

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Warren County residents share their favorites.



Meet Heather Veach
EDUCATION

Mom's chicken salad
RECIPE

Maximillions' Muddy Puddles
aims to make a splash
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IOWA'S NEW HANDS FREE DRIVING LAW



By Wyatt
Kaldenberg

Iowa's new hands-free driving law officially went into effect on July 1, 2025. The law's main purpose is to reduce distracted

driving across the state. The law was overwhelmingly approved by the Iowa Senate in a 47-1 vote and signed into law by Governor Kim Reynolds on April 2, 2025. Under this new law, drivers are prohibited from holding, viewing or manipulating any electronic device while operating a motor vehicle, unless the device is being used in hands-free or voice-activated mode.

What Counts as an "Electronic Device"?

The law takes a very broad approach as to what qualifies as an electronic device. It includes, but is not limited to:

- Cell Phones
- Tablets
- Gaming Devices
- Any device used to compose, send, receive or read electronic messages

The law does not include devices that are physically or electronically integrated into the vehicle. However, the law implies an exception to that rule that using an on-screen GPS integrated into the vehicle may violate the law unless the destination of the GPS has been entered before the vehicle is in motion.

"Hands-Free Mode" – What Does That Mean?

"Hands-Free" or "Voice-Activated Mode" is defined as any feature or attachment that allows a driver to operate the device with verbal commands or a single touch.

The single touch exception allows a driver to activate or deactivate the device with a single touch. The law is ambiguous on what a single touch encompasses, making it unclear if answering a call with a single touch and ending the call with a single touch would fit into the exception.

However, regardless of whether a device is in hands-free or voice-activated mode, Iowa drivers may not do any of the following:

- Read messages
- View notifications
- Make video calls
- Live stream

When Can You Use Your Device?

You can legally use your device, whether or not it's in hands-free or voice-activate mode, if

- Your vehicle is at a complete stop and off the traveled portion of the roadway
- Your vehicle is at a complete stop, you are unable to completely get off the traveled portion of the roadway, but your vehicle is as far from the center of the road as practical

This would imply that you may NOT use your device while stopped at a red light or in traffic.

Exceptions to the Law

There are several exceptions where using a device while driving is permitted, including:

- Receiving emergency or weather alerts
- Reporting an emergency or staying in contact with emergency services
- Operating agricultural machinery such as tractors, sprayers, combines, etc.
- Law enforcement and emergency personnel while performing official duties
- A few narrow exceptions also exist for specific professional activities

Although the law is now in effect, law enforcement officers may only issue warnings until January 1, 2026. After that, violators will be subject to fines. Drivers are encouraged to familiarize themselves with the new law and begin adjusting their habits accordingly. The adjustment may be small, but the impact could be lifesaving.

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Residents' Choice. Those two simple words have a lot of meaning to those who are recognized and those who seek out the people, businesses, places and events that are honored.

Yes, we have once again compiled the results of our local Residents' Choice poll, the only one of its kind. It is truly unique in two significant ways.

First, our poll is mailed to every residential household in the pages of this magazine with a link to an open website. That makes the poll available to every single resident. No exclusions.

Second, our poll has open-ended questions, which means we don't load the ballots with pre-determined answers to try to sway it in a certain way. The results are what they are. You will likely agree with some of them, and you will disagree with others — kind of like political elections. But, in this poll, all who are recognized are winners, and the end result is a great positive for all involved.

Readers of this publication have proven to seek out the winners and spend their time, energy and money with them. The poll results have become a customized search engine of sorts, providing valuable information on the choices of local residents in a variety of categories that are important to them.

Those who have been chosen tell me how much of an impact this directly has on them, their businesses and their organizations. Being recognized for positive contributions is seemingly always great, but when it helps create commerce, it is even better — and this Residents' Choice poll is a commerce-creating machine.

Other organizations are continuing to try to implement polls like ours, but none have the reach and credibility that ours has. You can't blame others for trying to imitate what we do, but you can question how they implement their polls and how many people actually vote in them.

Meanwhile, I thank all of you who took the time to vote in this year's Residents' Choice poll. Your votes do make an incredible difference. And, if you didn't vote, well, there is always next year.

Thanks for reading. ■

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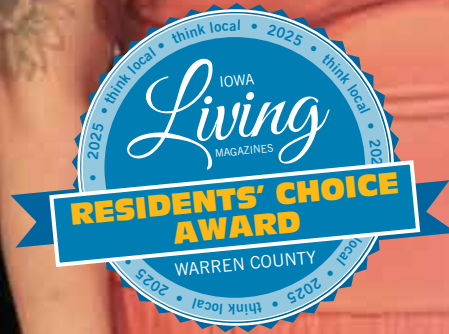
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Sisters Courtney Fitzlaff and Kendra Kyser have brought back a familiar “taste” to Uncommon Grounds Coffee House, and they are serving up something for everyone — including espresso, coffee, tea and other specialty drinks as well as house made scones, muffins, cinnamon rolls and more.

RESIDENTS’ CHOICE AWARDS

**Warren County residents
share their favorites.**



Residents of Warren County have again weighed in on their favorite businesses, people, events and places in the latest Residents’ Choice poll. The poll results share residents’ top three choices in dozens of categories, many of which are extremely competitive with only a handful of votes separating the winner from the runners up. Consequently, we view them all as winners.

Our poll has captured the favor of people who live in the area and who know the businesses, people, events and places of the area best. Some winners are now going

on three or more years at the top of their categories. Their supporters have proven to be a loyal bunch. Others are new to the awards list, showing they have made a good impression over the last year and are building a strong following as well.

Indianola residents do not have far to go to enjoy many of the winners and runners up. Stop in at Crouse Café for residents’ favorite breakfast, Pete’s Pizza for their favorite — you guessed it — pizza, Uncommon Grounds Coffee House for a cup of Joe, West Hill Brewing Company for a cold one and Savor

the Rise for residents’ favorite bakery goods. And that’s just some of the hot spots for food and beverage. Indianola also boasts the favorite boutique, community festival, thrift store and golf course. Read on for the many others.

If you are not familiar with any of the winners, give those businesses, events and places a visit and find out why they are residents’ favorites. And if you did not vote this year, be sure to next time. It may be your vote that makes a difference and lifts one of your favorites into the top tier of the Residents’ Choice poll.

Warren County residents share their favorites ...

(Runners up in alphabetical order. * Denotes a repeat winner.)

Restaurant

*** Winn's Pizza and Steakhouse**

Runners Up: Crouse Café; Pete's Pizza

Restaurant for Breakfast

*** Crouse Café**

Runners Up: Mishmash Eats & Sweets; Savor the Rise

Restaurant for Lunch

*** Winn's Pizza and Steakhouse**

Runners Up: Crouse Café; Mishmash Eats & Sweets

Restaurant for Dinner

*** Winn's Pizza and Steakhouse**

Runners Up: Pete's Pizza; Z's Eatery & Draught Haus

Restaurant for Dessert

*** Wendy's Ice Cream Shop**

Runners Up: Crouse Café; The Outside Scoop

Place for Ice Cream

*** Wendy's Ice Cream Shop**

Runners Up: DQ Grill & Chill Restaurant; The Outside Scoop

Pizza Establishment

*** Pete's Pizza**

Runners Up: Brickhouse Tavern; Winn's Pizza and Steakhouse

Bar

Sunset Lounge

Runners Up: The Hide Out; The Zoo

Coffee Shop

Uncommon Grounds Coffee House

Runners Up: Savor the Rise; Scooter's Coffee

Brewery/Distillery/Winery

*** West Hill Brewing Company**

Runners Up: Iowa Distilling Company; Summerset Winery

Bakery

*** Savor the Rise**

Runners Up: Hy-Vee; Mishmash Eats & Sweets

Catering Company

*** Whip It Good Catering**

Runners Up: Hy-Vee; Mishmash Eats & Sweets

Server / Bartender

Heidi Crouse - Crouse Cafe

Runners Up: Danielle Klages at Z's Eatery and Draught Haus; Keagen Reeves at Sports Page Bar and Grill

Auto Service

Keller's Garage

Runners Up: Chumbley's Auto Care; Downey Tire Pros

Auto Body Shop

Details Plus Collision Center

Runners Up: Foust Auto Body; Smith's Collision Center

Car Dealership

*** DeYarman Ford Indianola**

Runners Up: Gregg Young Chevrolet of Norwalk; Smart Auto Sales

Auto Parts Store

*** O'Reilly Auto Parts**

Runners Up: Carquest Auto Parts - Harvey's Automotive; NAPA Auto Parts

Preschool/Daycare

Purple & Gold Preschool

Runners Up: Crayons 2 Pencils Early Learning Center; Lil' Hands Big Dreams Child Development and Preschool

School

*** Irving Elementary School**

Runners Up: Emerson Elementary; Whittier Elementary

Park

*** Buxton Park**

Runners Up: McCord Park; Moats Park

Community Festival or Event

*** National Balloon Classic**

Runners Up: Norwalk Fourth of July; Warren County Fair

Church

*** Indianola Community Church**

Runners Up: Fellowship Community Church; Indianola First Assembly of God

Pastor

*** Jon Duey, Indianola Community Church**

Runners Up: Brian Williams, Indianola First United Methodist Church; Dan Kirby, St. John the Apostle Catholic Church



When you shop at Indianola's Many Hands Thrift Store, you are helping the organization ignite generosity locally and globally. From left: Jazzy Sween and Kathy George.

Chamber of Commerce

*** Indianola Chamber of Commerce**

Runners Up: Carlisle Chamber of Commerce; Norwalk Area Chamber of Commerce

Grocery Store

*** Fareway Meat & Grocery**

Runners Up: Hy-Vee; Walmart

Boutique

*** Lula Belle Designs**

Runners Up: Adorn Gift and Home; Roots

Retail Store

*** Lula Belle Designs**

Runners Up: Roots; Theisen's Home Farm Auto

Florist

Hy-Vee Floral

Runners Up: Bellflower Florist & Gifts, LLC; Blush and Bloom

Home Improvement Retail Store

*** Cappel's Ace Hardware Norwalk**

Runners Up: Circle B Home Center; McCoy True Value Hardware

Appliance Store

*** Circle B Home Center**

Runners Up: Cappel's Ace Hardware Norwalk; Kappelman Appliance

Liquor Store

*** Hy-Vee Wine & Spirits**

Runners Up: Fareway Meat & Grocery; Spirits World Liquor & Tobacco

FEATURE

Nursery or Garden Center

* Busy Bee Garden Center

Runners Up: Bedwell Gardens; Ted Lare Design + Build & Garden Center

Place to Purchase a Gift for a Man

* Theisen's Home Farm Auto of Indianola

Runners Up: Cappel's Ace Hardware Norwalk; Lula Belle Designs

Thrift Store

* Many Hands Thrift

Runners Up: Goodwill; The Helping Hand of Warren County

Place to Purchase a Gift for a Woman

* Lula Belle Designs

Runners Up: Adorn Gift and Home; Roots

Dad/Child Date Spot

* The Corner Sundry

Runners Up: GIBB'S A&W Restaurant; Pizza Ranch

Mom/Child Date Spot

* The Corner Sundry

Runners Up: Ocean Athletics; Savor the Rise

Place to Take Your Mom and Dad

* Crouse Café

Runners Up: GIBB'S A&W Restaurant; Winn's Pizza & Steakhouse

Place to Take Your Kids or Grandkids

* Pizza Ranch

Runners Up: GIBB'S A&W Restaurant; Wendy's Ice Cream Shop

Place for Children's Birthday Parties

* Crayons 2 Pencils Recreation Center

Runners Up: Indianola Tumbling Center; Pizza Ranch

Event Venue

* The Cottage

Runners Up: Red Acre Barn; Warren County Fairgrounds

Golf Course

* Indianola Country Club

Runners Up: The Legacy Golf Club; Shady Oaks Golf Course

Hair Salon

* Pure Salon AVEDA

Runners Up: Copper + Fringe Beauty Co.; Soul Full



The motto at Keller's Garage is "Service is the Difference" when it comes to providing quality auto repair and maintenance. From left: Richard Swain, Carter Chaplin and Chad Keller.

Health Clinic

* UnityPoint Clinic Family Medicine

Runners Up: MercyOne Family Medicine; The Iowa Clinic

Dental Office

* Norwalk Family Dentistry

Runners Up: Indianola Family Dentistry; Orwig Dental Co.

Orthodontist Office

* Central Iowa Orthodontics

Runners Up: Johnson Orthodontics; Jones Family Dental

Mental Health Services

* Wilkins Counseling Services

Runners Up: Choices Therapy Services, LLC; Magnolia Connection

Chiropractor

* Norwalk Chiropractic

Runners Up: Drees Family & Sports Chiropractic; True Roots Chiropractic

Vision Care

* Optometric Associates

Runners Up: Elite Eye Care; Indianola Vision Center

Health Club or Gym

* Indianola Wellness Campus

Runners Up: Anytime Fitness; CrossFit Undone

Pharmacy

* Hy-Vee Pharmacy

Runners Up: Medicap Pharmacy; Walgreens

Hearing Center

* Iowa Hearing Center

Runners Up: Hughes Hearing Center; Miracle-Ear Hearing Aid Center

Cosmetic Services

* v!Vid Life Spa

Runners Up: Copper + Fringe Beauty Co.; FFC Beauty

Physical Therapy

* Athletico Physical Therapy

Runners Up: 21st Century Rehab; Indianola Physical Therapy

Dance Studio

* The Dance Factory

Runners Up: Ocean Athletics; Superstars Performing Arts

Gymnastics Studio

* Indianola Tumbling Center

Runners Up: Ocean Athletics; Superstars Performing Arts

Tumbling Studio

* Indianola Tumbling Center

Runners Up: Ocean Athletics; Superstars Performing Arts

CBD Store

* Route 69 Vapor

Runners Up: ABC Smoke Indianola; Indy 66 North

Financial Planner

* Seth Lampman, ClearPath Financial

Runners Up: Gretchen Schrock, Country Financial; Todd Lappe, Edward Jones

Law Firm

* Ellis Law Offices, P.C.

Runners Up: Ouderkirk Law Firm; Stuyvesant, Strong, Krapfl & Carda, PLLC

Accounting Firm

* Shull, Schrum, McClafin and Co., Inc.

Runners Up: Accounting Associates of Indianola; Hoover & Associates

Veterinarian

* Indianola Veterinary Clinic

Runners Up: Kindness Pet Clinic; Norwalk Veterinary Clinic

FEATURE

Dog Groomer

* Amore Pets

Runners Up: Nikki's Grooming Pawlor;
Tammy's Tailwaggers

Pet Care

* Amore Pets

Runners Up: Kindness Pet Clinic; Indianola
Veterinary Clinic

Lawn Care Business

Central Iowa Outdoor Services Co.

Runners Up: Warren Lawn Services; Woosley
Landscaping & Mowing

Landscaping Company

Prime Lawn & Landscape

Runners Up: Central Iowa Outdoor Services
Co.; Ted Lare Design + Build & Garden Center

Heating and Cooling Business

* Indianola Mechanical

Runners Up: Bendon Plumbing Heating and
AC; Roberts Heating, Cooling and Plumbing

Electrician

* Miller Electric

Runners Up: Conner Electric; Robison Electric
LLC

Plumber

* Indianola Mechanical

Runners Up: Bendon Plumbing Heating and
AC; Chew Plumbing Company, LLC

Senior Living Facility

* The Village

Runners Up: Holland Farms Senior Living;
Westview of Indianola Care Center

Insurance Company

* Gretchen Schrock - Country Financial

Runners Up: City State Bank Insurance; Lane
Insurance Agency

Realtor

Emily Keller-Lampman, Iowa Realty

Runners Up: Jon Niemeyer, Exit Realty; Josh
Baker, Iowa Realty

Bank/Credit Union

* City State Bank

Runners Up: Peoples Savings Bank; TruBank

Photographer

Tim McConnell Photography

Runners Up: Abbi Garling Portrait Studio; Lena
Rita Photography

Place for Guests to Stay

* Hotel Pommier

Runners Up: Country Inn and Suites Indianola;
Fairfield Inn & Suites Norwalk

Pest Control

Davidson Pest Control

Runners Up: Perfection Pest Management;
Rhoades Pest Control

Tree Service

* Crouse Tree Service

Runners Up: Neer Perfection Tree Service;
Turnbull's Tree Service

Homebuilder

D.R. Horton

Runners Up: Construction by Cambron; Geisler
Construction

Home General Contractor

Edenburn Built LLC

Runners Up: D.R. Horton; Ohnemus
Construction

Exterior Contractor

Edenburn Built LLC

Runners Up: All American Exteriors; Bengard
Roofing ■

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HUMAN advisors vs. AI

The unique value of personalization in financial planning

Artificial intelligence (AI) is becoming a powerful tool in many areas of life, and financial planning is no exception. While there is a growing sense that technology can fulfill all financial needs, it is crucial to recognize that AI, despite its lightning-fast data processing capabilities, cannot offer the personal understanding that a dedicated financial advisor provides.



Effective financial planning and investment management goes beyond the numbers. It must be built around your unique needs, values, risk tolerance, time horizon, stage of life and goals. These elements must work together in a plan that is flexible and prioritizes your individual values. AI, however, is data-driven; it analyzes numbers, patterns and probabilities, which can overlook the critical aspect of personalization. It lacks the ability to navigate emotional

complexities of financial decisions or manage intricate tax strategies and estate planning concerns, all of which play a huge role in long-term financial planning.

The collaborative approach offered by financial advisors is invaluable. A financial advisor works as the quarterback of your financial team, ensuring every piece of your plan works together. Your financial advisor will refer you to a CPA if tax issues may arise or bring in an estate attorney when you need to update your will or trust.

While AI is a beneficial resource for financial advisors by streamlining workflows, enhancing data analysis, predicting trends, optimizing portfolios, and performing calculations, its primary strength lies in efficiency. This allows advisors to focus more on strategic financial planning and building strong client relationships.

Financial advisors play a critical role in navigating the emotional and personal challenges that can influence financial

decisions, such as market fluctuations, the loss of a loved one, unexpected health issues, or other unforeseen events. During such times, individuals require more than an algorithm; they seek trusted guidance and meaningful conversations with someone who truly comprehends their situation.

AI has a place in financial planning, but it is not a substitute for the personalized relationship you get when you have a financial advisor. Before you rely heavily on AI for your financial needs, consider whether it can truly understand your individual situation. Financial advisors are committed to placing you at the center of your financial journey, ensuring that your plan aligns with your specific goals and values. ■

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NEW development in sovereign immunity

In Iowa, claims against municipalities are governed by the Municipal Tort Claims Act, which is found at Iowa Code Chapter 670. Claims against the state are governed by the State Tort Claims Act found at Iowa Code Chapter 669. Both of these acts reflect much of the common law doctrine of Sovereign Immunity, although they do leave open some claims.

The Iowa Supreme Court recently decided a case which gives further guidance to those who must navigate the minefield that these acts present. The court decided the case of *Estate of Kahn v. City of Clermont et.al.* on June 13, 2025. The case involved a mother and daughter who drowned while floating on innertubes on the Turkey River after they went over a low-head dam. Their estates filed suit against the state of Iowa along with the local city, county and conservation board. The defendants sought dismissal and the trial court granted the motions. The Supreme Court disagreed and reversed the trial court's decision.

It was notable that the defendants had partnered to develop a water trail system on the river. Along the path of the river, five signs had been posted warning river users of the upcoming dam. However, four of the five signs were so overgrown with vegetation that users could not see them from the river.

The State Tort Claims Act provides immunity to the state for violations of statutory or constitutional rights. However, the court noted that common law tort claims (like negligence or premises liability) are not subject to the strict pleading requirements under the act.

The Supreme Court also discussed the Public-Duty Doctrine, which protects government entities from claims for injuries resulting from a breach of a duty to the public at large as opposed to the individual plaintiff. Critical to the issue is the question of "nonfeasance" (government fails to act) or "misfeasance" (government affirmatively acts and does so negligently). In general, with nonfeasance, the doctrine applies. With misfeasance, it does not. The state argued that the doctrine of "discretionary function immunity" protected it. The court observed that this presented two inquiries: 1) whether the state exercised an element of discretion and, if so, 2) whether such is the type for which the doctrine is designed to provide protection. The state failed as to the second question.

Finally, the court was presented with the argument for "Recreational Immunity" under Iowa Code Chapter 670.4(1)(o), which bars claims resulting from normal and expected risks inherent to the activity. The court observed that low-head-dam drowning is neither a normal nor expected risk inherent in tubing.

As a result of the Supreme Court's ruling, the plaintiffs were allowed to pursue their cases. ■



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HOSPICE care focuses on quality of time spent together

For James' family, early fall had always meant tradition — a time to slow down, take in the changing colors, and gather for their annual apple orchard trip.

But last year was different. James's health was declining after a long journey with heart failure and COPD. Though he still looked forward to time with his family, he and his wife, Denise, weren't sure how he could fully take part in the outings they had always enjoyed.

Support from an in-home hospice team helped shift the focus from what James couldn't do to what he still could, giving the family space to create meaningful moments in a season they all cherished.

"Hospice began caring for James in late August," Denise recalls. "They helped manage his symptoms, and he was able to join us at the orchard one last time. That afternoon was



something special — peaceful, joyful. A real memory."

When you're exploring hospice care for someone you love, it may feel difficult 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, on a dedicated hospice campus, or as part of a blended approach — and the right option depends on your family's unique situation.

Whatever model you consider, an important question to ask is: "How can the care I'm looking for help my loved one live more fully during this time?"

Many people are surprised to learn that hospice can begin earlier than they think — as soon as a person is diagnosed with a life-limiting illness. Studies show that individuals who receive hospice care early experience greater comfort and improved quality of life. In fact, 80% of Americans say they would prefer to die at home, yet only about 30% do — and hospice can help

close that gap.

If you're supporting a loved one through serious illness, think about how you want the two of you to spend time together. Hospice providers often deliver care right in the home, helping preserve daily routines while supporting the person and their family.

Reaching out to a hospice team can feel daunting, but please keep in mind that compassionate, expert care can ease the burden and help families create moments of connection — especially during cherished seasonal traditions.

"Once hospice was involved, we could focus on the time we had," Denise says. "We didn't know how much we were holding until we could let go of the stress. That fall 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.

RECIPE

By Jolene Goodman

MOM'S Chicken Salad

Lately, I've been hooked on chicken salad — making a fresh batch every week for quick, satisfying lunches and the occasional no-fuss dinner. It is incredibly convenient to have a flavorful, ready-to-eat meal waiting in the fridge. I love its versatility, too, as it is perfect to pile on toast, toss over greens, or simply enjoy by the spoonful.

This version (I can't really call it a recipe) is more of a method passed down from my mother. She never measured anything, but just added a bit of this and a scoop of that, adjusting as she tasted. I have kept that spirit but added a few of my own touches along the way. I sometimes swap out the mayo for Greek yogurt, skip the onions (some family members are not fans), and change up the nuts depending on what I have on hand. I also ditched the sugar in favor of honey or a splash of lemon juice for brightness. Personally, I leave out mustard — but if you love that tangy kick, try stirring in a tablespoon of Dijon for a bold, earthy note.

It's a flexible formula that can be adjusted to your tastes — and your family's. Enjoy! ■

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



Lois' Chicken Salad

Ingredients:

- 3 cups chicken, diced
- ½-1 cup celery, diced
- ¼-½ cup onion, minced (optional)
- ½-1 cup of red grapes, cut in half (or use mandarin oranges)
- ¼-¾ cup pecans, chopped (or use walnuts or almonds)
- 2 tablespoons honey (or a splash of lemon juice)
- 1-1/4 cup mayonnaise (or low-fat Greek yogurt), add more if needed
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- ½ teaspoon salt

Directions

- Add first five ingredients to a medium-sized bowl. In a smaller bowl, combine the last 5 ingredients and add to the first bowl. Mix. Chill for one to two hours so flavors blend. Enjoy on bread, toast, bed of greens or on its own. Makes six to eight servings.





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

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THE CAREGIVER'S tightrope

Balancing dementia, family and self-care

A dementia diagnosis can shift the dynamics of an entire family. Balancing caregiving duties with work, relationships and personal well-being often feels overwhelming. The emotional, physical and financial demands placed on caregivers — especially adult children caring for a parent — can be intense.

Each caregiver's journey is unique, influenced by family dynamics, cultural expectations, the progression of the disease and available resources. While the experience can be deeply meaningful, it also comes with significant challenges. Here are some practical strategies to help caregivers navigate this demanding role.

Accept imperfection: There is no perfect way to care for someone with dementia. Mistakes will happen. Focus on learning, adjusting and doing your best with the information and support you have. Flexibility is key.

Seek answers from multiple sources: You won't always get clear answers from one person.



Dementia affects everyone differently, and professionals may have varying guidance. Stay informed through doctors, support groups and educational resources.

Talk to someone: The emotional weight of caregiving can be heavy. Many caregivers report high levels of stress, anxiety, and even depression. Whether it is a therapist, support group or trusted friend, having someone to talk to can provide relief and perspective.

Manage expectations: It's unrealistic to expect that caregiving will be smooth or predictable. The progression of dementia can be uncertain, and symptoms may change day to day. Reevaluate your expectations regularly and give yourself permission to adjust as needed.

Understand finances: Talk with your loved one early about financial matters. Know what resources are available to support caregiving, including savings, insurance, long-term care plans, and legal documents. Understanding the financial picture helps you make informed care decisions down the road.

Explore care options: Caregiving can take many forms. Some families manage care at home,

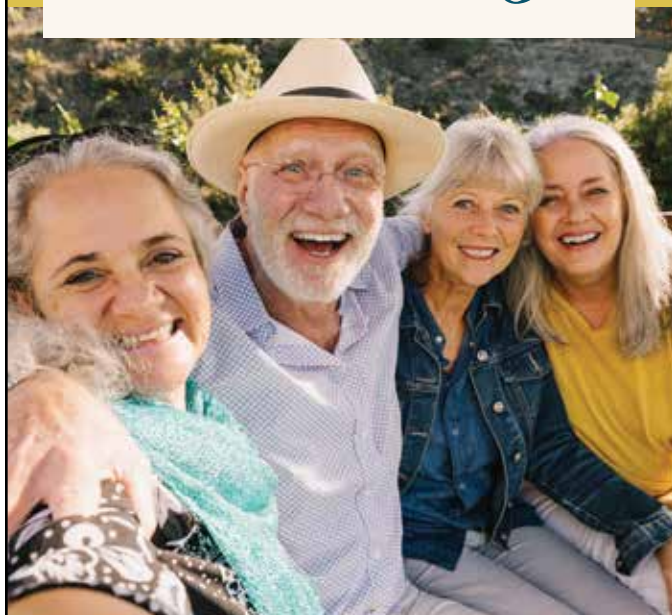
while others consider in-home services, adult day programs, or memory care communities. Knowing what is available in your area — and what fits your situation — can reduce stress and expand your options.

Use support resources: There are many organizations and tools designed to support dementia caregivers, including: 24-hour helplines, respite care services, faith-based or community programs, online forums and local support groups and workshops

Final thoughts: Caring for someone with dementia is a significant commitment — physically, emotionally and mentally. While the challenges are real, many caregivers find deep purpose and connection in the process. Seeking help, managing expectations, and caring for your own well-being can make the journey more sustainable. ■

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

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UNDERSTANDING the difference between import and domestic vehicles

We often hear confusion around the terms “import” and “domestic.” Let’s clear it up: An import vehicle is any make or model originally designed or engineered outside the U.S. — though many are assembled right here in America. Take Honda, for example. While Japanese in origin, many of its vehicles are built in U.S. factories, combining global engineering with domestic production.

The distinction goes far beyond geography. It is rooted in design philosophy, engineering priorities and brand identity.

Domestic vehicles — produced by American manufacturers such as Ford, Chevrolet and Dodge — typically emphasize a perceived lower acquisition cost, with parts and service accessibility at your fingertips, but tend to have a shorter expected service life.

Asian imports, like Toyota, Honda, Nissan,



Hyundai and Subaru, are generally engineered for reliability, longevity and low maintenance costs. Their focus is on practical functionality and proven technology. These vehicles are built to last — often becoming trusted companions passed down across generations.

European imports offer a different mindset altogether. Brands such as Audi, Jaguar, Land Rover, Porsche and Volkswagen are renowned for their refined performance, advanced suspension systems, luxurious interiors and cutting-edge technology. They lead in areas like driver assistance, safety systems and engineering precision. However, this level of excellence comes at a premium — both in initial purchase price and ongoing maintenance. These vehicles require specialized parts, proprietary diagnostics, and technicians with deep brand-specific expertise.

This is where specialization truly matters. Whether you drive a high-performance European model or a dependable Asian import, your vehicle deserves more than generic

service. Technicians who specialize in specific brands develop an invaluable knowledge base, enabling them to recognize patterns, proactively solve issues, and apply precise, brand-specific strategies that extend the life and performance of your vehicle.

Understanding your goals is key. If you’re aiming to protect your investment, reduce long-term costs, and drive a vehicle that reflects your individuality, an import may be the right fit. If you’re looking for a short-term solution with a lower upfront price, a domestic vehicle might appeal — though rising domestic prices are beginning to narrow the gap.

No matter what you choose, do your homework. Every dollar you spend is a vote. Understand what the brand represents. Choose one that aligns with your values, and you’ll drive away confident you made the right decision. ■

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



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INDIANOLA

VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 23	9:00 AM	Johnston Scrimmage	Scrimmage
Aug 25	7:30 PM	@ Ankeny Centennial	Centennial VB vs. Indianola
Aug 28	5:00 PM	SEP VB QUAD	Southeast Polk High School
Aug 30	8:00 AM	Bondurant-Farrart	Bondurant-Farrar High School
Sep 2	7:15 PM	Newton	Indianola High School
Sep 9	7:15 PM	Dallas Center-Grimes	Dallas Center-Grimes High School
Sep 13	8:00 AM	Southeast Polk	Southeast Polk High School
Sep 20	8:30 AM	Waukee	Waukee High School
Sep 23	7:15 PM	Pella Christian	Pella Christian High School
Sep 30	7:15 PM	Norwalk	Norwalk High School NPECC
Oct 4	8:00 AM	Urbandale	Urbandale High School
Oct 7	7:15 PM	Pella	Pella High School Main Gym
Oct 11	8:30 AM	Tournament	Indianola Middle School
Oct 14	7:15 PM	Oskaloosa	Senior Night
Oct 18	8:30 AM	JHS Invite	Johnston High School

VOLLEYBALL JV

DATE	TIME	OPPONENT	LOCATION
Aug 23	9:00 AM	Johnston Scrimmage	Johnston High School
Aug 25	5:45 PM	Ankeny Centennial	Ankeny Centennial High School
Aug 30	8:00 AM	DCHS	Dowling Catholic High School
Sep 2	5:30 PM	Newton	Indianola High School
Sep 4	5:30 PM	Pella JV Quad	Pella High School Main Gym
Sep 9	5:00 PM	DCG High School	Meadows Main Gym
Sep 23	6:00 PM	Pella Christian	Pella Christian High School
Sep 27	8:30 AM	Indianola Middle School	Blake Fieldhous
Sep 30	5:00 PM	Norwalk	Norwalk High School NPECC
Oct 4	8:30 AM	Ankeny	Ankeny High School
Oct 7	5:30 PM	Pella	Pella High School Main Gym
Oct 14	4:45 PM	Oskaloosa	Indianola HS North Gymerichs Field

FOOTBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
Aug 29	7:00 PM	Norwalk	Indianola Stadium
Sep 5	7:00 PM	Carlisle	Carlisle High School Stadium
Sep 12	7:00 PM	Cedar Rapids Jefferson	Indianola Stadium
Sep 19	7:00 PM	Newton	H. A. Lynn Stadium
Sep 26	7:00 PM	Valley	Band Night Indianola Stadium
Oct 3	7:00 PM	Des Moines Lincoln	Homecoming Indianola Stadium
Oct 10	7:00 PM	Ankeny Centennial	Northview MS Ankeny Stadium
Oct 16	7:00 PM	Sioux City North	Elmwood Olsen Stadium
Oct 24	7:00 PM	Urbandale	Senior Night Indianola Stadium

FOOTBALL FR.

DATE	TIME	OPPONENT	LOCATION
Sep 1	4:30 PM	Norwalk	Warrior Stadium
Sep 8	4:45 PM	Carlisle	Indianola Stadium
Sep 15	4:30 PM	Cedar Rapids Jefferson	Kingston Stadium
Sep 22	4:45 PM	Newton	Indianola Stadium
Sep 25	6:00 PM	Valley	Valley Stadium
Oct 2	6:00 PM	Des Moines Lincoln	Lincoln HS Hutchens Stadium
Oct 9	6:00 PM	Ankeny Centennial	Indianola Stadium
Oct 16	4:00 PM	Sioux City	Leeds Em Soccer Field
Oct 23	6:00 PM	Urbandale	Urbandale HS Frerichs Field

FOOTBALL SO.

DATE	TIME	OPPONENT	LOCATION
Sep 8	6:45 PM	Carlisle	Indianola Stadium
Sep 15	6:30 PM	Cedar Rapids Jefferson	Kingston Stadium
Sep 22	6:45 PM	Newton	Indianola Stadium
Sep 29	6:00 PM	Valley Oct JV	Indianola Stadium
Oct 6	6:00 PM	Des Moines Lincoln	Indianola Stadium
Oct 20	6:00 PM	ADM Junior Varsity	Indianola Stadium

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FALL SPORTS SCHEDULE 25

GIRLS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Aug 26	5:30 PM	Southeast Polk	Indianola Wellness Campus
Sep 2	6:30 PM	Girls Swimming	McCreary Community Building
Sep 4	7:00 PM	Grinnell GSW meet	JGrinnell College Nataorium
Sep 11	5:30 PM	Perry	Indianola Wellness Campus
Sep 20	9:30 AM	Bobcat Invite	Marshalltown High School MHS Pool
Sep 25	5:30 PM	Marshalltown	Indianola Wellness Campus
Sep 27	11:00 AM	LHS Swim Invite	Lincoln High School Pool
Sep 29	5:30 PM	Centerville	Indianola Wellness Campus
Oct 4	8:15 AM	Ames	Ames HS Dan Flannery Pool
Oct 9	5:30 PM	Girls Swim Meet Triangular	Trail Point Aquatics & Wellness
Oct 16	5:30 PM	Boone	Indianola Wellness Campus
Oct 21	5:30 PM	LHC Invite	Indianola Wellness Campus

BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 2	4:30 PM	DCG XC Meet	Dallas Center Grimes Middle School
Sep 11	4:00 PM	Bobcat Invite	Marshalltown Community College
Sep 15	6:05 PM	Mike Carr Invitational	Ballard Golf & CC
Sep 20	9:00 AM	Heartland Classic	Central College
Sep 25	4:30 PM	Indianola	Pickard Park
Oct 9	5:55 PM	Fort Dodge Invitational	Lakeside Municipal Golf Course
Oct 14	4:30 PM	LHC HS	Pickard Park

GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 26	5:00 PM	Jaguar XC Invite	DMACC Ankeny Campus
Sep 2	4:30 PM	DCG XC Meet	Dallas Center Grimes Middle School
Sep 11	4:00 PM	Bobcat Invite	Marshalltown Community College
Sep 15	5:10 PM	Mike Carr Invitational	Ballard Golf & CC
Sep 20	9:00 AM	Heartland Classic	Central College
Sep 25	4:30 PM	Indianola Invitational	Pickard Park
Oct 2	5:30 PM	Southeast Polk	SE Polk Cross Country Course
Oct 9	5:25 PM	Fort Dodge Invitational	Lakeside Municipal Golf Course
Oct 14	4:30 PM	LHC HS Conference	Pickard Park

BOYS FALL GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 18	12:00 PM	Ankeny Centennial	Briarwood Club of Ankeny
Aug 27	9:00 AM	Johnston Invitational	Jester Park Golf Course
Aug 28	10:00 AM	Northwest Invitational	The Legacy Golf Club
Sep 2	10:00 AM	Fort Dodge Invitational	Fort Dodge CC
Sep 9	12:00 PM	Ottumwa	Ottumwa Golf and Social Club
Sep 15	10:00 AM	Ames	Veenker Memorial Golf Course
Sep 16	10:00 AM	Men's Golf Warrior	Cedar Rapids CC
Sep 18	10:00 AM	Marshalltown	Elmwood CC
Sep 22	10:30 AM	2025 Steve Spray	Indianola CC
Sep 23	9:00 AM	Tiger Varsity Golf	Pheasant Ridge Golf Course
Sep 24	9:00 AM	South East Polk	Copper Creek Golf Club
Sep 29	10:00 AM	Ottumwa Golf Quad	Cedar Creek Golf Course
Oct 3	10:00 AM	LHC Fall Classic	Indianola CC

BOYS GOLF JV

DATE	TIME	OPPONENT	LOCATION
Aug 28	3:30 PM JV2	Southeast Polk	Toad Valley Golf Course
Sep 12	4:15 PM	Red Course JV	Willow Creek Golf Course
Sep 15	3:30 PM	DCG	Indianola CC
Sep 22	9:00 AM	Steve Spray Invite	Indianola CC
Sep 22	12:00 PM JV2	Ankeny Centennial	Briarwood Club of Ankeny
Sep 24	9:00 AM	SEP BOYS GOLF INVITE	Copper Creek GC & Events Center
Sep 25	8:30 AM	DCHS 9/JV Invit	A.H. Blank Golf Course
Sep 29	9:00 AM	Norwalk JV Invite	Willow Creek Golf Course
Sep 29	3:30 PM JV2	Southeast Polk	Indianola CC
Oct 3	10:00 AM	LHC Fall Classic	Indianola CC

FOR ALL SPORTS SCHEDULES >>

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



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HOW TO CHOOSE A SCHOOL FOR YOUR CHILDREN

Choosing a school starts with what you value. What is most important to you as a family, and what do you see as your child's greatest need or strength? Make a list of your three to five most important values as a family and another list of three to five of your child's needs or strengths.

EXPLORE THE OPTIONS: Consider what type of school you might want — religious, STEM, traditional or hybrid — and use a search engine to find schools. Then go on a few website mining expeditions. Begin to filter using the lists you made. Will you consider private education or did your values indicate you are committed to public education? Did you find a music program for your child prodigy or a great program for your child with special needs? Which schools align with your core values? Narrow the search but keep the list — just in case.

SET UP VISITS: If time allows, make a call during the school day rather than

sending an email; you can tell a lot about culture from that conversation. Was the person who answered friendly and informative? Were you asked about your family?

VISIT DURING THE SCHOOL DAY:

Seeing how the teachers and students work with each other and how they respond to the administrator will speak volumes. Take your child(ren) if possible and note how the adults and students engage them in the conversation. Do they feel safe and comfortable?

ASK QUESTIONS: Ask about the educational philosophy including the grading practices. Ask about teaching methods, the curriculum, behavior policy, and lunch and recess including safety and security. Especially if you have preschoolers or kindergartners, ask about play and learning through play. Ask how long children sit and listen or fill out papers to learn? For young children, play is

learning, and movement is essential.

Ask how they describe the culture. Does that line up with what you see and sense? Listen beyond the actual answers to the questions. Listen for a safe, student-focused, adult-led culture. Ask about accountability and processes for continual improvement. Ask a few practical questions like dress code or uniform policy, schedule, tuition if it is a private school, and how you can be involved.

Do your best for each child: You know your child(ren). One size does not fit all. You may find they don't all belong in the same school. It makes for hectic mornings, but they each only get one shot at their K-12 education. Look for a place your child(ren) can grow, learn and enjoy their educational experience. To learn, they must feel safe. As educators, we want your children to be safe, to learn and to flourish — to be ready for what comes next and reach their full potential. ■

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September 26th: Grandparents Day!

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised

at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look

and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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EVENTS IN THE AREA

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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.

Costume Creations: Halloween fun is quickly approaching! If you forgo the off-the-rack costumes for something more creative, we want to hear from you. Tell us about your costume creations and the fun you had making them. Email tammy@iowalivingmagazines.com with your stories.

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. 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.

Afternoon Adventures: Voices of the Underground Railroad

Tuesday, Aug. 26, 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Join storyteller Darrin Crow as he shares "Julia's Escape," the story of two enslaved families fleeing to freedom with the help of the brave citizens of Salem, Iowa. Set in 1848, this powerful tale highlights courage, community, and the daring spirit of the Underground Railroad. This program is free, thanks to sponsors Community 1st Credit Union and Oak St. Health.

Indianola Public Library Events

207 N. B St, Indianola

Teens

• Teen Hangout: Wednesday, Aug. 27, 2:30-4:30 p.m.

Adults

- Houseplant Swap: Thursday, Aug. 21, 4-8 p.m.
- TBR Book Club: Monday, Aug. 25, 6:30-7:30 p.m.
- Evening Book Club: Tuesday, Aug. 26, 6:30-7:30 p.m.
- Libby 101: Thursday, Aug. 28, 2-3 p.m.



Free Summer Meals

Wednesdays through Aug. 20, 5:30-7 p.m.

Pavilion in Moats Park, 900 N. First St., Indianola

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

Farewell to Summer Free Pool Admission

Sunday, Aug. 17, 1-3:30 p.m.
Indianola Veterans Memorial Aquatic Center, 714 W. Detroit Ave.

Enjoy one last swim at the pool before it closes for the summer. Free admission during open swim, thanks to sponsor Peoples Bank. Then stay to enjoy the cardboard boat races at 4 p.m.

Cardboard Boat Races

Sunday, Aug. 17, 4-5 p.m.
Indianola Veterans Memorial Aquatic Center, 714 W. Detroit Ave.

Make a boat from cardboard and duct tape only, then race against others to see who will rule the pool. Free to participate, paddles provided. Spectators welcome to cheer on the mariners.

Tuesday Tunes & Treats: Beggars' Bargain

Tuesday, Sept. 16, 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Beggars' Bargain, a folk-Americana duo from Des Moines, blends rich harmonies, gritty emotion, and heartfelt storytelling. Inspired by artists like Shakey Graves and Nathaniel Rateliff, their intimate performances explore resilience, nature and joy. Free concert, thanks to MercyOne Health Plan and Oak St. Health. Refreshments provided by Indianola Hy-Vee.

An Evening with Dayton Duncan

Tuesday, Sept. 16, 6:30 p.m.
Hubbell Hall, Kent Campus Center, Simpson College

Friends of the Indianola Public Library, Dunn Library and Simpson College present An Evening with Dayton Duncan, Indianola native and Emmy award and Writers Guild of America award winner, writer and producer of documentary films. Duncan will take questions after his presentation. This program is free and open to the public.

Halfway to St. Pat's Charity Car Show

Sunday, Sept. 14
Charlie's Filling Station, 305 Grand Ave., West Des Moines
www.friendlysonsiowa.com



The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. Vendors and food will be available. ■

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AUGUST garden refresh

August has arrived, and our gardens have flourished through the summer heat and rains, so we can do a little refresh to be ready for our late summer and fall garden events. These tips will also help get the garden ready for fall entertaining, winter and next spring.

It is actually a great time to divide and move many of your perennials. Hostas can be lifted using a spade, being careful not to damage the clump. Then divide the clump into smaller divisions with a garden knife or spade. With lilies, daylilies and bearded iris, trim off the spent flowerscapes and gently pry the clump apart. Once you have your divisions, be sure to plant them as soon as possible, and don't forget to label them.

Now is the time to freshen up your borders with some fall color by planting fall blooming chrysanthemums. These come in a wide variety of colors at many nurseries and garden centers. Be sure to get garden, not florist mums. These will reliably come back next year. These add that instant pop of color to your pots, planters and borders. They are also a great nectar source for migrating monarch butterflies.

Toward the end of August, tuck some cooler season annuals into your pots and borders. These can be replacements for your summer annuals that are looking a little "sad." Viola, pansy, flowering kale and asters are great since they will continue to bloom through the cooler fall days. You can even add crotons. With their orange, red and yellow foliage, they are great for fall. Then, before frost, take them out of your containers and keep as houseplants through the winter.

Now is a great time to plant a number of perennials and shrubs. They will become established during the fall and be ready to bloom better next spring and summer. Peonies, lilies, hydrangeas, sedum, ornamental grasses are just a few of the candidates for fall planting. Be sure to water if dry and hot, mulch for moisture and winter protection. Nursery staff will be able to direct you toward good fall-planting candidates.

Now that there are some holes in the vegetable garden from your summer harvesting, plant some cool weather veggies. Beans, radishes, lettuce, kale and onions are great candidates for fall planting.

Now is not the time to forget about watering your gardens and especially your conifers. Since conifers do not go dormant, they need ample moisture before the ground freezes. Fall planted conifers — actually, all trees — are susceptible to dry soil and need moisture to make it through the winter. A good rule of thumb is an inch of water a week.

So, take some time to refresh your garden and even get some plantings in now for a lush fall garden, a bigger, better garden next spring, and some fresh veggies. ■



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

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HOW AI is making hearing aids better than ever

AI (artificial intelligence) is in everything these days, including hearing aids. Here is a look at how AI is changing hearing aids for the better, improving the user's listening experience while also supporting their overall health and well-being.



perform, as they continuously analyze usage patterns and adapt their settings based on your interactions, needs and preferences.

What you can expect from these devices

Here are the cutting-edge benefits some AI hearing aids provide.

- **Better hearing in noisy environments:** AI hearing aids rely on advanced algorithms to minimize background noise while amplifying speech, allowing for easier conversations in loud places.
- **Location-based hearing modes:** Some devices allow you to create personalized hearing settings for specific locations. For example, if you have a hearing mode for work, your devices will immediately switch to it when you arrive at the office.
- **Prioritizing important voices:** Using algorithms that analyze vocal characteristics, AI hearing aids can identify the voices of people

you regularly interact with and automatically amplify them in a conversation.

- **Less listening fatigue:** Since AI hearing aids are always adjusting to deliver the best hearing experience, you'll have less listening fatigue, which occurs when your brain has to work harder to understand the sounds around you.
- **Personalized health tracking:** Many AI hearing aids can monitor your vital signs and track your physical activity.
- **Fall detection:** If you take a tumble while wearing AI hearing aids, this feature will instantly alert emergency services.

If you're interested in AI hearing aids, don't wait. Make an appointment with your audiologist to explore your options. ■

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



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GUA SHA: Reviving ancient wisdom with modern science

Gua Sha is a therapeutic technique embedded in Traditional Chinese Medicine (TCM) which has surged in popularity in recent years thanks to its holistic healing principles and a growing body of scientific evidence. Translated as “scraping sand,” Gua Sha involves scraping, or stroking, the skin with a smooth-edged tool to stimulate circulation, release tension and restore energetic balance. When applying the Gua Sha technique, a licensed practitioner will use a tool that is made from jade, amethyst, rose quartz, ox bone or sometimes a metal with a soft edge. While it translates as “scraping,” the technique itself does not feel that way when being applied by an Asian Medicine practitioner.

Historically, Gua Sha was practiced during the Ming Dynasty (1368-1644 AD). It was used to treat febrile illnesses, muscle pain and Qi stagnation. Its clinical applications expanded



through centuries of practice across East Asia. Today, it remains a cornerstone of TCM for managing musculoskeletal disorders, respiratory infections, and even facial rejuvenation.

Recent research offers support for its therapeutic value. A study published in the Journal of Alternative and Complementary Medicine found that Gua Sha increased microcirculation by up to 400% in treated areas for nearly half an hour post-treatment. This enhanced blood flow, which brings oxygen and nutrients to the area, is believed to help reduce inflammation, improve cellular repair and relieve muscle tightness.

Dr. Arya Nielsen, a leading voice in Gua Sha research, has demonstrated its ability to upregulate heme oxygenase-1 (HO-1), an enzyme with potent anti-inflammatory and antioxidant effects. These biochemical shifts may explain Gua Sha's reported efficacy in treating conditions like chronic neck and back pain, tendonitis issues, migraines and asthma.

Practitioners have also observed

improvements in lymphatic drainage, sleep quality and emotional regulation. Gua Sha results are enhanced when paired with acupuncture and/or herbal medicine. Facial Gua Sha, which uses gentler strokes on the tissue of the face, is now embraced in skincare routines for promoting lymphatic movement, reducing puffiness, releasing underlying tense facial muscles, and improving skin elasticity.

One of the “side effects” of Gua Sha is that it can leave temporary red marks — called sha (which translates as rash-like) — on the skin, which will fade within a few days. While generally safe for most patients, it is not recommended for those with bleeding disorders, sunburns, patients with aged or deficient muscle mass, or active skin infections. ■

Information provided by Dr. Renee Dalrymple, LAc, SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 14849 130th Ave., Indianola, 515-808-1548, call or text.

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WELLNESS

By Chelsea Taggart

PROFESSIONAL spa facials

In today's fast-paced world, caring for your skin is no longer just about self-indulgence — it's a vital part of long-term wellness. Professional spa facials offer far more than a moment of relaxation. With advanced techniques and clinical-strength ingredients, they provide targeted solutions for concerns like acne, dryness, aging and dullness.



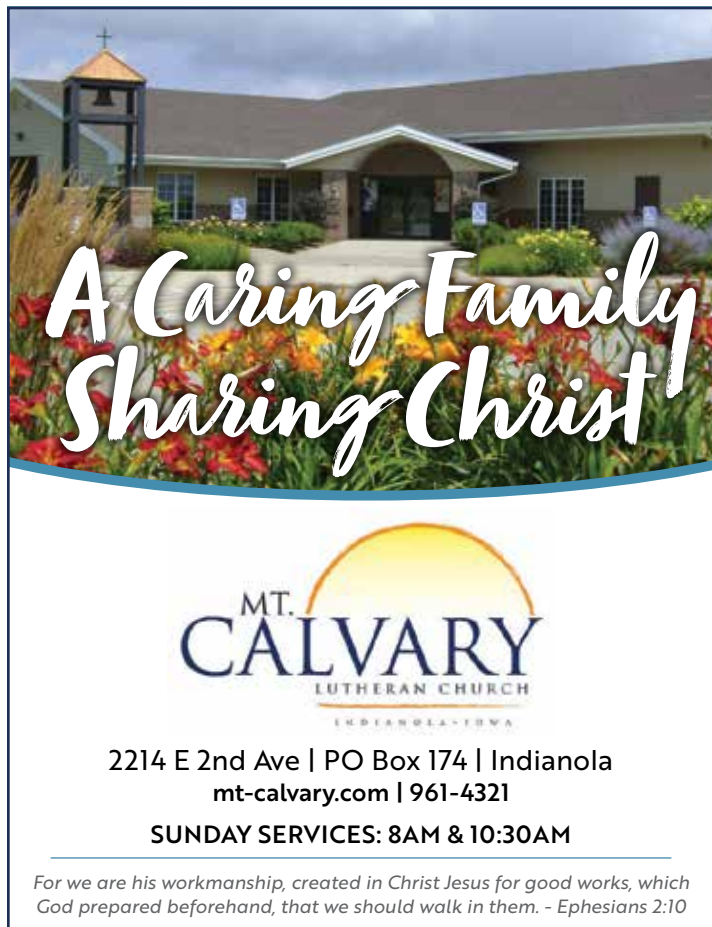
Facials can be customized to meet your skin's changing needs. Popular options include brightening treatments to even out tone, hydrating facials to soothe dry or stressed skin, and clarifying services that reduce breakouts and balance oil production. Gentle exfoliating peels are also widely used to deliver immediate glow.

What truly sets spa facials apart is the ability to combine them with professional-grade add-on treatments. Options such as LED light therapy reduce inflammation and stimulate collagen. Dermaplaning offers smooth exfoliation and enhances product absorption, while high-frequency tools help combat bacteria and clear acne. For a refreshing boost, oxygen infusion treatments hydrate and plump the skin instantly.

Regular monthly facials help support healthy skin by promoting cell turnover, improving hydration, and maximizing the benefits of your at-home regimen. They act as a reset for your complexion and help maintain long-term skin health.

Whether you're prepping for an event or simply maintaining your glow, professional facials deliver results that go far beyond surface-level beauty. ■

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



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FAITH

By Tom Vanderbilt

ONE small step

"That's one small step for a man; one giant leap for mankind." Most of us are familiar with Neil Armstrong's famous words as he stepped on the lunar surface on July 20, 1969. Which part of that achievement is most important: the small step or the giant leap?



While it may appear that mankind took a giant interstellar leap on that day, it was just a series of small steps. The Mercury program took a "small" step to put an American into orbit around the Earth. The Gemini program built on that, developing advanced techniques for spaceflight. The Apollo program took those advanced techniques and used them to get to the Moon. It took 10 years of "small steps" to take that "giant leap."

When we look at the great accomplishments of others, it can be intimidating. We think, "I could never take that leap." You don't have to. You can start with one small step. One small step leads to another small step, which leads to another. That's how Armstrong's "giant leap" was made.

Where would you like to see change in your life? In your relationship with God, perhaps? You don't have to take a giant leap to get started. Take one small step. Start by simply finding your Bible or calling a church to see how you can get involved. These little steps will lead to others, and, soon, you'll find that you've made a giant leap. ■

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

A RESOURCE for grieving families

Maximillions' Muddy Puddles aims to make a splash.

When you lose a loved one — especially a child — it hits everyone in the family a little differently. For the Woods, tragedy struck four years ago, and they were left grieving the loss of a bright and beautiful little boy, their son, Maximillion.

"Maximillion would be turning 8 this year on Aug. 23," his mom, Rusti Wood, says. "He was an adventurous spirit, and he didn't have a shy bone in his body. He would walk up to the UPS man or anyone else and say, 'Hi, I am Maximillion Robert Wilder Wood.' "

The Wood family is grateful to the Indianola community for the outpouring of support and love their family received in the days, weeks and months after losing Maximillion.

"We want people to be connected to as many resources as possible when they are facing a tragic and unexpected event," Wood says. "That's the goal and mission of Maximillions' Muddy Puddles (MMP)."

MMP is a non-profit 501(c)(3) organization started by the Wood family. Maximillion enjoyed being outside and stomping in mud puddles. He, like his favorite cartoon character, Peppa Pig, wore his rain boots all the time. The more dirt Maximillion could find, the more fun he had.

MMP's goal is to coordinate resources to meet immediate "triage" needs of families impacted by the unexpected loss of a child. Examples include help with meals and household responsibilities, gift cards for financial support, and recommendations for support groups and counseling.

"When families are in the thick of grief, there are still essential daily activities, and, often, families are afraid or don't know how to ask for help," Wood explains. "People are inclined to help but don't always know what to do. That's where MMP wants to step in."

One way the organization is trying to make a big "splash" is by building a splash pad in Indianola. It is a great way to bring people together for safe social interactions. The area would be free of cost and inclusive for all ages. MMP has several concept designs, and they are working to secure a location and funding through donations, sponsorships and grants.

The Wood family has more things planned for the future that will make a difference in the community and honor the life of Maximillion. To donate, or for more information on how you can help MMP reach their goals, visit Facebook or Instagram at Maximillion's Muddy Puddles. ■



Maximillion Wood is remembered for his adventurous spirit and big smile. His family has big plans to honor his memory and give back to the community.



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FAIR volunteers

Warren County Fair volunteers
were busy July 22.



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Janet Keeney



Mackenzie Loomis



Blake Reynolds



Katie Graham and Cam Cosenza at the ribbon cutting for Linda Frazier at Rate on July 10.



A ribbon cutting was held at Rate, 13 E. Salem Ave., Indianola, for Linda Frazier July 10.



Linda, Max, Lucy and Gemma Frazier and Landry and Lance Morgan at the ribbon cutting for Linda Frazier at Rate on July 10.



Jess Morgan, Kendra, Linda, David and Craig Frazier at the ribbon cutting for Linda Frazier at Rate on July 10.



Lisa Humphrey, Denise Sullivan and Tamera Keck at the ribbon cutting for Linda Frazier at Rate on July 10.



Linda Frazier and Amanda Zwanzager at the ribbon cutting for Linda Frazier at Rate on July 10.



Corey Stanley and Sheena Corder and other Warren County Fair volunteers were busy July 22.



Sela Brynne and John Keeney and other Warren County Fair volunteers were busy July 22.



Bill and Vicki Cook and other Warren County Fair volunteers were busy July 22.



Alyssa Preston, Weston and Ellanae Wilson and other Warren County Fair volunteers were busy July 22.

MEET Heather Veach

Teaching is a call to serve.

Growing up, Heather Veach considered several different careers, including being a scientist or a judge... or even a career in politics. As she gets ready to start her 29th year teaching, she can look back now and see that God put her on the right path, even if she didn't realize it right away.

"Coming from a family with many teachers, I had a lot of good role models, including my mother, Carol Barker," she says. "I felt like it was something I would enjoy, and once I started the methods classes and did some practice teaching/student teaching, I knew this was what I was called to do."

After two years in community college, Veach completed her studies at Faith Baptist Bible College in Ankeny, where she earned a double major in elementary education and biblical studies.

Now teaching at Strong Roots Christian School, Veach has spent her entire career in the Christian school setting. She enjoys teaching kindergarten because her young students are excited about learning and sharing what they know. She also appreciates that biblical worldview is integrated into the curriculum and the learning environment.

"I believe the Bible is the true and complete Word of God, and that belief directs the way I teach," she explains. "I teach a focused Bible class each day, but biblical principles are woven throughout the entire day and into most lessons. My goal for students is that they will grow intellectually, physically, spiritually, and socially in a way that pleases God."

Veach keeps a cheerful, colorful, yet organized and tidy classroom. She wants her students to feel at peace when they come to school every day. They learn routines, structure and expectations. Veach says consistency is key to making kids feel safe as well as making sure there is intentional one-on-one time.

"Over the school year, we learn a lot about each other, and I try to make sure they know they are loved and listened to," she explains. "I love teaching kids to think. Whether it's reading, phonics, math or spelling, I try to present different ways of finding out answers they don't know."

When she's not in school, Veach enjoys spending time with her husband and 13-year-old daughter, who keeps them busy with school and church activities. She also likes to read, thrift and travel.

"I have a goal of visiting all 50 states, but I'd also love to visit England to see Jane Austen country as well as Prince Edward Island/Green Gables," she says. "New Zealand is also on my bucket list to see Middle Earth from Lord of the Rings." ■



Heather Veach says her favorite part about teaching in a Christian school is sharing her faith as well as her love for the Bible with her students, families and fellow staff.

THE WISE guy?

We want to listen to someone who "has it all" so we can find out how to get "it all." If you are interested in investing, you look to what Warren Buffett advises. Want a career in sports or entertainment? Follow a celebrity you admire.

So, you would think that, if you wanted to grow in wisdom, you would use as your model someone known throughout history for being wise: King Solomon, whose story is told in the Bible. There we see God asking Solomon what God might give him, and Solomon asks for wisdom to govern well. God tells Solomon, "I will give you a wise and understanding heart, so that there has never been anyone like you before and never will be again." To this day, we even have the expression "the wisdom of Solomon."

And yet, despite more wisdom than anyone else, he pursued folly throughout much of his remaining life. Wealthier and more powerful than other kings, able to do pretty much whatever he wants, his desires run away with him as he engages in every pleasure he can think of. Though his status and legacy are unequalled, he does all he can to make a lasting name for himself through acquiring and through building projects. And, in order to gain loyalty from many potential threats, he takes literally hundreds of wives (a way to create alliances at that time).

And all of it is for nothing. I can say that because that is what Solomon himself says about those years of his life. Near the end of his life, he writes the book of the Bible called Ecclesiastes. (Don't let the unusual name distract you. It simply is a word describing the writer's role as a teacher.) In the book, Solomon details his empty pursuits of all of the above, and so much more, describing all of it as "futile and a pursuit of the wind." In fact, that phrase appears often in the book. Solomon is essentially saying, "Despite all the wisdom that I had, I still wasted those years of my life chasing after things that simply don't matter at the end of the day."

And then he ends the book with the lesson we all need to hear. "When all has been heard, the conclusion of the matter is this: fear God and keep his commands, because this is for all humanity. For God will bring every act to judgment, including every hidden thing, whether good or evil." — Ecclesiastes 12:13-14 ■



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

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