/HELP WANTED

Richland Family Dental is seeking a dedicated hygienist for our growing practice! Competitive salary. Benefits package. Flexible work environment. Send resume to info@richlandfamilydds.com or call 608-647-8868 Richland Center, WI. (mcn)

FINANCIAL

ASSOCIATES: Earn HUGE Money Every day Just Sharing This Phone Number. Daily Pay, Call 24/7: 701-732-1218, I.D. #00124 ShareClubUSA.com (mcn)

Inflation is at 40-year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

FOR SALE

TRAILERS - We Stock Trailers by ALUMA, HAULABOUT, LIGHTNING, MISSION, EZ-HAULER, QUALITY STEEL, and ALUMINUM. Knowledgeable Sales Staff - Competitive Prices. HI-TECH MOTORWERKS - 507-373-2464, hitechmotorwerks.com. com ALBERT LEA, MN - INTERSTATE 90, EXIT 157 (mcn).

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-650-5916. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest#6258 (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-833-816-2128. (mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4410. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1480. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

John Wayne Birthplace Museum: Open 7 days a week Mar. - Nov. 10-5, Dec. - Feb. 10-4. John Wayne Birthday celebration May 2026. 205 S. John Wayne Dr., Winteret, IA, johnwaynebirthplace.museum. (mcn)

Iowa Gold Star Museum - collects, preserves and exhibits materials that illustrate the story of Iowa's military history. Open Tues. - Fri. 9-3, Sat. 10-2. 7105 NW 70th Ave., Johnston, IA, www.iowagoldstarmuseum.iowa.gov (mcn)

Family-owned Waukee Power Equipment - great selection: Lawn mowers, snow blower, other equipment (Stihl, Honda, Turf Equipment, Toro, eXmark) and repair. (515) 987-2222, 112 W. Hickman Rd, Waukee, IA, www.iowapowerequipment.com (mcn)

Reach over 1.5 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-462-2330. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6323. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-787-0248 (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured par-

ties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-879-1534. (mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-833-641-6779. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

No more cleaning out gutters. Guaranteed! LeafFilter is the most advanced gutter protection for your home, backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-855-577-1268 to schedule a FREE inspection and no obligation estimate. Plus get 20% off! Seniors and military save an additional 10%. Restrictions apply, see representative for warranty and offer details. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer - up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

RV/CAMPERS

WE NEED YOUR CAMPER! Top dollar for your trade. We also purchase campers. We have excellent pre-owned inventory plus new Grand Design, Montana, Brinkley, more. (515)462-9800, Bevington, IA, www.glvcr.com (mcn)

WANT TO BUY

All Military Items Wanted: WW1, WW2, Korea, Vietnam. Medals, knives, helmets, daggers, uniforms, all items wanted. Also, Indian arrowheads and artifacts. Single items or collections. Paying cash. 563-581-9568. (mcn)

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-833-641-6646. (mcn)

WE BUY VINTAGE GUITARS! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-833-641-7028. (mcn)

AUTOS/MISC

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

SunSetter. America's number one awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-914-1148 (ACP)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-305-1535 (ACP)

Inflation is at 40 year highs. Interest rates are way up. Credit cards. Medical bills. Car loans. Do you have \$10k or more in debt? Call National Debt

Relief and find out how to pay off your debt for significantly less than what you owe! Free quote: Call 1-844-955-4930 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now! for as little as 70c/day! 833-890-1262 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 9/30/25. 1-844-501-3208 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher). No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

No more cleaning gutters guaranteed! LeafFilter - most advanced gutter protection, backed by a no-clog guarantee & lifetime warranty. 833-610-1936 to schedule free inspection & estimate. Get 20% off! Seniors/military save extra 10%. Restrictions apply, see rep for warranty & details (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads#6258 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a free 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

SERVICE DIRECTORY

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 833-640-4753 Have zip code of property ready when calling! (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-887-0117. Have zip code of service location ready when you call! (ACP)

MEET Nathanael Smale

Returning to where it all began

A familiar face is back at Indianola Community School District, and he is ready to make music.

"ICSD is where I found a second home during my college days and early career," Nathanael Smale, new high school vocal teacher, says. "I'm excited to be in a place where there is such strong support for the arts — especially music."

Smale has a deep appreciation for music.

At just 5 years old, he knew what he wanted to be when he grew up.

"It was either a singer or a teacher," he says. "Little did I know that I could do both in one of the greatest jobs on the planet."

Smale earned his bachelor of music in music education in 2018, as well as his master of music in choral conducting in 2021 — both from Simpson College.

His first teaching job was the K-5 general music and fifth-grade chorus teacher at Emerson Elementary. He also co-directed the high school musical, "Newsies," that year with Mr. Finn. Most recently, he spent six years teaching at Norwalk High School, directing the curricular choirs for grades 7-12 as well as the show choirs.

"Our 'instrument' is part of us, so that makes vocal music deeply personal," he explains. "Being in choir takes a lot of courage because you not only share your voice, but also your emotions and identity with directors and the other students."

Smale teaches students to find healthy ways to make beauty with their voices in a variety of styles. He also likes seeing how composers use lyrics to dictate the music or how they use music to depict and shape the meaning of words. People sing with greater intent and musicality when there is a connection to the lyrics, and Smale enjoys watching students connect with a song on an emotional level and feel the music come to life.

Ultimately, Smale wants everyone to feel welcomed and cared for in his classroom, and he expects his students to carry that same attitude toward their fellow ensemble members. Teamwork and collaboration are vital to the group's success.

Smale is ready for the new school year and to work alongside Val Hagener, whom he student taught under. He's excited about the steady growth of Indianola's show choirs in recent years and is ready to step in and continue to build on those successes. He likes what he does and wants to see students do the same — whether in the choral classroom or elsewhere,

When he's not at school, Smale enjoys spending time with friends and family, trying delicious foods, and geeking out over musical theatre. In fact, he can belt out musical theatre at a moment's notice. Some of his favorite shows include "Hadestown," "Ordinary Days," "Six" and "Once On This Island," to name a few. ■



Nathanael Smale says teaching choir is rewarding because everyone in the ensemble is vital to its success, which helps students feel appreciated and valued.

DID YOU eat today?

I'm very rarely the type that "forgets" to eat. OK, so it's "never;" I'm never the type who forgets to eat. I've heard tell of people who are routinely so focused on some task they're doing that thoughts of food never cross their minds, but it's hard for me and my stomach to imagine that. My alarm system works perfectly. Not to brag, but that's a good feature to have.

God's word is described in food terms a number of times. It's our "daily bread," and its truths are called "solid food." Perhaps the most telling metaphor Scripture uses is found when it says, "Like newborn infants, desire the pure spiritual milk, so that you may grow by it for your salvation, since you have tasted that the Lord is good." — 1 Peter 2:2-3.

There's never a time in our lives that we need to be consciously taught the fact that we need food to keep living. We have a natural hunger that leads us to eat. But it's a sad truth that we don't naturally realize the same is true about what God has said. God's word is vital for our lives — for true wisdom, for true perspective, for true insight. It is essential for existence.

And it is essential for growing into maturity. It is to our own detriment that we forget this. If God's word is only a relic from your past, it is beyond question that you have stopped growing spiritually. "I used to read the Bible" is similar to saying, "I used to eat when I was a teenager but stopped after I went to college. I didn't need it anymore." That sounds silly, but it's really not pushing the metaphor too far. God's word is milk — the spiritually immature must have it even in order to live. God's word is solid food — anyone who would grow must have a steady diet of it. Even Christ himself said this when facing temptation. "But He answered, 'It is written: Man must not live on bread alone but on every word that comes from the mouth of God.'" — Matthew 4:4.

Find a group of people committed to what God has said and join with them this coming Sunday. Ask them to help you learn more about what God's word says and how it will feed you for maturity. ■



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

SUPPORT LOCAL

RIGHT HERE IN
INDIANOLA!

Indianola's Collision Experts!
Family Owned and Operated Since 1995

Details Plus
COLLISION CENTER



807 W 2nd Avenue, Indianola | 515-961-0984 | detailspluscollisioncenteria.com

**SUPPORT YOUR LOCAL
FAIR FOOD STANDS!**

WARREN CO FAIR JULY 23-28



ALL AMERICAN FOOD® 109 EAST 2ND AVENUE, INDIANOLA • 515.961.3553



**Stay cool &
shop local!**

North of the Square | 114 W Ashland Ave, Indianola
Thur. 10-6 • Fri. 10-5 • Sat. 10-2



THE STITCHING PLACE



BABY LOCK SALES AND SERVICE



(515) 961-5162
127 N BUXTON STREET
INDIANOLA, ON THE SQUARE
WWW.THESTITCHINGPLACE.COM



FAMILY OWNED, BACK TO BASICS
Family Friendly

Kids Menu Available!

- Grilled Cheese • PB&J's
- Chix Nuggets • Fruit Snacks



UNDER NEW OWNERSHIP

111 W Salem Ave, Indianola | 515.961.9681 | ugcoffeehouse.com



Advertise Here
for as little as

5¢
per
household!

EMAIL ME TODAY!

jim@iowalivingmagazines.com



NEW HEIGHTS CHURCH

ONE SERVICE 9:00AM
SUNDAY MORNINGS

Live Stream at 9:00 am
newheightschurch.org

200 E. 1st Ave.

515-442-5111