

INDIANOLA

MAY 2023

Living

MAGAZINE

Up in the AIR

Residents share their
experiences as pilots

Meet Jennifer Wolff
EDUCATION

Endriss retires after 36 years in ministry
NEIGHBOR

Harvest bowl salad with balsamic vinaigrette
RECIPE

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WELCOME

THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.



I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough. Thanks for reading. ■

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VETERAN OWNED

Up in the AIR

Residents share their experiences as pilots

By Becky Kolosik

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.

Deb McGee started flying lessons at 55 and says women of all ages should follow their dreams and remember it's never too late to learn something new.



Freedom of flight

According to the Federal Aviation Administration's Aeronautical Center, just 9% of U.S. pilot certificates are held by women. The numbers are slowly increasing as many airlines are promoting programs to attract women to the male-dominated field.

Deb McGee's husband, Dan, received his pilot certificate in 1985. At the time, Deb had no interest in becoming a pilot.

"I did go up with an instructor just to learn how to work the radios and the controls," she explains. "That way, someone could help me get the plane on the ground in case an emergency ever occurred when Dan and I were flying."

In 2007, the couple purchased a 1973 Piper Cherokee 180 4-seater. Soon after, Deb decided it was time to get her private pilot certificate so that either of them could fly the plane when they traveled.

For the couple, who are both now retired, owning and piloting their own plane has allowed them the opportunity to make the most of their time with each other and with family. Their daughter lives in West Des Moines, and their son lives in Tallahassee, Florida. They have three adult grandchildren in Iowa, as well as two younger grandsons in Tallahassee.

"We recently returned from wintering at our home in Florida," says Deb. "We don't take for granted the fact that we have the freedom to fly down and enjoy almost five months with our son and his family — or even weekend trips here and there."

Deb started flying lessons at age 55. She recalls what it felt like that first time in the pilot's seat instead of the passenger's.

"I remember how amazing it was when the plane lifted off the ground," she says, smiling. "Obviously, I had been in a plane before, but it's totally different when you are at the controls."

One of her biggest challenges was in landing and judging when to start the flare to land. The instructor was calm in explaining the maneuvers to Deb, which helped calm her nerves.

"I also remember the instructor telling me to use a light touch on the controls," she explains. "Because our plane had been flying for over 30 years, it would simply respond to my input."

To earn her pilot certification, Deb had to hold an FAA medical certificate, pass an FAA knowledge test with a score of 70% or better, and have a minimum of 40 hours flying with an instructor as well as solo flight time. She also had to pass a practical test flying the plane with a designated examiner where she could demonstrate her skills in FAA required

Ninety-Nines: Inspiring women pilots since 1929

There's no doubt Amelia Earhart wasn't afraid to break down barriers. Her historic flight in 1928 in which she was the first woman to fly with a passenger over the Atlantic Ocean continues to inspire women of all ages to follow their dreams.

Established in 1929 by 99 women pilots, The Ninety-Nines, Inc. is an international organization of licensed women pilots from 44 countries. In 1931, Amelia Earhart was elected the first president. Fifteen charter members were from the North Central Section, including Ila Loetscher Fox, the first woman to obtain a pilot's license in Iowa.

Today, the Iowa chapter of the Ninety-Nines has more than 40 members and is part of the North Central Section that includes nine states. Their mission is to promote the advancement of aviation through education, scholarships and mutual support while honoring their unique history and sharing their passion for flight.

Ninety-Nines are professional pilots for airlines, industry and government; pilots who teach and pilots who fly for pleasure. Some are technicians and mechanics. Membership has also been opened to include women with student pilot certificates.

Deb McGee has served as a past Iowa Ninety-Nines chair and is currently the North Central Section governor. She encourages women of any age who are interested in aviation to contact a Ninety-Nine.

To find out more about women in aviation, as well as about the Amelia Earhart Memorial Scholarship opportunities from Fly Now! or the Iowa 99s Checkride Scholarship, visit <http://iowa.ncs99s.org/join-the-99s/> or ninety-nines.org. ■



Deb McGee and members of the Iowa Ninety-Nines with their planes in the background at KMUT, Muscatine.

operations and maneuvers.

Dan and Deb enjoy the freedom to travel in their own plane on their schedule. It's been a fun way to connect and spend time with their kids and grandchildren. They've picked up their grandkids in Iowa for a quick day trip — LeMars for ice cream or Pella for pancakes and the tulip festival.

"Our granddaughter often says, 'Why take four wheels when you can fly?' " says Deb, laughing.

One of Dan and Deb's favorite flights was from Tallahassee to Avon Park in Florida to pick up a puppy. Their two grandsons were eagerly waiting for them to land so they could meet their new furry family member.

Deb is a member of the Iowa Chapter of the Ninety-Nines, an organization of women pilots that promotes advancement of aviation. It has opened up a world of opportunity for her to meet and network with some of the best and brightest U.S. and international female pilots.

Some of her longest flights have been to



Zane Lathrum, pictured with his flight instructor, Ian, says learning how to fly requires a tremendous amount of hard work and focus, but he is up for the challenge.

Boston and Tallahassee, plus, she has flown to meetings in Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Missouri, Ohio, Oklahoma and Wisconsin as part of the Ninety-Nines.

Earning his wings

What do you want to be when you grow up? It's a question parents often ask their children. For Zane Lathrum, the answer has been an easy one — a pilot.

There are few careers where you can have an “office” at 30,000 feet with the most amazing views. Or how about the perks of traveling to different parts of the country — or even to other parts of the world?

Lathrum, a 2022 graduate of Indianola High School, says his dad introduced him to flying when he was young. He's wanted to be a pilot ever since and is currently enrolled in Iowa Lakes Community College's aviation program.

The program offers a hands-on learning environment where students learn the skills needed to obtain a private and commercial pilot license. Lathrum chose the program because it was not only affordable, but also a fast-paced learning environment.

“Within the first two weeks, I started flying lessons,” he says. “It's a pretty exciting feeling taking that first flight, and each time I take a solo flight I continue to gain confidence.”

It will take about 50-60 hours of flight time to earn his certification. In addition, Lathrum will take courses on meteorology, weather and climate. Once he's finished at Iowa Lakes, there will be a few extra ratings he'll need to earn depending on the type of plane he will fly for his career.

Lathrum's goal is to eventually be a commercial airline pilot.

“When I complete the aviation program, my plan is to be a flight instructor for a year and then do some crop-dusting to build time before making my way into the commercial airlines,” he says.

An office above the clouds

Kurt Lickiss likes living in Indianola and spending time with family. He also enjoyed coaching youth and high school swim programs for more than 12 years, as well as serving on the Parks and Recreation Board and school board.

For anyone who has a 9-5 job and a family, it's hard enough to manage and coordinate schedules and kids' activities, let alone integrate community involvement. When you're a commercial airline pilot like Lickiss, it might seem almost impossible. He may have the unique perk of an office at 30,000 feet; however, it's not your typical 9-5, five-days-a-week career.

“Flying has helped and hindered along the way,” he says. “But since 1987, it's been my life,



Kurt Lickiss — pictured with a fellow pilot after a 1994 airshow in Chicago and today from his “office” flying for Delta airlines — says flying is an amazing feeling.

and, as a family, we have made it work.”

Before “landing” his commercial pilot gig, Lickiss flew for the U.S. Navy. He had considered the Naval Academy after high school, but instead chose college. After graduating from Simpson, he took a job in advertising.

Still interested in enlisting, Lickiss contacted a recruiter to explore options. He ended up taking pilot tests and was selected for aviation officer candidate school.

While in the Navy, Lickiss flew helicopters, tactical jets and transport aircraft. During his helicopter tour, the Soviets brought two ships into Norfolk, Virginia, where he was stationed, and he was selected to visit the ship and their pilots. He deployed to Desert Shield and Desert Storm and also supported some special missions in Africa.

Then he was awarded instructor duty in the attack jet training command.

“I had a blast learning and teaching basic air combat and other strike missions,” he says. “I helped launch the then-new T-45 training system — a modern jet that replaced a two-jet training program the Navy had been using.”

Lickiss finished his Naval career as an administrator and instructor pilot in DC-9 aircraft on Whidbey Island, Washington. There he transported personnel and equipment around the globe.

Lickiss wasn't initially interested in flying for an airline, but spending time in Whidbey flying with many naval reserve pilots who did, he decided to consider it. He and his wife, Denette, had started a family, and it seemed like a good opportunity.

“Being a pilot — whether for the Navy or the airlines — takes me away from home much more than I would like,” he explains. “I'm grateful to Denette, as she has really shouldered



the job of stabilizing the schedule and our lives.”

Lickiss bids his schedule a month in advance. Denette does her best to keep him informed of family commitments so he can work around scheduled activities as much as possible.

For the majority of his 25 years with Northwest and now Delta, he's been based in Minneapolis, generally flying four-day trips.

“That's about 14-17 days of work a month, but they are 24-hour days, not the typical 9 to 5,” he says.

Lickiss has been to some remarkable places; however, he says more often than not, he lands, eats dinner from a vending machine and leaves again.

“I've been fortunate to visit Amsterdam, Paris, Bangkok, Tokyo and Saipan,” he says, smiling. “I really enjoy U.S. stops when I can connect with friends or running into old Navy buddies that fly for various airlines.”

There will always be stress with weather, schedules and air travel in general, but time, experience, and good problem-solving skills balance it out.

“As a pilot, you want a perfect flight,” he says, laughing. “I try and think of my performance as an artistic or athletic event. I want to orchestrate it beautifully, and sometimes that can result in lots of feedback from passengers or nothing at all.”

Lickiss says that while the effects of 911 are only now being recovered financially, the future seems bright.

“Pilot demand is up,” he explains. “Aviation is a broad field, and there are good training opportunities right here in Des Moines. Flying for a commercial airline is a major undertaking not only for the pilot, but for the whole family.” ■

MEET Jennifer Wolff

Helping students learn and develop skills for independent living.

Indianola High School teacher Jennifer Wolff knows better than anyone that students in the special education sphere have limitless potential. However, when proper individualized education that their differing abilities require is not provided, the life skills necessary for their success are often overlooked.

Growing up, Wolff never wanted to be a teacher, but she can't imagine doing anything else these days and says what she loves most about teaching is her students. "They are absolutely amazing young adults," she says, smiling. "Plus, I can't say enough about our special education teaching team and how we support and lift each other up."

Wolff earned her bachelor's degree in psychology and worked in the mental health field for seven years. After staying home to raise her kids, she became a paraeducator, which eventually led her back to school to earn her bachelor's degree in elementary education and a master's in special education: ID Severe and Profound.

She wanted to teach middle school or high school Level III Life Skills at Indianola, and it worked out perfectly because, just as she earned her degree, the high school position was posted. Wolff applied and was hired.

"I chose special education because it's similar to my early psychology career," she explains. "I believe everyone can learn if we're able to find a way to communicate and teach them."

Wolff's teaching philosophy is "never give up." Sometimes that means doing things that are not in a scripted program or things she knows will help a student be as independent as possible when they leave school.

Wolff's students must earn their academic credits in math, ELA, science and social studies/history. Beyond this, they work on basic life skills like hygiene and household chores, as well as how to use resources like calculators and information sheets to help with shopping and filling out forms.

Students also work on being able to identify and express what they like or dislike, particularly when it comes to leisure skills, such as playing games or other activities.

While there are challenges, Wolff is grateful for the support of the school and community. Hy-Vee has donated chef shirts, hats and food items and employed some of the graduates. Embark Ink has donated T-shirts and also helped with vocational placements, along with Pizza Ranch.

In addition, many of the high school teachers regularly enjoy Cafe Meals, where Life Skills students plan a meal, including budgeting, shopping, preparing and serving. There's a small fee for the meals, which allows the kids to work with money, too.

"I love watching my students grow and learn," says Wolff. "Even the smallest accomplishment is like climbing to the top of a mountain for my students, and I couldn't be prouder." ■



Indianola High School teacher Jennifer Wolff says she is blessed to have some of the most dedicated, hardworking and positive support staff. From left, Julie Mindermann, Jennifer Wolff, Kristi Hunter, Shelly Vander Tuig, Kristy Davis (personal nurse), Kathy Smith and Sandy Putz. Students pictured are Kayla and Becca.

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GARDENING

By Barry Laws

TAKE stock before buying more plants

Spring planting season is here. Now to head to the nursery for those new and special additions for your garden this year. But take a deep breath and put together a plan.

One of the biggest mistakes we, as gardeners do, is to not take stock of our garden before going out to buy more plants. Last summer was brutal with the drought we had, so take a closer look at those plants that seemed to struggle last year. They may be coming back stronger this year, with the rains we have been getting. Don't write them off yet. A good example is your Hardy Hibiscus, this will be one of the last perennials to emerge, often late in May, once the ground has warmed enough.

But, if we have lost a perennial, shrub or tree, it is time to think about a new addition. Do some research and make a plan about what you want to add. If you find a replacement, take a couple of bamboo stakes out to the garden. Drive one in deep enough to the height of the mature planting and the other how wide it will become. This will show you if you need to find something different or move plantings to make room. And remember to use the mature size (and look for that when looking at the garden center) because some perennials, like hostas, take up to five years to attain mature size. That said, don't be afraid to purchase two or three of a perennial, spacing them a little closer so you can have a more full looking landscape more quickly, so the impact is achieved more quickly.

A good addition could be a container (yes, you can put containers in your garden, not just on the patio), and there are even trees and perennials that can be put in containers to add drama to a garden. A shady garden could use a container of Astilbe and Hosta. Consider a tree in a container. Japanese Maples, dwarf Conifers and other dwarf trees are a great place to start. Conifers on a standard and Japanese Maples can be under-planted with low-growing annuals for a further burst of color.

So, go to your local nursery (with your plan in hand) and start filling your cart with new additions for your garden. Don't hesitate to ask questions. That is what those employees are there for. Keep your options open of what you can do to liven up your garden this year. ■



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RECIPE

DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.



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DID I wait too long to make a claim?

Whether it is because the extent of an injury is not initially appreciated or the “bother” involved in going through the claims process, many persons injured through no fault of their own go uncompensated.

One who continues to suffer from an injury that occurred in the past may wonder if a valid claim can still be made. Iowa Chapter 614.1 provides that actions founded on injuries to person or reputation, whether based on contract or tort, must be brought within two years. In addition, there can be situations where an even shorter period of time to take certain actions may be required.

Chapter 614.1 is commonly known as Iowa’s “Statute of Limitations.” If an action is not brought within the period prescribed, then the injured person permanently loses his or her rights to recover. An “action” is another name for a suit filed against the at-fault party in an appropriate court.

In other words, preserving a person’s rights to recover can be accomplished by filing suit against the responsible party. It should be noted that the vast majority of suits filed are resolved by way of settlement, rather than by trial.

A simple call to an experienced attorney may provide guidance to one who is unsure about the viability of his or her claim. Many attorneys in the field offer a free initial consultation over the phone or in person. ■

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: making that first call

Diane had been living with cardiac disease for several years when her health took a turn, and she was told she was in congestive heart failure. Although Diane knew she was very ill, she and her husband, Carl, were stunned when Diane’s cardiologist began talking about the benefits of hospice services.

“We heard that, and we thought, hold the phone; hospice is for people who are ready to die, and we weren’t there yet,” Carl recalls. “The cardiologist had initially said we were looking at maybe a year, so we were going to take a trip (and) do a few things while she still had energy. And then it felt like he was giving us a death sentence. We were confused, and I was pretty angry, actually.”

The doctor explained, though, that even though he did feel Diane had some time, she qualified for hospice services because she had a life-limiting illness, and hospice care would afford her some amenities — all covered by insurance — that could enhance her quality of life.

That made sense to Diane and Carl, and their anger began to abate. They decided to look into home hospice services, and, after they returned from a short trip to see family, they scheduled a meeting with their care team.

“The trip was hard on Diane, so I think, in some ways, it helped her understand that maybe this was the right move,” Carl recalls. “She loved the team right away — the nurse, the aide, the music therapist — and I really believe they extended her life. She lived 10 more months, and we were able to make some great memories.”

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 Diane’s case — benefit the person who is ill, as well as the whole family.

“As Diane began to have less energy and feel like sleeping more, we were able to get a hospital bed brought to the house, and we put it in the living room, and the grandkids would come over and gather around the bed and sit with Diane,” Carl says. “They would look at pictures, show her their drawings, and do quiet things that she enjoyed, and I think Diane was happy and at peace.”

“And the hospice team was there when we needed them but also left us alone to have a lot of family time. They didn’t hover around. And when it began looking like Diane wasn’t going to be with us a lot longer, they made sure she wasn’t in pain. The whole family was here, in the house that she loved, and we all held hands around the bed. When she went, it was very peaceful.”

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal, and making that first call to a hospice provider can be difficult. But know that — as was true in Carl and Diane’s case — 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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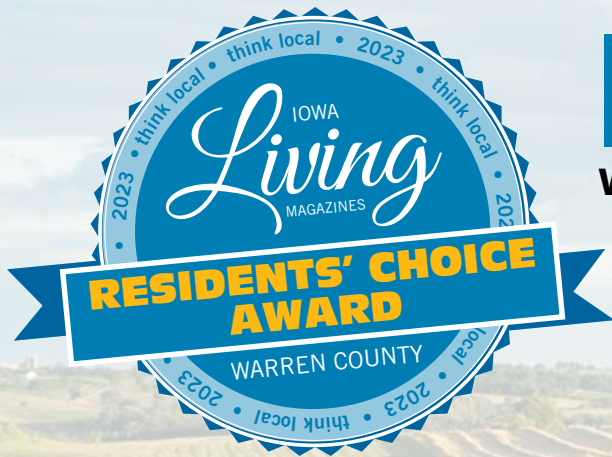
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IT'S BACK!

Who will be voted favorite in Warren County?

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

Make your voice be heard and cast your votes in the 2023 Warren County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Indianola and Norwalk August editions. You can vote in one or every category, or anywhere in

HURRY! POLL CLOSES JULY 1, 2023.

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

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

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

AUTO BODY

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

COMMUNITY

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

SHOPPING

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

ENTERTAINMENT

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

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services

- Chiropractor
- Vision Care
- Health Club or Gym
- Pharmacy
- Hearing Center
- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrician
- Plumber
- Senior Living Facility
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Pest Control

50 and older?

Here's your chance to catch up on retirement saving.

If you are age 50 or older and still working, you have a valuable opportunity to super-charge your retirement savings while managing your income tax liability. Catch-up contributions offer the chance to invest amounts over and above the standard annual limits in IRAs and workplace retirement plans.



2023 limits

In 2023, the IRA catch-up limit is an additional \$1,000 over the standard annual amount of \$6,500. Participants in 401(k), 403(b) and government 457(b) plans can contribute an extra \$7,500 over the standard limit of \$22,500. For SIMPLE plans, the catch-up amount is \$3,500 over the standard limit of \$15,500.¹

Tax benefits

Contributions to traditional workplace plans are made on a pre-tax basis, which reduces the amount of income subject to current taxes. If you are not covered by a retirement plan at work, your traditional IRA contributions are fully tax deductible. If you are covered by a workplace plan, you may deduct the full amount if your adjusted gross income is \$73,000 or less as a single taxpayer or \$116,000 or less if you're married and file jointly. If you are not covered by a workplace plan but your spouse

is, you are eligible for a full deduction if you file jointly and your income is \$218,000 or less.²

Contributions to Roth accounts do not offer immediate tax benefits, but qualified distributions are tax-free at the federal, and possibly state level. A qualified distribution is one made after the account has been held for five years and the account owner reaches age 59½, dies, or becomes disabled.

1) Participants in 403(b) and 457(b) plans may benefit from other catch-up contributions specific to each plan type. Participants in government 457(b) plans cannot combine age 50 catch-up contributions with other catch-up contributions. When calculating allowable annual amounts, contributions to all plans except 457(b)s must be aggregated.

2) Phaseout limits apply. Married couples filing separately cannot take a full deduction. You must have earned income at least equal to your IRA contribution. Talk to a tax professional. ■

For more information, please contact Charlie Ochanpaugh 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.

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FDIC

ENDRISS retires after 36 years in ministry

Telling the Biblical story

Through most of Trinity United Presbyterian Church Pastor Dave Endriss' ministry, he's been passionate about "telling the Biblical story."

"I firmly believe that, if the story is told faithfully and well, not only will it be remembered, but people will be challenged and comforted," he says.

Church was always an integral part of Endriss' life growing up in northern California. For most of his youth, he attended a large Presbyterian church. It was his youth pastor who first suggested Endriss think about going into ministry.

After earning his associate's degree, Endriss took a year off and traveled to Europe to attend an independent Bible school in northern England. During that year, he says he truly felt the call to the ministry. It was also there he met his wife, Nicki.

Endriss went on to complete his bachelor's degree at San Francisco State University with a major in humanities and graduated with a master of divinity from Fuller Theological Seminary in 1987.

He served in Wasilla, Alaska, for seven years as an associate pastor working with youth, Christian education and their board of deacons. In 1994, they moved to the far northwest corner of Minnesota where Endriss served as a solo pastor of the Presbyterian Church in Hallock. In 2000, the family moved to Indianola and Trinity United Presbyterian.

"Not only were we excited by the inter-generational aspect of the church and its long history of mission and music-filled worship, but also the community of Indianola," Endriss says. "It has a wonderful blend of cultural opportunities, great schools and a college. Where else can you attend world-class opera and watch hot-air balloons?"

Over the years, Endriss has found creative ways to tell the Biblical story, including leading a Christian clown troupe and later writing first-person monologues. In 2014, he self-published a volume containing 14 of them.

"One of the blessings of being a pastor is that I never quite know what my day will look like," says Endriss. "There are days of administration, creative writing, talking to folks, providing pastoral care, teaching,



Pastor David Endriss says, just because he is retiring from the pulpit, it doesn't mean he's retiring from God or the call He has placed on his life.

Open House In honor of Pastor David Endriss' retirement

Sunday, May 21, 1-3 p.m.
(presentation/program at 2 p.m.)
Trinity United Presbyterian Church,
200 S. Howard St., Indianola

counseling and strategic planning."

Plus, there's a commitment to the larger denomination where Endriss has served on many committees. He has also given back to the community as a Noon Lion and volunteering in various capacities.

Although Endriss is retiring, Indianola will still be home. He hopes to continue to do pastoral work part-time.

"I'm looking forward for the first time in my married life to sitting next to my wife in worship," he says, smiling. "Nicki and I also plan to check a few things off our 'travel bucket list' like Israel, Scotland, Italy... and visit family in Iowa, Canada, England, California, Oregon, Hawaii and Colorado." ■



During his early years of ministry in Wasilla, Alaska, Endriss' young son, Robert, would often climb up and sit on his dad's lap during church service.

HUGHES Broom Factory

In the early 1900s, Indianola was known throughout the Midwest for the quality and quantity of brooms that were created in a broom factory erected by Ralph Hughes. This was an appropriate task since he had spent the past 15 years, since the age of 17, mastering his broom-making skills in broom factories in Chariton and Davenport.

Hughes' broom making efforts in Indianola began in 1903 when he rented half of a carpenter shop and, with his own equipment, began turning out commercial-variety brooms. He was soon able to hire school kids to make his deliveries. His brooms were well made, his orders increased, and soon expansion became necessary. In 1911, Hughes was able to purchase land and build a new broom factory on Euclid Avenue between North First and Second Street.

This was not just an ordinary broom factory. It was equipped with the most up-to-date equipment and had a capacity of 40 dozen brooms a day. Broom making was a very specialized trade. The skilled operators had to combine broomcorn, wire, cord and cloth and attach it to a specially designed handle (broomstick). By 1928, the factory was producing about 80 dozen brooms a day. The Hughes Broom Factory soon became one of the largest in southern Iowa and his work force grew from 15 to 27 workers, depending on the season. Some years as many as 30 car loads of brooms were shipped out of Indianola.

To be a successful broom maker, Hughes had to travel a great deal to locate good quality broomcorn. Finding the best wood for the broomsticks was also important. He found a factory in the north that could produce the best maple handles. Unfortunately, the hardwood working plants found it more profitable to use the hardwood to make ladies' shoe heels. Then Hughes turned to the Pacific northwest for fir handles and finally turned to plastic for most of his brooms.

Hughes hired Gordon Shaver a few years after the factory opened and later Shaver became his manager. This proved to be a wise decision because when Hughes broke his leg in 1932, Shaver took charge of the business as if it were his own. Hughes gave orders that he "didn't want to hear anything about the business until the pain stopped." Shaver became a partner in the business in 1939, and, in 1946, he became sole owner of the business.

The broom factory shut down permanently in 1953, only 18 days short of 50 years of continuous operation in Indianola. It remained vacant for 10 years until John J. Orr and Son purchased the building and used it as a warehouse. ■

Source: Various articles from "The Record-Herald and Indianola Tribune" and "The Indianola Herald." For more information, visit the digital archives of the Warren County newspapers at warrencounty.advantage-preservation.com.



Some of the equipment used in the Hughes Broom Factory can be found in the lower level of the Warren County Historical Museum.

Check for cancellations

Contra/Barn Dance

Saturday, May 20, 7-9 p.m.
First United Methodist Church, Parish Hall, 307 W. Ashland Ave., Indianola

The Indianola Contra/Barn Dances are for the whole family.

Summer Bash

Thursday, June 1, 6-8 p.m.
Indianola Public Library lawn, 207 N. B St.

Kick off your summer in Indianola. Food trucks, ice cream, lawn games, face painting, giant bouncy houses, featuring The Dealt Hand, and music provided by KNIA's Big Red Radio. All activities are free. All ages welcome.

Afternoon Adventures: Iowa Veterans Stories in their Own Words

Tuesday, May 30 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave.

Sara Maniscalco Robinson, a former Iowa National Guard broadcast journalist, preserves first-hand accounts from Iowa's veterans through video and photos to help educate the public about life in the military. You will hear accounts of the day Pearl Harbor was bombed and the morning the Twin Towers were attacked, what it was like to be a woman in the military in WWII and what it feels like to be in an IED explosion driving across Iraq. Her program is a Humanities Iowa program.

General Food Preservation Class Offered

May 31 from 6-7:30 p.m. Register by May 25
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.

Mikayla Oz, Magician

Tuesday, June 6, 6:30-7:30 p.m.
Indianola Public Library lawn, 207 N. B St.

In Mikayla's family friendly show, she combines amazing magic with hilarious comedy to make for an unforgettable performance. Expect to see things appear, vanish, float, and maybe even an appearance from her bird Bubbles. This program is designed for children and accompanying adults. Please plan to attend and be engaged with your child at this program.



EVENTS IN THE AREA

Check for cancellations

Nancy Drew: Iowa Heroine to the World

Wednesday, June 7, 6:30-7:30 p.m.
Indianola Public Library room AB, 207 N. B St.

Nancy Drew is the most popular female detective in fiction. Few know, however, that Nancy is an Iowa heroine and that her creator was Mildred Augustine of Ladora. An academic pioneer (the first woman to earn a master's degree from the University of Iowa's School of Journalism), Augustine earned six airplane pilots' licenses, including one for sea-planing, wrote 130 stories for young people and wrote her newspaper column, "On the Go," until her death at age 98. Learn more about Drew and Augustine in this engaging presentation, given by fellow Iowan author and retired professor Barbara Lounsberry.



Special Needs Swim Nights

Wednesdays, June 14 and July 26 at 7:15 p.m.
Indianola Veterans Memorial Aquatic Center, 714 W. Detroit Ave.

Each special needs swimmer must be accompanied one-on-one in the water at all times by an adult or SCL worker. All ages invited. Admission \$3.50/person or free with season pass.



Special Friends Luau

Friday, June 23 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 a luau party with DJ Steph Steveson. Free admission for all.

Sensory Friendly Swim Nights

Wednesdays, June 28 and July 12 at 7:15 p.m.
Indianola Veterans Memorial Aquatic Center, 714 W. Detroit Ave.

Designed for people on the autism spectrum or with other sensory needs. Many of the features are turned off or closed at this time, including the dump buckets, water features and slides. Each swimmer must be accompanied one-on-one in the water at all times by an adult or SCL worker. Admission \$3.50/person or free with season pass.

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



Teen Jurassic NERF Attack XD

Friday, June 9, 6-8 p.m.
Indianola Public Library room AB, 207 N. B St.

This event is for teens only.



Night at the Movies

Friday, June 16
Pickard Park, 2205 E. Second Ave.

Enjoy a double feature as the parking lot at Pickard Park transforms into a free drive-in movie theater for the night. Early show at 7 p.m. followed by a second feature at 9 p.m. Off the Griddle food truck will be serving dinner, snacks and beverages.

Touch a Truck & Pool Party

Saturday, June 17 at 7:15 p.m.
Indianola Veterans Memorial Aquatic Center, 714 W. Detroit Ave.

Get up close to big rigs like a dump truck, tractor, fire truck and more. Then enjoy a free pool party. Free hot dogs, chips and water to the first 300 attendees. ■

CUBBIE'S KIDS CLUB MEMBERSHIPS

A large brown bear mascot wearing a blue baseball cap and jersey, standing with two young children, a boy in a red shirt and a girl in a blue shirt.

FUN FOR THE WHOLE FAMILY

A large yellow mascot shaped like a B-Bop candy, with a child sitting inside it.

GREAT BASEBALL. FANS. FUN.

Three young boys wearing red baseball caps and holding baseball bats, standing in front of a fence.

A young boy in a blue baseball uniform running on a dirt baseball field.

KIDS BIRTHDAY PARTIES

KIDS RUN THE BASES (SUN)

TICKETS & MORE AT IOWACUBS.COM

MUTUAL FUNDS vs. ETFs

The growth of exchange-traded funds (ETFs) has been explosive. In 2005, there were fewer than 500; by the latter half of 2021, there were more than 8,000 investing in a wide range of stocks, bonds and other securities and instruments.¹

At first glance, ETFs have a lot in common with mutual funds. Both offer shares in a pool of investments designed to pursue a specific investment goal. And both manage costs and may offer some degree of diversification, depending on their investment objective. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Structural differences

Mutual funds accumulate a pool of money that is then invested to pursue the objectives stated in the fund's prospectus. The resulting collection of stocks, bonds and other securities is professionally managed by an investment



company.

ETFs work in reverse. An investment company creates a new company, into which it moves a block of shares to pursue a specific investment objective. For example, an investment company may move a block of shares to track the performance of the Standard & Poor's 500. The investment company then sells shares in this new company.²

ETFs trade like stocks and are listed on stock exchanges and sold by broker-dealers. Mutual funds, on the other hand, are not listed on stock exchanges and can be bought and sold through a variety of other channels — including financial professionals, brokerage firms and directly from fund companies.

The price of an ETF is determined continuously throughout the day. It fluctuates based on investor interest in the security and may trade at a "premium" or a "discount" to the underlying assets that comprise the ETF. Most mutual funds are priced at the end of the trading day. So, no matter when you buy a share during the trading day, its price will be determined when most U.S. stock exchanges typically close.

Tax differences

There are tax differences, as well. Since most mutual funds are allowed to trade securities, the fund may incur a capital gain or loss and generate dividend or interest income for its shareholders. With an ETF, you may only owe taxes on any capital gains when you sell the security. (An ETF also may distribute a capital gain if the makeup of the underlying assets is adjusted).³

Determining whether an ETF or a mutual fund is appropriate for your portfolio may require an in-depth knowledge of how both investments operate. In fact, you may benefit from including both investment tools in your portfolio. ■

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. Amounts in mutual funds and ETFs are subject to fluctuation in value and market risk. Shares, when redeemed, may be worth more or less than their original cost. Mutual funds and exchange-traded funds are sold only by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money. The Standard & Poor's 500 (S&P 500) Index is a free-float weighted index that tracks the 500 most widely held stocks on the NYSE or NASDAQ and is representative of the stock market in general. It is a market value weighted index with each stock's weight in the index proportionate to its market value.



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ROMANCING the road

Clarkes enjoy adventure and fun in their classic cars.



Richard and Kathleen Clarke consider themselves lucky that their classic cars provide them with quality time together engaged in a hobby they enjoy.

For Richard and Kathleen Clarke, there's nothing like cruising at 55 mph on the curvy hills and less-traveled roads of central Iowa in their blue 1969 MGB-GT. It's something they enjoy together, along with the camaraderie, friendship and fun they've experienced as members of the Iowa British Car Club.

Richard's love of cars started at a young age. Growing up with four sisters, he often had a lot of time to himself.

"I loved toy cars," he says, smiling. "For Christmas, I usually got Matchbox or Corgi toy cars from my grandparents who lived in England. I often say I learned the mechanics of parallel parking — long before I was old enough to drive — playing with a toy Jaguar sedan."

As he got older, Richard didn't have the skill or desire to be a "gearhead," but his admiration for cars grew watching his brother-in-law work on them. Plus, having owned and driven many cars over the years, both he and Kathleen have come to appreciate the good ones.

Now that the couple has storage space and the financial means, they feel fortunate to have three classic cars: the MGB, along with a 1977 Chevy Camaro and 2002 Jaguar XKR convertible.

Kathleen's older brother ordered the Camaro in 1977 with yellow and black exterior body paint, a 305 V-8 engine, 3-speed on-the-floor manual transmission and R/S options. Records indicate that it's probably one of only a few hundred built to those specifications out of more than 200,000 produced that year. It's been kept in nearly like-new condition both inside and out.

"It's a very unique and cool car," says Kathleen. "We feel fortunate to be the caretakers of it for more than 20 years. It will stay in the family and eventually be passed on to our grandson."

As for the MGB, British cars have always had a place in Richard's heart since his parents were from England. He often jokes that it's the car he didn't get for graduation.

"In 2012, I was thinking about a small sports car and came across the MGB at an auction and purchased it for \$550," he says. "It needed a lot of TLC and eventually got an overhaul inside and out. Kathleen picked out the royal blue paint color."

Their most recent addition is the Jag, which is also a rare find.

"Richard likes its look, power and performance," says Kathleen, smiling. "I personally like the A/C, heated seats and sound system."

But what Richard and Kathleen love most about their cars is driving them. Ten years ago, they joined the British Car Club. In the months of April through October, they enjoy monthly driving events that take them all over central Iowa.

"We enjoy driving all three," says Richard. "Classic cars, like classic rock and roll, will never go out of style." ■

HE WILL find you

On the day of Jesus' resurrection, two men were walking from Jerusalem to Emmaus, a couple hours' journey. As they walked, Jesus met them along the way. Jesus asked them, "What are you discussing so intently as you walk along?" They explained what had happened, Jesus' death and resurrection and what it all meant. (They didn't recognize that they were talking to Jesus.) Their response showed that they didn't get it. So, Jesus takes the time to explain it to them.



The best part about this story is that Jesus is risen from the dead. Easter Sunday is the celebration of the fact that Christ's shedding of blood for our freedom has been accepted by the Father, and we are forgiven.

The second-best part about this story of the journey to Emmaus is that Jesus finds these two on the road; He doesn't wait for them to come and find Him. Many times, we think that we have to get our lives put together or straighten ourselves out before God will have anything to do with us. That just isn't true. Jesus is the Good Shepherd and He will seek us out no matter what trouble we are in.

Our God always seeks us out when we are in the wrong place. ■

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



VACATION BIBLE SCHOOL

JUNE 4-8

6:00 to 8:00pm



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BETTER Hearing Month

May is National Better Hearing Month, and the American Academy of Audiology is urging the public to be aware of the importance of good hearing health. The National Institute on Deafness and Other Communication Disorders reports that 37.5 million Americans experience hearing loss and that approximately 28.8 million adults in the U.S. may benefit from the use of hearing devices. Of these individuals, less than 30% who are 70 years and older utilize hearing aids. As the baby boomer generation becomes older, more of these individuals will experience hearing loss.

Hearing loss is strongly associated with other medical conditions, including cognitive decline, falls, tinnitus, heart disease, diabetes and cancer.

Untreated hearing loss can negatively impact the brain and cognitive health. A study published by the Lancet Commission on Dementia



Prevention, Intervention and Care cited nine risk factors for dementia. Untreated hearing loss in midlife was listed as one of these risk factors. The report also stated dementia typically began many years before it was recognized. Therefore, earlier detection of hearing loss is crucial to maintaining cognitive health.

Untreated hearing loss can also increase the risk of falls. According to a study conducted by Johns Hopkins University School of Medicine, individuals with increasing hearing loss (e.g., progression from normal hearing to untreated mild hearing loss) were three times more likely to experience a fall.

Here are some more statistics you need to know about the link between hearing loss and other common medical issues.

- Approximately 90% of individuals who report hearing loss also experience tinnitus, or ringing in the ears.
- Hearing loss occurs 54% more often in individuals with heart disease.
- Adults with diabetes are twice as likely to

experience hearing loss.

- Hearing loss can be a side effect of chemotherapy and radiation treatments for individuals with cancer.

Audiologists evaluate, diagnose and treat hearing disorders. Audiologists also evaluate, diagnose and treat vestibular (balance) disorders. These hearing health care providers facilitate rehabilitation for hearing loss, tinnitus (ringing in the ears) and imbalance.

The first step to maintaining your hearing health is to schedule an appointment with an audiologist to evaluate your hearing and/or balance and discuss treatment options. ■

Information provided by Dr. Kelly Cook, audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, (515) 416-5990, www.IowaHearingCenter.com. Dr. Cook is a member of the American Academy of Audiology (AAA), a professional organization promoting quality hearing and balance care.

Connecting PEOPLE



VOTE FOR
IOWA HEARING CENTER



May is Better Hearing and Speech Month
Call (515) 416-5990 to schedule an appointment today!



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Doctor of Audiology

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HOLISTIC management of seasonal allergies and sinusitis

It is estimated that about 30% of Americans suffer from allergies, while about 15% of Americans also have sinusitis related to allergies. Chronic sinusitis is one of the top reasons for medical visits in the U.S, with 18-22 million visits per year.



immune system and clearing mucus and phlegm from the sinuses and digestive system. Acupuncture has been shown in research studies to reduce mast cell and cytokine numbers that create the allergic response. Acupuncture has also been shown to reduce inflammatory responses such as pain and swelling in the mucus membranes. Often, the licensed acupuncturist will also make dietary recommendations to help promote healing, decrease inflammation and reduce mucus. Each patient has a complete evaluation and diagnosis from an Asian Medicine perspective to determine the underlying causes of the issues.

- Massage therapy can promote "clean up" by the lymphatic system which carries the specialized cells, white blood cells; moves fluids throughout the body; cleans up fats from the digestive system; and cleans up cellular debris from the muscles and organs.

- Teas, herbal formulas and supplements can also be helpful in the management and care

of allergies and sinuses. Professionals trained in this can help you determine which will be best for your individual situation and what medications you may be using.

- Drink plenty of fluids. Water especially helps to cleanse the digestive system, and, in turn, the lymphatic system.

- If you have been outside on high pollen days, take a shower before bedtime to wash away pollens that may have stuck in your hair or on the skin. If you have pets go outside, it is best to have them sleep outside your bedroom or bathe them often.

- Place an air cleaner in your bedroom.

Most people are in their bedroom for seven to eight hours, so breathing air free of pollen and dust particles definitely helps.

Enjoy your summer! ■

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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COOKING with cannabis

The joys of cannabis seem endless, as it helps to provide us with happier and healthier lives, and we have no shortage of ideas when it comes to figuring out new ways to use it.

While it is fun to visit a shop and pick out tasty hemp treats and drinks, one might find an even higher experience by making them at home. Choose the best hemp flour to suit your needs and decide what you'd like to make. First, you'll need to decarboxylate the flour by heating it in the oven. The heat triggers the release of carbon monoxide molecules that convert the cannabinoid acids into the active phytocannabinoids that will give the consumer their desired effects. Grind up the flour and spread it on a baking sheet. Suggested temperature is 220-240 degrees for 45-60 minutes. Common amounts to cook with are 1/8th to 1/4th ounce of flour. Remember, the hemp flour will have a strong smell like marijuana. A simple way to cook with cannabis is to make butter. Use one cup of butter and one cup of water and heat it in a saucepan on low (no more than 200 degrees). Add the flour once the pan is simmering, stir frequently and let cook for three hours. Strain and refrigerate. Now you have butter to use on toast or pancakes, or use the butter as an ingredient to other delicious dishes. Healthier choices include salad dressings, guacamole and tea. You could even sprinkle de-carbed flour onto bacon in the frying pan. Time to get cooking. ■



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.



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SEMAGLUTIDE...fad or not?

By now, you have probably heard of the hottest weight loss drug on the market, "semaglutide." Hollywood loves it, and you may even have friends on it. It was originally used for diabetes, and it is now FDA approved for weight loss in those who are not diabetic, showing an average of 15% weight reduction. This medication, although effective for weight loss, can also reduce chronic disease risk significantly.



Initial studies have shown that semaglutide can decrease the 10-year risk of type 2 diabetes in those who are obese (with a body mass index of 30 or more) by 60%. Semaglutide has also been shown to improve cardiovascular risk factors, increase agility, improve cholesterol, lower diastolic blood pressure, increase insulin sensitivity, and even reduce systemic inflammation. Common side effects are nausea, heartburn, constipation, diarrhea and vomiting. Due to its popularity, it has been on the FDA drug shortage list but is set to come off this list soon and be more readily available to those who qualify for both weight loss and type 2 diabetes.

With such improvements in the long-term health implications of those who are overweight, obese and resistant to traditional weight loss methods, it is safe to say that this is creating a huge disruption in the weight loss and chronic disease prevention realms. Just like any medication, it's important to talk to your primary care provider to see if this is appropriate for you.

So, what do you think... fad or here to stay? ■

Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-537-6590, www.vividlifespaspa.com.

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Jen Penisten ARNP, Owner



INSURANCE

By Mike Richey

HOMEOWNER'S insurance 101

Do you have homeowner's insurance, but lack a good understanding of what your policy actually says or does? Here is brief introduction to a the components of a typical homeowner's policy:

Property coverage

• **Dwelling coverage.** This pays for your home to be repaired or rebuilt in the case of a covered loss.

• **Other structures coverage.** Sheds, detached garages, etc.

• **Personal property coverage.** Personal belongings damaged or destroyed in a covered loss.

• **Loss of use coverage.** Living expenses, if your home becomes unlivable due to a covered loss.

Liability and Medical Expense coverage

• **Personal Liability coverage.** This protects you in a situation where a third party suffers bodily injury or property damage on your property, and you're found to have some degree of fault.

• **Medical Expense coverage.** This pays for the medical expenses of a third party who is injured on your property, regardless of fault.

A renter's insurance policy is structured very similarly, except that it won't include the dwelling or other structures coverage.

Every policy is different, so for help understanding your own policy, talk to your insurance agent. ■



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

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CHAMBER

By Amanda Zwanziger

BOOST your mental wellbeing in Indianola

The month of May is Mental Health Awareness month, and it serves as a great reminder to take the time to focus on our personal wellbeing. One of the greatest opportunities to do that is to get out and experience Indianola. The sky's the limit on the opportunities to restore your mental health here in Indianola. Here are eight of our favorites:



1. Lake Ahquabi State Park offers several hiking trails that allow visitors to enjoy the beauty of nature while boosting their wellbeing. The park's trails range from easy to moderate, making them accessible to hikers of all skill levels. You can also go fishing, swimming, kayaking, boating or camping, helping you feel more connected to nature, a mood-enhancing activity.

2. Hot air balloons provide an adventurous, yet calming experience, either from the ground or the sky. Enjoying the National Balloon Classic or taking a ride from one of our many balloon pilots in the area provides a unique and exciting way to enjoy the beauty of Indianola from a different perspective.

3. Cycling is a fun and enjoyable way to increase those endorphins. The Summerset Bike Trail is an 11-mile trail that runs from Indianola to Carlisle. Along the way, you can enjoy beautiful views of the countryside and wetland river bottom, helping you feel more relaxed and peaceful.

4. Playing golf can be an excellent way to improve your mental and physical wellness. The Indianola Country Club and Deer Run golf courses both offer beautiful 18-hole courses that cater to golfers of all levels. Golfing is a great way to socialize and connect with others, which has been proven to reduce stress and provide personal fulfillment.

5. Take in your favorite indulgences at our local businesses and attractions, whether it be your favorite pizza, scoop of ice cream, beverage or more. Indulgences that bring enjoyment enhance our quality of life and provide enjoyment and relaxation.

6. Take a walking tour of downtown Indianola to explore many historic buildings and unique shops and restaurants. Walking releases endorphins and reduces stress and anxiety. And so does picking up a few of your favorite things.

7. Invest in your mind, body and spirit. Our community offers many faith-based programs, wellness programs, and has thousands of acres of parks and trails to explore. Prayer, meditation, mindfulness and relaxation all have numerous benefits for both physical and mental health.

8. Attending a Chamber concert can be a fun and entertaining way to enrich your life while enjoying live music in a beautiful outdoor setting. The Indianola Chamber of Commerce will host concerts on June 9 and Aug. 26 on the downtown square. Join us to kick back and enjoy a stress-free night. ■

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.

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OUT & ABOUT



Sierra Nelson and Jordan Schroeder at the ABC Smoke, 501 N. Jefferson Way, No. 300, Ribbon Cutting April 27.



Lisa Yaffee and owner Kit Khadka at the ABC Smoke, 501 N. Jefferson Way, No. 300, Ribbon Cutting April 27.



Rashay Reasoner and Justin Hubbell at the ABC Smoke, 501 N. Jefferson Way, No. 300, Ribbon Cutting April 27.



Laura Heemstra playing bingo at Connect 55+ on April 27.



ABC Smoke, 501 N. Jefferson Way, No. 300, Ribbon Cutting was held on April 27.



Shirley and LaVerne Smith playing bingo at Connect 55+ on April 27.



Betty Crawford and Carmen Schooley playing bingo at Connect 55+ on April 27.



Margaret Thompson and Sonja Johannes playing bingo at Connect 55+ on April 27.



Gary and Charlotte Hardin playing bingo at Connect 55+ on April 27.



Dorothy Marckmann at Vintage Hills says "Happy Spring" on April 27.



Wayne Baker at Vintage Hills says "Happy Spring" on April 27.



Alice Mitchell at Vintage Hills says "Happy Spring" on April 27.



Virginia Raney at Vintage Hills says "Happy Spring" on April 27.



Jackie Hackler at Vintage Hills says "Happy Spring" on April 27.



Lynn Lee at Vintage Hills says "Happy Spring" on April 27.



Lois Godwin at Vintage Hills says "Happy Spring" on April 27.



Ellen Jane Anderson at Vintage Hills says "Happy Spring" on April 27.



Shirley Bunnell at Vintage Hills says "Happy Spring" on April 27.



Amanda Schwantes and Kristin Mackerman at Money Mixology and Making It In Small Business with Gretchen Schrock on April 20 at Sports Page.



Katherine Haverland and Bobbi Gladson at Money Mixology and Making It In Small Business with Gretchen Schrock on April 20 at Sports Page.



Ashley Noethe and Shawna Freeman at Money Mixology and Making It In Small Business with Gretchen Schrock on April 20 at Sports Page.

WHO started it?



When I was a kid, and any of my siblings and I got into a verbal tussle of some kind while my mom was in earshot, it invariably ended the same way. She would enter the fray and tell us all to stop arguing. One of us would then pipe up, "But they started it!" And Mom's answer was always, "I don't care who started it. I want it stopped." It's a childish scenario, this justifying our own misbehavior by claiming the other party started the conflict and this now gives us free rein to respond in any way our anger wants to take us. But it's unfortunately not behavior limited solely to children. Not by a long shot.

In the fourth chapter of the book of James, this is addressed at its source. "What is the source of wars and fights among you? Don't they come from the cravings that are at war within you? You desire and do not have. You murder and covet and cannot obtain. You fight and war."

Though the words "war" and "murder" appear here, the context throughout this portion of the book shows that James is primarily addressing the tensions and strife in relationships between people. Like the shouting match in the living room between a couple of third graders. And, as he points out, the source of such tension and strife is because the participants in the struggle each have a heart issue. This passage uses words like "cravings" and "desire" and "covet" and "obtain."

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

James gives us the answer: "You do not have because you do not ask. You ask and don't receive because you ask with wrong motives, so that you may spend it on your evil desires." Here he's speaking of asking God. Left to our own natures, we treat others and God as if their purpose is to be the dispensers of the objects of our own desire. What to do instead? Ask God for the humility that prevents our selfishness from starting the fight in the first place. ■

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

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