

INDIANOLA

APRIL 2023

Living

OVERCOMING the FEAR

Residents share how they faced their fears and doubts to reach their goals

Meet Morgan Robinson

EDUCATION

Savory English muffins

RECIPE

Montgolfer exhibit finds permanent home at National Balloon Museum

COMMUNITY

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WELCOME

ARE YOU chicken?

Whenever my childhood friends and I wanted to talk our buddy Tommy into doing something, we would simply call him chicken. He would yell back, "I'm not chicken!" and would then proceed to do whatever it was we were trying to talk him into. I wish managing adults was that simple.

Meanwhile, we are all seemingly chicken, at least to some degree.

Musician Jim Stafford sang "I don't like spiders and snakes" in 1974. Who does?

Green Day vocalist and guitarist Billie Joe Armstrong said he wrote the song "Basket Case" in 1994 to cope with his feelings of anxiety and panic.

And heavy metal rockers Metallica made us fear falling asleep with their 1991 hit, "Enter Sandman."

But phobias aren't just fodder for songs. Most all of us, if we are being honest, have something that makes us shiver in our boots.

As a child, I didn't like going into old, unfinished basements by myself. I was especially fearful of my grandparents' "root cellar." There was no way I was going down there alone, at least not until my brother discovered this fear and pushed me down the steps.

My aunt and uncle had a painting of a clown in their house that gave me the creeps. This was long before the movie "It" ever hit the screen. I still don't like clowns, other than Bozo. He is all right.

I don't mind spiders and snakes, but I could do without mice. The phrase "shivering in your boots" reminds me of working on farms as a teenager and having mice run up my legs when I would put my rubber boots on.

Like many of you, I would get the jitters before a sporting competition. "Butterflies in your stomach," they were often called. The more I competed, the less those butterflies fluttered, but they were always there. Still are.

To this day, I don't especially like heights. It is not so much a fear as it is a stomach ache. Either way, it's not pleasant. I love roller coasters, but a Ferris wheel ride makes me nauseous. I don't get it.

In this issue of your Living magazine, we share the stories of local residents, their fears and how they are dealing with them. Some may seem far-fetched while others might strike a chord with you.

Give it a read... unless you are chicken.

Thanks for reading. ■

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FEATURE

OVERCOMING the FEAR

Residents share how they faced their fears and doubts to reach their goals

By Becky Kolosik

Reaching a goal often requires planning, hard work and determination. Sometimes it also requires courage. When faced with a daunting task, we may find that fear and doubts crop up. For some, those can be difficult — even impossible — to overcome. Others face them head on and meet the challenge. Residents who have accomplished what they thought they couldn't share their stories of perseverance.

Joy Appenzeller often wishes she hadn't waited so long to take her first balloon ride, but, in the end, it was perfect timing to enjoy the experience of a lifetime with her husband, Terry. From left: Terry Appenzeller, Joy, Hana Appenzeller and Al Appenzeller.

Use your fear as fuel

For many people, making a career change comes with a lot of fear. Not only the fear of failure, but also the fear of the unknown — not to mention leaving behind something you've invested so much of your life in.

For 8 years, Ashley Noethe was teaching accounting, business technology and marketing at Indianola High School. During that time, she was instrumental in starting the district's Distributive Education Clubs of America (DECA) program — a business club that prepares high school students to become leaders and entrepreneurs. It was a profession that came with rewards, personally and professionally, but she knew in her heart she didn't want to be a teacher forever.

"Teaching and starting DECA was a huge part of life," she says. "It was incredibly fulfilling, but I always felt like there was something different for me. I just didn't know what that was."

Noethe brought local entrepreneurs in to speak to her students, and she says she admired their stories and thought about how amazing it would be to own a business.

"At the time, I had no idea what type of business that would be, plus I didn't see qualities in myself that would make me suited for entrepreneurship," she explains. "I was also scared to lose the safety net of a salaried career."

In the fall of 2019, Noethe was ready to challenge herself in a new way. Her business studies in college, along with a few internships, gave her in-depth knowledge of spreadsheets, and the district's elementary at-risk coordinator role allowed her to dust off those skills. It was a welcome change of pace while she continued her journey of figuring out her future.

In the meantime, Noethe had dipped her toe into entrepreneurship with a wine business. It was a huge leap out of her comfort zone.

"I'm still both surprised and proud of myself for taking that first step," Noethe says. "It helped me get over many fears and prepared me for what was to come in my life."

Noethe says the wine business exposed her to a new world she had no experience in before. She found herself consumed by personal growth and business content. She read books, listened to podcasts and webinars, and began to build a network of like-minded people. She started tapping into the power of social media and building a personal brand.

Up until that point, she hadn't seen herself as an entrepreneur.



For Ashley Noethe, facing her fears has provided personal and professional growth in ways she never thought possible. She had to get comfortable with being uncomfortable.

"I was not outgoing enough, I was risk averse, and I never felt I was particularly creative," she explains. "I dismissed anything related to marketing or sales while in college because that was not me. As I got out of my comfort zone during my wine business days, I slowly saw myself differently and began to believe I was capable of going down the entrepreneurial path."

That path led Noethe and her husband to purchase an investment property. As they were looking for a second investment property, the idea of getting her real estate license initially came from a desire to make it easier to go out and look at properties. Then, another lightbulb turned on. Noethe had a passion for real estate (she actually studied it in college) paired with a passion for encouraging, teaching and helping people.

Noethe says that becoming a Realtor was perfectly suited for her, but she just needed to go through all the previous steps in the journey to get there.

Noethe's advice for others looking to take a "leap" is to follow your heart and go before you feel ready. She says you don't need every last bit of knowledge or every detail mapped out before embarking on something new and scary.

"The best teacher is experience. You learn and overcome fear by doing," Noethe explains. "Take the first step and then just keep going — even if the journey takes you in a direction you weren't expecting."

Conquering the stage

You're waiting to go on stage. Do you feel tense, fidgety or lightheaded? Do your hands shake, your palms sweat, or does your heart race? Stage fright — otherwise known as performance anxiety — is the feeling of nervousness performing in front of an audience. According to variationpsychology.com, stage fright is one of the most common fears in the U.S. When kids in particular can't find healthy ways to cope with performance anxiety, they will likely find it difficult to pursue their passions later in life.

Simpson College sophomore Danny Gilfanov says performance anxiety is something that has been with him for as long as he can remember. Growing up, he was nervous before his piano recitals or school programs.

He often experienced symptoms such as shaking, sweating and fidgeting.

"The worst part was losing any sense of muscle memory I had when playing," he says. "In other words, when I would practice my pieces alone, I could play them without really thinking much about it. Being in front of an audience, I couldn't rely on muscle memory, and instead had to force myself to remember what I was playing."

Gilfanov is a talented musician on both the piano and drums, earning top honors and accolades in high school. However, every audition and every performance often came with a lot of anxiety.

"I remember being very nervous for my first high school jazz audition," says Gilfanov. "I tried

FEATURE

to calm the nerves by practicing as much as I could, and it paid off. I got a spot in Jazz 1 as a freshman.”

As the drummer for show choir, Gilfanov says most of the stress and anxiety came from the fact that everything moved so fast, and the music could fall apart quickly if he wasn't paying attention.

“Getting to know people and developing close friendships in both music groups made it easier,” Gilfanov says, smiling. “There's always that unspoken communication aspect of jazz. Knowing that we are all in the same boat of performing makes it easier; the attention is more on the group than individual people, unless you are soloing.”

Aside from performing and practicing as much as he could, Gilfanov found other clever ways to get around stage fright — the best one being exercise.

“I always found that wearing myself out before a performance made it easier, probably because I was all out of adrenaline,” he says, laughing.

At Simpson, Gilfanov continues to build confidence with every challenge and opportunity that comes his way. He recently decided to change his major from actuarial science to music education. He had already been involved in a lot of musical activities, including jazz band, orchestra and symphonic band.

“I have been learning so much from my music professors, and I just felt that music education was a better fit,” he says. “What really excites me is that someday I will be able to pass on what I've learned in high school and college to my students, and they'll take those lessons with them.”

Overcoming performance anxiety is something Gilfanov continues to work on. It's not easy getting used to playing in front of people, but he will have to do it at least once a semester as a music major. He practices as much as he can because it makes him feel more confident and less afraid when it's time to hit the stage.

He also embraces every new experience and knows that it will make him a better player and performer. He recently tried out and landed a role in a play and also performed alongside professional musicians in the orchestra pit for two of the spring operas this semester.

Once he earns his teaching degree, Gilfanov hopes to use his experiences in life to encourage kids and let them know that they can overcome anything they put their minds to.

“Many people struggle with confidence, and I want to remind them that it's not about being perfect — it's about doing your best.”



Through years of coping with stage fright, Danny Gilfanov has learned to accept himself and not feel that he has to prove himself to others. It's not about being perfect, it's about striving to be better, he says.

Floating on air

When Joy Appenzeller found out her stepson, Al Appenzeller, was buying a hot air balloon, her first thought was that he was crazy.

“I knew he often got nervous and anxious flying in airplanes, so I didn't understand why he would want to fly a balloon,” she says.

When you live in Indianola, hot air ballooning is not just a sport; it's like being part of a family. Al finds it funny that Joy thought he was crazy all those years ago, because these days, in his ballooning family/community he's lovingly called “Crazy Al.”

“As a pilot, it's fun to watch people marvel at how large a balloon is and how much work it takes to get one inflated and ready for flight,” says Al. “The flight experience is different for everyone, but most quickly realize how peaceful it is and how you can hear people below so clearly as they welcome us floating over their home or property.”

Al wanted Joy to experience a balloon flight with him, but her fear of heights and the thought of being in the air not attached to anything kept her on the ground — even though she knew Al was a great pilot.

However, Joy and her husband, Terry, were willing to crew.

“Terry enjoyed crewing and was a big help; however, I was probably in the way more than really helping, but I was always willing to try,” Joy explains. “When Terry was diagnosed with cancer, we had to hang up our crewing hats, but we love to go watch Al take off or land.”

After 17 years, Joy finally decided to conquer her fear. And it had to do with her husband. Al acquired a new basket with a door, and he wanted his dad to be the first to ride in it.

“I knew I needed to push past my fears because it might be the last time Terry and I would be able to ride together,” Joy says. “My love for him and doing things together was stronger than my fear, so I asked Al if I could go, too.”

Al was surprised but very happy that Joy was ready to take flight.

“Once I relaxed and let go of my white-knuckle grip, I really enjoyed the ride,” says Joy, smiling. “It's so peaceful, and the land below is beautiful. Al would tell us where people lived, where businesses were, and he pointed out highways, rivers and other points of reference.”

Joy says the time went too fast, and she could have continued the ride for hours. Looking back, she regrets that it took her so long to overcome her fear. It was so much fun, she has taken several rides since.

“I get a fair amount of people that are anxious/nervous/apprehensive, which is very normal when you're doing something you have never done before,” Al says. “I was pretty sure that once Joy was off the ground and floating peacefully in the air, her fears would turn to awe and wonder.”

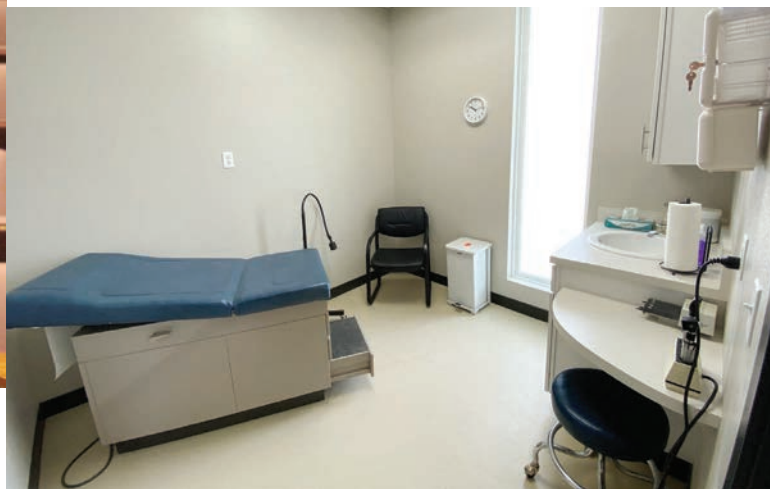
As a pilot, Al offers nervous passengers a couple of tips:

Never look directly over the side of the basket and straight down... just look out and enjoy the smooth and peaceful flight, and take medication before the flight if prone to motion sickness.

“I try my best to explain how much I enjoy it and how many years I have been doing it,” he says. “Even though I get nervous about flying in an airplane, I thoroughly enjoy flying in my hot air balloon and can never get enough. I want others to feel that way, too.” ■

FAITH-BASED center offers pregnancy support

Agape Pregnancy Resource Center opens in Indianola.



Agape Pregnancy Resource Center is now operating a clinic in Indianola.

For more than 38 years, faith-based Agape Pregnancy Resource Center has offered free help and services to pregnant women and families. The center provides a safe place to have conversations or for people to find support and care if they are overwhelmed, facing obstacles, or just need a place to listen.

Pregnant women in Indianola and the surrounding communities can now access services from Agape Pregnancy Resource Center right here in our community.

“We felt Indianola was an opportunity to provide additional support and services,” says Agape Executive Director Leanna Simpson. “Partnering with Indianola First Assembly of God Church and the Free Clinic made perfect sense. The location was offered to us, and the community was excited to have us.”

Located at 1700 W. Second Ave., Agape is open the second and fourth Thursday of every month from 11 a.m. to 1 p.m. Expanded hours will be coming soon.

Free services include pregnancy testing, limited obstetric ultrasounds, STD testing, educational classes, case management, a baby boutique, laundry access and a hygiene pantry.

Andra Haglund, MSN, RN is the nurse manager and has been with Agape for a little more than a year. She strives to better understand the needs clients have, the obstacles they face and how she and Agape can help them reach their goals.

“I am committed to providing patient-centered care that focuses not just on physical health, but also emotional health, spiritual health and social needs,” she says.

Haglund meets with clients one-on-one and says many women and men come to the clinic undecided on the outcome of their pregnancy.

“One of my goals is to provide them with all the information they need to make the best decision,” she explains. “I also spend a lot of time educating patients on healthy choices they can make during their pregnancy.”

Agape serves individuals who are uninsured or underinsured. They help



confirm the dating and viability of pregnancies and connect clients with resources that will help them explore their insurance options and prenatal care options.

There are also many men and women who are faced with unplanned pregnancies. Agape provides these families the support they need to overcome the obstacles through referrals to community resources, assistance in goal setting, pregnancy and parenting education.

Agape is funded solely through individuals, churches and business partners. They also accept donations of both hygiene and baby items.

“From heartbreaks to victories, we have been able to walk with clients through both the hills and the valleys,” says Simpson. “We are thankful to be able to be present and supportive through every story that we see.” ■

FINISH your spring chores

Let's hope we are over winter three or four. Seems like this winter has been spring-like, then back to snow and cold temps, though the moisture may help to stem the drought from last year. Spring blooms are starting, snowdrops and crocus have bloomed, daffodils are blooming and soon tulips will follow. Take a few moments to mark where this first color is with a garden map or flag them. This will help you plant your summer perennials without digging up these established bulbs. While doing this, think about adding some pansies or Johnny-jump-ups to the front of the garden. They will bloom through the cool spring then go dormant as temps heat up, and return next spring.

Indoors, you've got your tomatoes and peppers started, along with other veggies and flowers to plant out when the threat of frost is over. But outside, you can start your cool season veggies: radish, leaf lettuce, spinach and onion sets. Have your kids or grandkids help you with this, making and marking the rows, planting the seeds (even use seed tape if the seeds are small) and then tending to them through harvest.

We are anxious to clean our gardens off, getting rid of the perennials and annuals we missed last fall, but delay as long as possible. Wait until our days are consistently above 50 degrees. Beneficial bees and insects are using these hollow stems and refuse to overwinter and hide until warmer temps bring blooms and food sources. Once we can do clean up, trim Annabelle hydrangeas and Spirea close to the ground, grasses



cut back before new growth emerges, and panicalata hydrangeas back to the highest bud. Kids can help you here as well, moving refuse to the compost bin, adding compost to the gardens and vegetable garden plots and helping to design where veggies and some new perennials are going to be planted.

If you are moving daylilies, hosta or monarda (or sharing with family and friends) now is the time to dig and split, doing so now will allow them to fill out while coming out of dormancy and form a symmetrical mound, instead of looking chopped up. Remember to do this after the soil is easily worked and not wet, otherwise you will have a clumpy mess all summer long.

Now is the time to design and determine what tropicals and annuals you want in your containers. Even have your kids design and then care for one all summer so they can enter it in the Iowa State Fair. If you are using elephant ears, consider purchasing them now, putting them in a sunny window to get started, and you will have growing plants to put into the gardens and containers.

Finally, keep feeding and watering your bird friends. Food and water will attract the migrating birds to your garden and help to keep them there through the summer as food sources become plentiful with nectar and seeds from the flower garden and trees.

Planting season is almost here, finish your spring chores and get ready to plant for summer blooms. ■

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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RECIPE

PRODUCE shopping on a budget

5 strategies to save on fresh fruits and veggies

(Family Features) Cooking meals that bring your loved ones joy is often objective No. 1, but creating those flavorful favorites on an appropriate budget is an important aspect of well-rounded, family-friendly recipes. A few simple steps, like developing good grocery shopping habits, can put smiles on hungry faces without leaving a dent in your finances.

Consider these tips from the experts at Healthy Family Project along with its produce partners, which are on their 2023 Mission for Nutrition to improve access to fresh produce that's essential in alleviating many public health and personal wellness challenges. This year's partners are striving to be part of the improvement efforts by donating funds to increase the accessibility to fruits and vegetables in schools through the Foundation for Fresh Produce.

Make a list (and stick to it): When buying fresh produce, remember some items have a shorter shelf life. Limiting purchases to items on your list can help lower grocery

spending while alleviating food waste.

Buy local: Transportation cost is one of the biggest factors in the price of produce, meaning buying local, when possible, can help reduce your total at checkout.

Stock up on seasonal produce: Although you can generally find any produce item at any time of year, this isn't always an affordable practice. Knowing when your favorite fruits and veggies are in-season can save you money and allow you to use the freshest ingredients in family breakfasts like protein-packed sausage breakfast muffins and savory english muffins.

Know your produce department: The front or feature table of the produce department often offers the best deals. Don't forget to look at the end caps on each produce aisle, which sometimes display seasonal items.

Find more grocery savings strategies and family-friendly recipes at HealthyFamilyProject.com. ■

Savory English muffins

Recipe
courtesy of
Healthy Family
Project



- English muffins
- guacamole
- cherry tomatoes
- 1 tablespoon cilantro, finely chopped
- 1 tablespoon light cream cheese
- 1 tablespoon crumbled turkey sausage, sauteed
- 1 egg
- 1 tablespoon basil, finely chopped
- 1 tablespoon balsamic glaze
- Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.

COMMUNITY

WARREN COUNTY SHIIP needs volunteers

"We've been too successful," commented SHIIP counselor Elodie Opstad. "The number of people seen by our office has been steadily rising — fully a third when compared to several years ago. Consequently, we've been approved to add two counselors."

SHIIP (Senior Health Insurance Information Program) educates, advocates and assists persons approaching Medicare-eligibility and those already on Medicare. Services are free, confidential and unbiased.

Warren County SHIIP is located at the Indianola Activity Center, 2204 W. Second Ave. "We see people all year long," explained Kathy Fensterman, "with our busiest time during Medicare's open enrollment (Oct. 15- Dec. 7)."

"For last fall's open enrollment, we documented 464 client contacts with \$464,451 in savings," said Elodie. "More importantly, we never turned anyone away — never have. We need more counselors to keep that record intact."

SHIIP volunteers come from all professions

and walks of life. They must be willing to learn, accept change, and work with diverse populations. "Every client presents a unique situation," Cynthia Tracy commented. "There is great satisfaction helping a person navigate the challenges of Medicare. It isn't easy."

Outside of Medicare's open enrollment, Warren County SHIIP volunteers make themselves available for appointments once a week for 2-3 hours. "It's important to see people throughout the year to maintain your skills and learning," said Elodie, who also serves a site coordinator. "However, it's not unusual for any of us to be away for a month to six weeks."

Iowa SHIIP is supported by paid staff in Des Moines, affectionately referred to as the "MotherSHIIP" by Warren County counselors. "They are experts. We call them with questions or to review thinking about a complex situation," Elodie said. "They also provide our materials and handle new counselor training. After which, a new counselor mentors with an



Warren County SHIIP volunteer counselors are Elodie Opstad, Kathy Fensterman, Cynthia Tracy and, not pictured, Don Sandy.

experienced counselor."

"Helping people understand Medicare so they make the best decision for themselves is rewarding," Kathy explained, before adding, "Saving money — real money — for the person right in front of you is addictive."

Call Warren County SHIIP, 515-962-5375, to learn more about becoming a volunteer or to request an appointment. ■

NO TICKETS were issued. Do I have a claim?

In Iowa, a claim for liability is based on fault. Generally, this means, if a party was negligent in causing an accident or other mishap to occur, that party can be held liable.

A traffic ticket may have some bearing on whether a party was negligent, but it is not conclusive. Furthermore, the fact that a party was issued a ticket may not be admissible as evidence in a civil case. If the party receiving the ticket later pleads guilty to the offense, it is possible that such a plea could be offered as an admission. A ticket standing alone, however, does not establish liability.

It is possible that more than one person can be at fault for an injury. Iowa courts have adopted the principle of "comparative fault." Under this doctrine, the amount of damage a claimant receives is reduced by his or her percentage of fault. If the claimant's fault is more than 50%, the claimant receives nothing.

The fault of each party must be proved by a preponderance of the evidence. Ultimately, it is evidence and testimony (as opposed to a traffic ticket) which determines liability. ■

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



HOSPICE services — the earlier, the better

Because Matt had just been diagnosed with cancer, he and his wife, Caryn, were stunned when Matt's oncologist began talking about the benefits of hospice services.

"We knew Matt's cancer was stage 4 and the outlook wasn't good, but the medical team agreed that we were looking at several months, maybe a year, even, and we thought hospice care was for people about to die," Caryn recalls. "But the doctor explained that Matt could benefit from hospice earlier, so we decided to look into it."

The result of their research was a relationship that spanned not just the nine remaining months of Matt's life, but beyond; Caryn and her children are part of a bereavement group that's operated by the hospice provider, and Caryn has made friends with other widows who are also adjusting to being alone.

"Not only did being part of hospice bring Matt tremendous comfort, but the hospice team helped — and continues to help — everyone who loved Matt," Caryn says. "I tell anyone who will listen: If someone you care about is sick and is not going to get better, don't wait to contact hospice."

Ideally, hospice services can and should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And the earlier hospice services are started, the more they can — as in Matt's case — benefit the person who is ill as well as the whole family.

"As the weeks went on and Matt began to feel weaker, we were pleased to learn that, because he was on hospice, we would get a hospital bed brought to the house, and that he would receive pet therapy and all kinds of things he really enjoyed," Caryn says. "It's ironic to think about this now, but Matt was probably happier during those early weeks and months of hospice than he had been for a long time."

"And, as the end was near, the hospice team made sure he wasn't in pain. We were able to be with him and hold his hand and tell stories. Even in his last couple of days, he would smile when the kids and I would share memories. It was a very relaxing time — not at all like I had envisioned when we first found out he was so sick."

If you and your family are faced with the need to make a decision around hospice care, know that making that first call to a hospice provider can be difficult — but once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■



Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.



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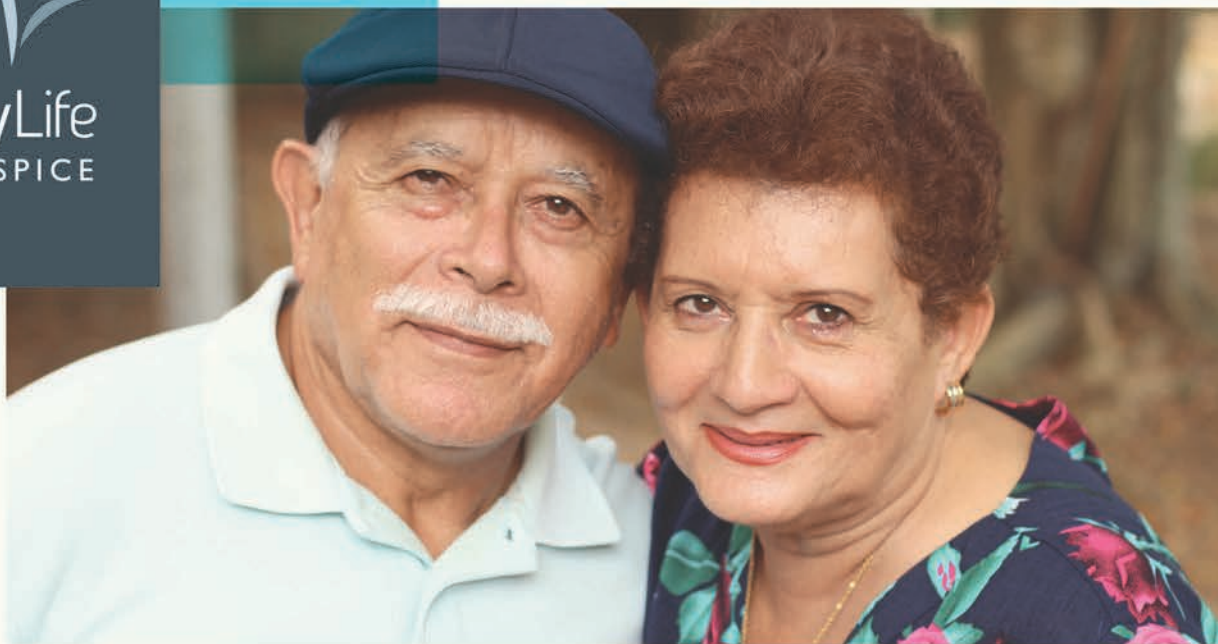
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THE INFLATION experience is painful and personal

Inflation is a sustained increase in prices that reduces the purchasing power of your money over time. According to the Consumer Price Index (CPI), inflation peaked at an annual rate of 9.1% in June 2022, the fastest pace since 1981, before ticking down to 7.7% in October.¹



The CPI tracks changes in the cost of a market basket of goods and services purchased by consumers. Items are sorted into more than 200 categories and weighted according to their “relative importance,” a ratio that represents how consumers divide up their spending, on average. Basic needs such as shelter (33%), food (14%), energy (8%), transportation (8%), and medical care (7%) account for about two-thirds of consumer expenditures.

Wide variations in spending patterns help explain why some consumers feel the sting of inflation more than others. This means that

the extent to which you experience inflation depends a lot on where you live, as well as your age, health, income, family size and lifestyle. In effect, your personal inflation rate could be significantly higher or lower than the average headline inflation rate captured in the CPI.

• In October 2022, the 12-month increase in the cost of shelter was 6.9%.² Shelter carries the most weight of any category in the CPI, which made fast-rising home prices and rents a top driver of inflation over the previous year. A first-time homebuyer, or a renter who signs a new lease, is likely to feel the full impact of these hefty price increases. However, a homeowner with a fixed-rate mortgage is generally insulated from these rising costs and might even benefit financially from home-equity gains.

• Gasoline surged 17.5% during the 12 months ended in October 2022.³ Individuals who rarely drive, possibly because they are retired or work remotely, might have been able to shrug off the price spike. But for drivers with long commutes, filling up the gas tank

regularly might have put a sizable dent in their households’ finances, in some cases forcing them to cut back on other purchases.

• Food and beverage prices rose 10.9% over the same 12-month period, a trend that clearly affects everyone.⁴ But rising food costs tend to put more pressure on the budgets of lower-income households because they spend a greater share of their income on necessities and typically have smaller financial cushions. Plus, shoppers can’t easily switch to lower-cost options if they are already relying on them.⁵ ■

For more information, please contact Chad Stevens 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. 1-4) U.S. Bureau of Labor Statistics, 2022. 5) Federal Reserve, 2022.

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A PERFECT landing

Montgolfier exhibit finds permanent home at National Balloon Museum.

Hot air balloons are a common sight in Indianola. But do you ever wonder how these aviation masterpieces came to be? Thanks to Jean-Pierre Lair, Indianola is now home to a piece of that history — an exhibit that he designed and painted showcasing the first flight in 1783 in France.

Brothers Joseph-Michel Montgolfier and Jacques-Étienne Montgolfier were the inventors of the first practical hot air balloon. The first non-tethered human flight took place on Nov. 21, 1783, by science teacher Jean-François Pilâtre de Rozier and François Laurent, Marquis d'Arlandes.

The historic flight took off from the park of the Château de la Muette in Paris, going a distance of about 5.6 miles before landing 25 minutes later.

Lair has always been fascinated by the first flight.

Born and raised in Paris, he studied aeronautics and then spent most of his life living in France, working on aircraft. Lair is also an artist.

"I started painting at age 7," he says, smiling. "I was never formally trained but studied many famous artists' techniques and copied many of their paintings, which now hang in my home."

Lair became interested in the first hot air balloon because of his interest in art, and decided to create the replica. It's constructed out of 24 wooden ribs and frames, covered in fiberglass and gesso. Every detail is beautifully hand-painted, from the fleur-de-lis and zodiac to the Sun King (Louis XIV) and eagles, all on a blue background that melts with the sky. The platform itself is about 3-feet wide and is the exact size and proportion as the original.

The balloon was a chandelier in the Lair's home, hanging from their 19-foot ceiling. When the couple moved, there wasn't a ceiling high enough.

"I considered destroying it, but my wife, Lydia, said absolutely not," explains Lair. "She happened to find information for the National Balloon Museum, so we called and spoke with Marlene Wall who put us in contact with Becky Wigeland. We offered the exhibit to the museum, and the rest is history."

The Lairs made their first trip from New Mexico to Indianola in January to deliver and assemble the balloon. Museum volunteers started constructing the platform while Lair painted a large mural depicting the scene of the first flight in the Park of The Chateau De La Muette. He returned a month later to paint the platform and again for the March 4 open house/unveiling of the exhibit where he shared the Montgolfier story and answered questions.

Lair had his own "first flight" the morning of March 4 thanks to Indianola pilot Al Appenzeller.



Several volunteers had a hand in completing the finished exhibit, including building out the platform and helping paint it. From left: Gil Wigeland, Brian Freeman, Connie Boettcher, Jean-Pierre Lair, Lydia Lair and Jim Fromm.



Jean-Pierre and Lydia Lair not only donated the Montgolfier exhibit to the National Balloon Museum, but Lair also showcased his artistic talent by painting a beautiful mural depicting the scene of the first flight on Nov. 21, 1783.

"I was a little nervous. The take off was like a feather, and the flight like a bird, but the landing was not quite as beautiful," Lair says, laughing. "Being up there, I couldn't help but think about that first flight on Nov. 21, 1783."

Museum curator Becky Wigeland and the volunteers are excited to have the exhibit "live" permanently in Indianola.

"It's a great honor not just for our community, but for the National Balloon Museum," says Wigeland. "We are so grateful to Jean-Pierre and Lydia for this wonderful gift." ■



EVENTS IN THE AREA

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

Check for cancellations

Special Friends Dance – Glow Like Crazy

Friday, April 21 from 6-7:30 p.m.
Indianola Activity Center, 2204 W. Second Ave.

All individuals with special needs, along with their families, chaperones, respite providers and SCL workers are invited to this glow-in-the-dark dance with DJ Steph Steveson. Free admission.



Tea Time

Wednesday, May 10 at 3:30 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Mothers and grandmothers, gather your favorite young ladies and gents ages 3 and older for a sumptuous afternoon tea party. Join us for finger sandwiches, decadent sweets, and, of course, tea (or lemonade). Registration deadline is Wednesday, May 3, or when full. Call 515-961-9420 to register with Indianola Parks & Recreation.

Contra/Barn Dances

Third Saturday of the month through May, 7-9 p.m.
First United Methodist Church, Parish Hall, 307 W. Ashland Ave., Indianola

The Indianola Contra/Barn Dances will be held April 15 and May 20.

Afternoon Adventures: Iowans You Should Know

Tuesday, April 25 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Broadcaster, historian and author Jeff Stein tells stories of famous and not-so-famous Iowans. From the inventor of the Eskimo Pie to Academy Award-winning performers and record-setting athletes, these biographical stories are as inspirational as they are informative. Stein's daily "Iowa Almanac" radio segments air on 30 stations across Iowa.



Grant Writing 101

Thursday, May 11, 6-9 p.m.
Warren County Extension and Outreach Office, 200 W. Second Ave., Indianola

Representatives of nonprofits, local government, schools and other organizations are encouraged to register for this Grant Writing 101 workshop. Grant Writing 101 will provide hands-on training in finding grants and writing successful grant applications. Warren County Extension will provide refreshments for the workshop. Participants may bring their own snacks or meal to eat. Event registration is \$25 at go.iastate.edu/VQBMPPF by May 10 at 4 p.m. For more information about the workshop, contact Lindsay Henderson at lindsayh@iastate.edu or 515-835-6605.

Live Healthy Iowa Kids Track Meet

Wednesday, May 3 at 5:30 p.m.
Indianola Middle School Stadium, 403 S. 15th St.

Athletes ages 6-14 can compete in running and field events at this free track meet hosted by Indianola Parks & Recreation. Register online through April 30 at tinyurl.com/2023IPRTrackMeet.

General Food Preservation Class Offered

May 31 from 6-7:30 p.m.
Warren County Extension and Outreach Office, 200 W. Second Ave., Indianola

Preserving your summer bounty is a great way to enjoy home-grown produce year-round. The key is not serving food-borne illness, like botulism, with your home preserved foods. To help Iowans safely preserve foods, Preserve the Taste of Summer 101 is offered as part of the ISU Extension and Outreach Preserve the Taste of Summer program. This class will discuss four food preservation techniques — pressure canning, hot water bath canning, dehydration and freezing; provide science-based, reliable, food preservation resources; and answer your general food preservation questions. The cost of this workshop is \$10. The registration deadline is May 25 or until the class is full. Participants can register for the workshop at go.iastate.edu/SGTCWN. To learn more or to ask questions, contact Bethany Cecot at bcecot@iastate.edu or 515-961-6237.



Warren County Fair Youth Container Gardening Class

Tuesday, May 23, 6-7:30 p.m.
Warren County Extension and Outreach Office, 200 W. Second Ave., Indianola

The Ackworth Garden Club sponsors the free Youth Container Gardening Class for grades K-12, hosted by the ISU Extension Office. You will learn about different types of potting soil, selecting plants, pots, and the maintenance of your plants. You will have hands-on experience in preparing your soil, selecting a plant and potting it to take home with you. All parents and grandparents are welcome. Register no later than Friday, May 19, at ackworthgardenclub.blogspot.com. Select the Special Events Tab, then Youth Container Gardening Class for details and registration link.

EVENTS IN THE AREA

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

Check for cancellations



April at Covered Bridges Winery

Various dates
Covered Bridges Winery, 2207
170th Trail, Winterset

- April 16: Spring Roll Class 11:30 a.m. to 1 p.m., \$65 per person. Tickets must be purchased in advance at coveredbridges-winery.square.site/product/spring-roll-class-april-16-2023-11-30am-1pm/318.
- April 16: Dustin Farrow Live Music, 2-4 p.m., no cover charge.
- April 29: RetroSpect live music 6:30-9:30 p.m., \$5 cover charge per person

Food and Fun

Various dates
Middlebrook Mercantile, 4125
Cumming Ave., Cumming

- Register for events at Cumming, IA
Middlebrook Mercantile Events | Eventbrite
- April 15: David Watson Performs, 5-8 p.m.
 - April 21: Mule Performs, Two 'Ol Chefs Food Truck, 5-8 p.m.
 - April 24: Dried Floral Workshop, 6-7:30 p.m.
 - April 28: Emmett Sheehan Performs, Pho Wheels Food Truck, 5-8 p.m.

Disney's 'The Lion King'

Through April 16
Des Moines Civic Center, 221
Walnut St., Des Moines

More than 100 million people have experienced the wonder of Disney's "The Lion King," winner of six Tony Awards, including Best Musical. Stunning visuals combined with iconic music make this a show that shouldn't be missed. Tickets at dmpa.org.

Wild Lights Festival

Wednesday to Sunday evenings
Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

The Wild Lights Festival returns to Blank Park Zoo with 50 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. Presented in partnership with Tianyu Arts & Culture, this year's festival will include a 75-foot-long sunflower tunnel, giant 33-foot-wide octopus, and more animals and mythical creatures. The festival runs 7:30-10 p.m. on Wednesday to Sunday evenings, plus Memorial Day, through May 29. Tickets are \$19-\$25 and may be purchased at www.blankparkzoo.com/wildlights.

The Poppet Show Featuring Barbershop Chorus

April 29, 3 p.m.
First Baptist Church, 8250 N.W. 62nd Ave., Johnston

The Harmony Delegation Barbershop chorus will be holding its 76th anniversary spring performance. This year's spring show is a parody of "The Muppet Show" they call "The Poppet Show." Skits and music will be a zany spectacle of actors and choir members for a fun-filled afternoon of Barbershop music. Tickets are \$20/adult, \$15/student (through college), 5 and younger free. They can be purchased online at harmonydelegation.com or at the door.



Planned Parenthood Book Sale

April 20-24
4-H Building at the Iowa State Fairgrounds

The Planned Parenthood Book Sale is one of the largest single charitable events run exclusively by volunteers, not only in the state of Iowa, but in the country. All proceeds support sex education programs in Iowa. Shoppers come from across the Midwest for bargain prices on thousands of used and collectible books, plus records, CDs, DVDs, games, puzzles and artwork.

Hours are Thursday, 3-9 p.m., \$20 admission; Friday, 9 a.m. to 9 p.m., free admission; Saturday, 9 a.m. to 6 p.m., free admission; Sunday, 9 a.m. to 6 p.m., free admission and 50% off all items; and Monday, 9 a.m. to 6 p.m., free admission with 75% off all items. ■

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INFLATION and your money

"If the current annual inflation rate is 7.9%, why do my bills seem like they're 10% higher than last year?"¹

Many of us ask ourselves that question, and it illustrates the importance of understanding how inflation is reported and how it can affect investments.

• **What is inflation?** Inflation is defined as an upward movement in the average level of prices. Each month, the Bureau of Labor Statistics releases a report called the Consumer Price Index (CPI) to track these fluctuations. It was developed from detailed expenditure information provided by families and individuals on purchases made in the following categories: food and beverages, housing, apparel, transportation, medical care, recreation, education and communication, and other groups and services.²



• **How applicable is the Consumer Price Index?** While it's the commonly used indicator of inflation, the CPI has come under scrutiny. For example, the CPI rose 7.9% for the 12 months ending in February 2022. However, a closer look at the report shows movement in prices on a more detailed level. Energy prices, for example, rose 25.6% during those 12 months.¹

• **Are investments affected by inflation?** They sure are. As inflation rises and falls, three notable effects are observed.

First, inflation reduces the real rate of return on investments. So, if an investment earned 6% for a 12-month period and inflation averaged 1.5% over that time, the investment's real rate of return would have been 4.5%. If taxes are considered, the real rate of return may be reduced even further.³

Second, inflation puts purchasing power at risk. When prices rise, a fixed amount of money has the power to purchase fewer and fewer goods.

Third, inflation can influence the actions of the Federal Reserve. If the Fed wants to control

inflation, it has various methods for reducing the amount of money in circulation. Hypothetically, a smaller supply of money would lead to less spending, which may lead to lower prices and lower inflation.

• **Empower yourself with a trusted professional.** When inflation is low, it's easy to overlook how rising prices are affecting a household budget. On the other hand, when inflation is high, it may be tempting to make more sweeping changes in response to increasing prices. The best approach may be to reach out to your financial professional to help you develop a sound investment strategy that takes both possible scenarios into account. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful. 1. USInflationCalculator.com, 2022. 2. BLS.gov, 2022. 3. This is a hypothetical example used for illustrative purposes only. It is not representative of any specific investment or combination of investments. Past performance does not guarantee future results.



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WRESTLING her way to the top

Gomez wins fifth straight Iowa AAU Girls State title.

Emerson Elementary fourth-grader Markee Gomez has had wrestling on her mind since she was just a tiny 4-year-old watching the sport with her dad, Vinny Gomez.

The sport so endeared her that she began asking her dad when she could get out on the mat herself. Finally, one Saturday, it was time.

And she's never looked back.

This past season, Markee won her fifth straight Iowa AAU Girls State Championship Title, topping a 29-girl bracket with two pins, a major decision and a 6-0 victory in the championship match for the medal.

"She is so humble and kind with her wins," says her mother, Amanda Gomez. "One thing that is certain are the brackets aren't getting any smaller and these girls are putting in the work to get to the top. It's a great time to be a female wrestler in the State of Iowa, especially Indianola."

After placing fourth in the Iowa AAU Girls State tournament as a kindergartner, Markee knew this was the sport for her. She joined Hammer Time Wrestling Academy in the off season, and, in first grade, she was competing against some of the best male wrestlers at her age and grade in the state. And not only competing — she was winning.

"She was either dominating them or hanging right there with them," says Amanda.

Markee won her first AAU girls state championship that year and also took first place at USA State in the girls' division and third in the boys' division. By second grade, she had pinned 100 opponents.

And the titles kept coming. Last year, as a third grader, Markee brought home her fourth Iowa AAU Girls State Championship and third USA State Championship.

Markee still wrestles with the advanced program with her Indianola Mat Tribe teammates, which is almost all boys. She will continue to do so as long as she can, her mother says.

Vinny, who graduated from Indianola high school in 2011 where he was a three-time state qualifier and a two-time place winner, has taught his daughter well. And now that high school girls' wrestling is an officially sanctioned sport in the state of Iowa, things are even brighter.

Vinny is building the K-12 girls wrestling program at Indianola, and his daughter is once again right by his side.

"She loves knowing in her future she will be part of our Indianola Girls Wrestling Team and coached by her dad," Amanda says. "Vinny has coached and guided Markee since the moment she stepped on the mat. They share the same passion and have such a special bond because of it. Vinny has always told Markee that, whatever her goals are with this sport and however far she wants to go with it, he will be right there helping her get there." ■



Indianola's Markee Gomez recently won her fifth straight Iowa AAU Girls State Wrestling Championship. Photo courtesy of Ted Sandeen Photography

ARE YOU winning?

There is a sport that I play, and I would score 110-120 points every time I go out. No matter how long I've been away from the sport, I can head out with friends and score 110 points no problem. I don't have to practice. I could pick up my clubs tomorrow and shoot a round of 120 on any golf course in America... probably in just nine holes.

Those of you who know golf know that this isn't a very good score. But in basketball, 110 or 120 would be a good score. In football, that would be a phenomenal score. And, in soccer, that would be an historic score. Whether or not a score of 120 is good depends on the game you're playing. In some games, 120 guarantees a win; in other games, like golf, a 120 means you're probably buying lunch.

This is important for us to remember in life. What game are we playing and are we keeping the right score? The only score that really matters is a deepening relationship with Jesus Christ. "Seek first the kingdom of God and his righteousness, and all these things will be added to you" (Matt. 6:33). If we are rich in the grace of Christ, everything else will take care of itself. ■



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



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MEDICARE Advantage and hearing services

What is Medicare Advantage?

Medicare Advantage, or Medicare Part C, is an alternative to Original Medicare Part A and Part B. Private insurance companies offer plans for Part C that cover both Part A and Part B. Medicare Advantage Plans may include additional coverage for services not included in Original Medicare.



Most Medicare Advantage Plans will not pay for services provided by hearing professionals who do not contract with their plan. These providers are “out-of-network.”

What is a third-party administrator?

A third-party administrator (TPA) is an organization that processes hearing benefits for Medicare Advantage Plans. Three TPAs — TruHearing, NationsHearing and UnitedHealthcare Hearing — contract with Medicare Advantage Plans for Warren County. TruHearing administers hearing benefits for Humana, MercyOne and UnityPoint Health Medicare Advantage Plans. NationsHearing manages hearing benefits for Aetna and Wellmark plans. UnitedHealthcare Hearing conducts these benefits for UnitedHealthcare.

Does Medicare Advantage include hearing benefits?

Most Medicare Advantage Plans offer access to hearing evaluations and hearing aids. However, most of these plans require providers to participate in their provider networks and contract with their third-party administrators.

What is a provider network?

A provider network is a group of hearing professionals who contract with Medicare Advantage Plans to provide hearing health care to members. These providers are “in-network.”

What are the disadvantages of Medicare Advantage?

Provider networks and TPAs limit a patient's access to hearing health care and choice of provider.

Due to the acceptance of reduced reimbursement for services, in-network providers

must see more patients in less time, thus lowering the quality of care.

Most TPAs are discount hearing programs, not health insurance. Often, their copays for hearing aids are equal, if not greater than, paying out of pocket for unbundled hearing services and devices.

Some TPAs offer limited options for hearing aids. These options may not be appropriate for your hearing loss and hearing lifestyle.

What are the hearing benefits of my Medicare Advantage Plan?

Review the Evidence of Coverage or Summary of Benefits document of your plan. These documents are readily available via your insurer's website. Contact your plan to discuss details. Call the phone number for customer service on the back of your insurance card. For further questions, contact your local audiologist. ■

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

VISIT US ONLINE!

Questions about Medicare Advantage and Hearing Health Care?
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TREATING enuresis and urinary incontinence

One of the disorders we see frequently in our clinics are symptoms related to urination... either too much, too little or the inability to control. Urinary incontinence is defined as any involuntary

loss of urine on physical exertion, sneezing and coughing, or nighttime urination. It's a difficult topic for many to discuss, but there are many solutions to managing these urinary problems.

From an Asian Medicine perspective, we do a full evaluation of the symptoms, medical history and testing, and current health history. We then do a diagnosis that involves listening to the pulses, looking at the tongue, and palpating the meridians and acupuncture points. We then determine what the underlying cause of the urinary problem is and treat based on the diagnosis.



There can be many contributing factors to the urinary conditions that are also reviewed and recommendations made accordingly. There are foods and preservatives in food that can contribute to irritation of the bladder such as spicy foods, dark soda, foods that contain oxalates (rhubarb, spinach, etc.), and foods that contain MSG to name a few.

In Asian Medicine, the diagnosis can be due to several causes. It can be a spleen qi deficiency, which has everything to do with the bladder's ability to "hold" the urine; it can be from liver qi congestion, which means that the bladder has more of a spasm and it is difficult to urinate; or it can be from kidney and bladder deficiency, which is related to aging, childbirth or even chronic low back pain. A recent research study published by HealthCMi demonstrated that acupuncture reduced urinary leakage by 54% over a period of a six-week treatment session. Chinese Herbal medicine is

also an effective addition to treatment, with the herbal formula recommended based on your diagnosis and symptoms.


You can also combine acupuncture with chiropractic care to enhance the results. The chiropractor will evaluate your lower back and determine if there may be nerve impingements that could be affecting the nerve signal going to the kidneys and bladder. A chiropractor, licensed acupuncturist, massage therapist, or physical therapist can also educate you on exercises that are specific to your type of urinary disorder. Yoga is another exercise to strengthen the pelvic floor and lower back that may be contributing to the problem. ■

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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HEALTH

By Sheryl Frye

GROUNDING techniques

Sometimes in our busy lives, we have trouble being present in the moment. We are thinking about things we need to get done, remembering the past or just experiencing anxious thoughts. Grounding techniques can help us create some distance from our distressing thoughts to help us become more present in the moment. These techniques use our five senses to help us regain our perspective. Grounding techniques — such as breathing deeply or listening to your surroundings — are often simple and can be utilized in any situation. Other physical grounding techniques include taking a walk, holding a piece of ice or savoring a scent like tea. Grounding techniques can also include mental tasks to help us with distraction. Thinking about silly jokes, reciting a poem or song and counting backward from 100 are examples of grounding mental techniques. Sometimes, soothing techniques can help in times of high distress. We can use our imagination to ground us by picturing someone we love or visualizing our favorite places. Playing with our pets and engaging in favorite activities like crafts can also help us create feelings of wellbeing during periods of high stress. Identifying techniques to stop us from getting lost in our distressing thoughts can give us the tools to create more joy in our daily lives. ■



Reference: www.healthline.com. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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HEALTH

By Ashley Powell

ADAPTOGENIC mushrooms

Have you heard of adaptogenic mushrooms? These mushrooms help your body adapt to physical and biological stressors; they reduce the negative effects of stress on the body. They are not “magic” mushrooms and do not alter perception.

Some of the most common adaptogenic mushrooms include lion's mane, cordyceps, chaga, reishi and turkey tail. Each mushroom offers a different benefit. For example, lion's mane has been shown to reduce anxiety and depressive symptoms and improve cognitive and brain health. Cordyceps can support the reduction of fatigue, work to improve the availability of oxygen in the blood, and support cardiac function and respiratory health. Research suggests that chaga aids in inflammation reduction and provides immune support. Other studies show that reishi promotes relaxation as well as blood pressure and cholesterol management. Lastly, turkey tail is a powerful antioxidant.

Incorporating adaptogenic mushrooms into your life on a daily basis is key to maximizing all of these potential benefits. New users may need up to three weeks to notice the benefits. As with all supplements, it's important to talk to your doctor if you are pregnant, breastfeeding, or have a condition such as low blood pressure.

Stop in a local store to talk to a certified hemp consultant to see how adaptogenic mushrooms can support you and your loved ones. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. References: Cordyceps as an Herbal Drug - www.ncbi.nlm.nih.gov/books/NBK92758; Therapeutic Potential of Hericium erinaceus for Depressive Disorder - www.ncbi.nlm.nih.gov/pmc/articles/PMC6982118.

MEET Morgan Robinson

Every day is a new day to learn and grow.

There's no doubt that the first year as a teacher can be challenging.

"All of the training, excitement and nervousness came down to that one moment when I looked at my finished/decorated classroom," says Irving Elementary teacher Morgan Robinson. "Welcoming my students made all the hard work worth it."

Robinson is an Indianola native, and she says teaching here feels like home. Growing up, her family spent weekends and summers either playing sports or boating at the lake. Her grandparents, aunts, uncles and cousins all live in town or close by.

"I loved growing up here," she says, smiling. "I was lucky to be part of many clubs and sports in middle school and high school where I made friends and gained skills that I use every day in my teaching career."

Robinson says that teaching was in the back of her mind. While working at Indianola Child Care in high school, she discovered she enjoyed spending time with kids — talking with them, playing games, and going to the pool. She also became a middle school youth group leader at church.

"I realized that most kids are just searching for an adult to invest in their lives," she explains. "I want to be an adult that chooses to do that for the next generation."

Robinson started college at DMACC before transferring to Iowa State University, earning a degree in elementary education, with endorsements in English/language arts, reading and mathematics. She student taught in Carlisle and Norwalk and also subbed at Indianola while in college, where she met a lot of the staff and had the opportunity to teach a variety of grades, content and kids.

While she learned a lot watching other teachers, Robinson is glad to have her own classroom. At the beginning of the year, she and her class spent time discussing procedures, expectations and the classroom community they wanted to build. Now, she gets to see her students interact with one another, look out for each other and treat everyone with respect.

Robinson believes in educating the whole child and serving each student to the best of her ability in whatever area they need. She teaches reading, writing, math and science, but it's also her job to help kids make friends, problem solve and communicate — all while encouraging them to persevere in any situation.

Robinson likes that her fifth graders are discovering what they are good at and activities they enjoy both in and out of the classroom.

"They shine in many different ways, whether it be academics, sports or music," she says. "It's fun when I am able to go to their activities and cheer them on."

Just like her students, it has been a year of learning and growing for Robinson, too. She is grateful for the opportunity to give back to a community that gave so much to her and for a fifth-grade teaching team at Irving that supports and encourages her every day. ■



Irving teacher Morgan Robinson celebrates students' successes and wants her classroom to be a safe and comfortable place where kids can be themselves, grow and learn.

MAKE SURE your business income is protected

Business owners, this one's for you. When a catastrophe occurs, business insurance can not only cover the cost of repairing or replacing damaged property, but it can also cover the revenue you lose if your business is forced to close. Here are some different ways this could play out:

A café is damaged by a storm, and the café owner has a standard Business Owner's Policy. Because the insured location suffered direct damage from the storm, the Business Owner's Policy will cover the cost of repairs, as well as the lost business income.

Now, let's say that the café is not directly damaged by the storm, but the storm knocks out a power substation a mile away, and the business is without power for several days. The standard Business Owner's Policy will not cover any associated losses, because the business did not suffer direct damage from the storm. In order for these losses to be covered, the business owner would need to have Utility Services Coverage added.

There are two types of Utility Services Coverage: Direct Damage and Time Element. Direct Damage refers to property that is directly damaged due to the loss of utility service — for example, the café's food spoils, and must be replaced. Time Element refers to business income that is lost, for example, due to the business having to close while the power is out. ■

Information provided by Mike Richey Agency Inc., American Family Insurance, 204 E. Detroit Ave., Indianola, 515-961-8889, mrichy@amfam.com.



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April, 1915 Indianola Living Magazine

"BUY IT IN INDIANOLA"

Slogan of: Indianola Commercial Club (Indianola Chamber)

In 1915, the Indianola Chamber of Commerce's slogan centered around shopping local, "Buy It In Indianola". We are bringing back this slogan for the month of April! Join us in celebrating Indianola's rich history of supporting our local businesses on April 29th. Your participation will contribute to creating a thriving community!



SHOP LOCAL ON APRIL 29TH!



CHAMBER

By Amanda Zwanziger

'BUY IT in Indianola'

In the early 1900s, the Indianola Chamber of Commerce, originally identified as the Commercial Exchange and by 1915 known as the Indianola Commercial Club was founded. The mission of the organization has not changed from what it is today, with perhaps the exception of the use of proper language as used in years past. This excerpt from the Advocate Tribune sums up the mission for Indianola well: "To work, unselfishly, for anything that tends to her advancement; to advertise to the world her advantages."¹



By 1915, the organization adopted the slogan "Buy it in Indianola." Its objective was focused on unifying efforts for the general welfare of Indianola through the promotion of local businesses and by leveraging the "neighborliness among our citizens."² Their "shop local" mindset was not only instrumental in the growth of our fine city, both from an infrastructure and commercial development standpoint, but also critical to our future. Without the efforts of these early leaders encouraging local "patronage," our historic downtown may not be what it is today.

The economic significance of shopping local has not changed. Studies show that, for every dollar spent at a small business, an average of \$0.67 stays in that business' local economy.³ That economic infusion comes back to you in the forms of police officers, sidewalks, swimming pools and a variety of ways that contribute to your quality of life. Your specific efforts to buy local not only benefit local businesses, but it also benefits you. Perhaps this ad from The Herald says it best:

**When you HELP THE MERCHANTS you
HELP THE TOWN. When you HELP THE
TOWN you HELP YOURSELF**

Help yourself and the community by shopping local and join in as we bring back the theme "Buy It In Indianola" for the month of April and our Shop Local event on April 29. Let's get back to our roots and "do our part in the upbuilding of this town."⁴

P.S. Be sure to follow the Indianola Chamber's Facebook page so you can see the fun historical archives we will be bringing back as a part of our "Buy it in Indianola" campaign. ■

Information provided by Amanda Zwanziger, president/CEO of the Indianola Chamber of Commerce, 111 N. Buxton St., No. 117, 515-961-6269, www.indianolachamber.com. 1 Advocate Tribune June 23, 1904. 2 Advocate Tribune July 1, 1915. 3 American Express Study. 4 The Herald November 18, 1915.

OUT & ABOUT



Wren Jackson at the Indoor Play Date March 8 at the Indianola Activity Center.



Dawyson and Charlotte at the Indoor Play Date March 8 at the Indianola Activity Center.



Chelsea, Marcella and Alayna Loveless at the Indoor Play Date March 8 at the Indianola Activity Center.



Mallory and Wyatt Williams at the Indoor Play Date March 8 at the Indianola Activity Center.



Courtney and Autumn Fitzlaff at the Indoor Play Date March 8 at the Indianola Activity Center.



Brittany, Maci and Allison Horn at the Indoor Play Date March 8 at the Indianola Activity Center.



Jah'Naya and Samantha Spikes at the Indoor Play Date March 8 at the Indianola Activity Center.



Megan Ridout and Lane Henry at the Indoor Play Date March 8 at the Indianola Activity Center.



Heather Gaumer and Robert Endriss at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Sheena Sullivan and Mallory Inman at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Dana and Johnny Seeman at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Clair Hasenkamp and Erin Paugh at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.

OUT & ABOUT



Morgan Konrad and Alyssa Caldbeck at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Maggie Lewis and Bobbi Gladson at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Bonnie Forsyth and Sami Heithoff at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Amy Feser and Michaela Johns at the Short Years Partnership ribbon cutting and open house for its two-year anniversary on March 30.



Short Years Partnership held a ribbon cutting and open house for its two-year anniversary on March 30.



Mike Coffman and Ed Grant at the Many Hands Thrift Market community conversation about its upcoming opening this summer on March 23.



Susan Rabe and Mary Helderlein at the Many Hands Thrift Market community conversation about its upcoming opening this summer on March 23.



Carol Anderson, Lisa Lehmer and MyLisa Thompson at the Many Hands Thrift Market community conversation about its upcoming opening this summer on March 23.



Kathy Butler and Jodene DeVault at the Many Hands Thrift Market community conversation about its upcoming opening this summer on March 23.



Emily Van Gent and Steve Lucas at the Many Hands Thrift Market community conversation about its upcoming opening this summer on March 23.



Carla Weed and Brian McCord at the Many Hands Thrift Market community conversation about its upcoming opening this summer on March 23.

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FAITH By Lucas King

WEARY and burdened

What does it mean to be weary and burdened? During Jesus' ministry, He addressed a large group of followers regarding true knowledge and lasting rest. He invited all who are weary and burdened to come to Him for rest and wisdom. Weariness can be defined by words like tiredness, exhaustion or fatigue, while burdened means a hardship, heavy weight, worried or troubled. Jesus invites and welcomes those who have been overcome with exhaustion and worry, who have been worn out and weighed down by life, and who face oppression and trouble they cannot seem to solve on their own.



Jesus knew we would face great difficulties and become overwhelmed with them, so He invites us and makes a way for us to find relief in Him. The full invitation found in Matthew 11:28-30 says, "Come to Me, all of you who are weary and burdened, and I will give you rest. All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light (HCSB)." The guilt and shame you are carrying around, you can bring it to Jesus and He will renew you and lift those things from you. The worries and doubts that keep you up at night, He will replace with faith, trust and hope through His Spirit.

Spring is a time many people landscape and move potted plants, piles of mulch, bags of fertilizer and concrete pavers. Most of us will not last long moving all of that alone and without tools or equipment. We can become weary and burdened quickly and give up and quit. With the help of a friend or neighbor, a wheelbarrow and a pickup truck, the effort and the burden becomes lighter. We wouldn't turn down an offer of help.

Likewise, Christ Jesus is gentle and humble and offers to help us through the burdens, cares and doubts of this life. We all face troubles and difficulties, yet there is no need to give up or quit. It is encouraging to know that Jesus faced those same troubles and difficulties while on earth, He was full of suffering. It's a relief to know He offers free, no-strings-attached rest to those who will call on Him and come to Him. And it isn't a single burden or a single day of help; He offers a continuous, unfading and eternal rest for you and me. Weary friends, will you call on His Name for rest and relief? ■

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

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TWO 



CoolSculpting® Uses The CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It is also FDA-cleared to affect the appearance of fat tissue with submental area treatments. The CoolSculpting® procedure is not a treatment for weight loss. CoolSculpting® Important Safety Information The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping of the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment. Rare side effects may also occur. CoolSculpting® may cause a visible enlargement in the treated area which may develop two to five months after treatment and requires surgical intervention for correction. CoolSculpting® Uses The CoolSculpting® device is FDA-cleared for improvement of abdominal tone, strengthening of the abdominal muscles, and development for firmer abdomens. CoolSculpting® is also FDA-cleared for strengthening, toning, and firming of buttocks and thighs. CoolSculpting® Important Safety Information The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® treatment in areas with metal, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators, drug pumps, or hearing aids. Tell your doctor if you have any medical conditions as CoolSculpting® should not be used over a reconstructing uterus, over areas of the skin that lack normal sensation, in patients with heart, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy. CoolSculpting® should be used with caution in patients with Graves' disease (an autoimmune disorder that causes overactive thyroid), active bleeding disorders, or seizure disorders. Women who are close to menstruation may find that it comes sooner, or cramping is increased or intensified with CoolSculpting® treatments, therefore, it is recommended to not undergo treatment during this time of the month. CoolSculpting® is not for you. Please see full Important Safety Information on coolsculpting.com. CoolSculpting®, the Snowflake Design, and COOLSCULPTING® are trademarks of ZELUS Aesthetics, Inc., an Allergan affiliate. Allergan® and its design are trademarks of Allergan, Inc. All other trademarks are the property of their respective owners. © 2020 Allergan. All rights reserved. CS23K31 02/0

