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JUNE 2023

Living

MAGAZINE



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without the screen time

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WELCOME

UNPLUGGED

Many of you reading this may remember “MTV Unplugged,” a television series on the cable channel MTV that showcased musical artists who played acoustic instruments. As such, the term “unplugged” has come to refer to music that would usually be played on electrified instruments but is rendered instead on instruments that can be played without electricity. Some of the artists who appeared on the MTV show in the 1990s include Eric Clapton, Mariah Carey, Rod Stewart, Nirvana and even Tony Bennett. This different twist on the popular music of the day provided a fresh listen that many of us enjoyed — and still do.



Today, unplugged has another meaning. Even though electrical cords are mostly a thing of the past as we rely on batteries for seemingly everything, the idea of letting go of our electronic devices and getting back to nature — or actually talking with people face to face — has a newfound attraction.

When was the last time you hopped on a bicycle for a leisurely ride, seeing the world at less than 5 mph and breathing in the fresh air?

Or when did you last take a casual swim in a nearby lake, feeling the warmth of the sun on your body?

And how about stretching out in the cool grass at night and gazing up at the numerous stars in the sky, listening only to the chirping of crickets or the hoot on an owl?

Sound relaxing? Then maybe it's time to lay your phone down, put social media on hold and hide the remote control to the TV. In short, unplug. And if you really want to tie this unplugged theme together, find a talented friend who can play an acoustic guitar and sing around a campfire.

If you are a parent, you have likely directed your children to put down their phones or stop playing video games and get outside. I know I have. But maybe instead of giving orders to today's youth, we need to take the advice ourselves and enjoy the aforementioned activities and the many others that are available to us.

Need ideas? Well, you are in luck, as this month's cover story provides examples of what residents are doing with their families to reduce screen time and unplug. See you outside.

Thanks for reading. ■

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Kaylee May and her kids participate in at-home art activities, and she's excited to offer creativity, learning and fun through her summer art camps. Photo by Alex May

Unplugging² FOR SUMMER FUN

By Becky Kolosik

Keeping kids busy and active —
without the screen time

It's time to put down the cell phones, iPads and video game controllers and turn off the TV, computers and streaming services. It's summertime, and that means it's time to get moving, exploring and enjoying the myriad of fun activities available. This summer, stave off your kids' "I'm bored" blues by trying something new or rediscovering good old-fashioned fun. It all starts with hitting the "off" button on electronics.

Inspiring little artists

Art is a big part of Kaylee May's life and family. As the art teacher at Emerson Elementary, she sees the impact it has on her students' lives.

"My room is a space where I teach hands-on life skills and where there's always an opportunity to be creative," she says. "The kids look forward to art. I love hearing them ask, 'Is it my art day?'"

May knew, when she became a mom, that art would be a way to connect with her kids. As soon as her son, Ryker, was born, she was eager to start exploring and creating with him. At a month old, they made fun crafts such as "bumkins" and "tush-keys" by painting his bottom with orange and brown paint.

"I also wanted to introduce him to different textures and materials early on, so I glued fabrics to cardboard and let him explore them," she explains.

Now, Ryker says, "I like drawing, painting, building with clay, and coloring (tie-dyeing) shirts with Mommy."

When their daughter, Nyla, came along, they continued to experiment with different art mediums, such as taste-safe paint, which allowed them to explore and create freely, as well as sensory bins.

As May started creating more art activities for her and her kids to do at home, she took to social media to share the projects. Some friends who were mothers to babies and toddlers became interested in May's posts and encouraged her to think about starting an art camp where kids could learn and create together.

Their enthusiasm, along with her husband's, who is supportive of her creative ideas, started May thinking about how she could offer families a way to bond over creative activities that also promote learning.

"That's how the idea of my art camps and workshops was born," says May. "I wanted to show families in our community that art is a fun and enriching way to connect."

May held workshops last summer at McCord Park. She publicized the events on Facebook and received support from friends and family who helped spread the word. This year, she will be updating her previous themes of Rainbow, Sweet Treats, Outdoor Adventures, and Under the Sea, while also introducing two new themes: Our 5 Senses and Exploring You.

Natalie Clark's 3-year-old daughter, Madi, likes to color and paint. When Clark discovered May's art camps last year, she signed Madi up.

Madi loved the activity called "frog



Three-year-old Madi Clark likes expressing herself through art. She gets a little help and encouragement from her dad at one of Kaylee May's art camps last summer.

eggs" where the kids had to use an eye dropper full of vinegar to open up the "soda ball" egg. She also liked the station where she made her own pretend cake out of a small Styrofoam square that she "decorated" using fluffy paint and sprinkles. She enjoyed the activities that had glitter, too.

"Kaylee goes above and beyond with her creativity and patience with each and every kid at art camp," says Clark. "She works with each child one on one and creates a truly magical experience, helping the kids put their own creative touch on all of their projects."

This summer, May is excited to partner with Indianola Parks & Recreation and offer two classes: one for children 1-4 and another for kindergarten through second grade. Her classes are designed to engage both parents and children while creating bonding moments between families and teaching parents how to communicate with their children about their artwork.

"I set up different activity stations with accompanying cards that guide parents on how to assist their children without doing the work for them," she says. "I encourage parents to let their children explore the activity and come up with their own ideas."

May emphasizes that art not only engages young children in creativity, self-expression and curiosity, but also builds critical thinking skills, develops fine motor skills, and promotes emotional intelligence — all of which are part of a foundation for lifelong learning.



Callen Kleene enjoys performing and will spend most of his summer on stage in the Des Moines Metro Opera production of "Carmen."

Camps will be in The Buxton Room at the Indianola Activity Center. The 1- to 4-year-old workshop is from 4-5 p.m. on Mondays (June 5, 12, 19, 27, July 10 and 17) while the kindergarten to second grade workshop will be held from 5:30-6:30 p.m. on the same days. You can follow May and her kid's art projects on her Facebook page "May Kids Gonna Make."

A summer on stage

When the final bell rings for the school year, most kids look forward to the lazy days of summer. It's a time to have fun, meet up with friends at the pool or play sports.

When Callen Kleene wraps up fifth grade at Irving, he'll find time for all those summer activities, but he'll also be hard at work rehearsing with the Des Moines Metro Opera (DMMO). He'll take the stage as part of the youth chorus in DMMO's summer production of "Carmen" that will run June 30 through July 23. This is his second year performing with DMMO, having made his debut during the 2022 season as a youth fairy in "A Midsummer Night's Dream."

Callen has been performing since he was 5. His mom, Stacia, says he was first on stage the summer before starting kindergarten at Missoula Children's Theater Camp.

"He wasn't so sure going in the first day, but when he came home, he said he was cast as Mini King Arthur in 'King Arthur's Quest,' which was the lead role of the younger kids," she recalls. "From there, he's enjoyed being

on stage, and we've always tried to find other opportunities for him to continue his love of singing and performing."

Last year, a friend from church, Chari Kruse, who worked at DMMO, said Callen would be a good fit for the opera. Then his music teacher at Irving, who is also his instructor at Johnson Music Academy, encouraged him to audition, too.

Callen thought it sounded fun, so he prepared "I Just Can't Wait to Be King" from "The Lion King" and auditioned at the opera house in front of two DMMO employees. He was cast in "A Midsummer Night's Dream."

Callen quickly learned what it's like to rehearse for such a large production.

"Rehearsals could get really long, and there was a lot of singing to learn the songs and then lots of staging to learn when to come on and off stage," he recalls. "My costume was custom made by a designer in New York City. It was very fancy."

When he decided to audition this year, he wasn't nervous.

"Having the experience from last year gave me a lot of confidence," he says. "Plus, I had just finished being Jack in 'The Hundred Dresses' at the Des Moines Playhouse and was excited for another opportunity to perform."

Rehearsals for "Carmen" are an hour long, one to two times a week for the first couple of months and then, this month, two to three nights a week for three to four hours. There will be seven performances in June and July.

Stacia can't wait to see everything come together when they get a sneak peek at the first dress rehearsal.

"It will be performed in French, so Callen has had fun learning to sing in another language," she says.

There will also be another Kleene on stage in "Carmen." Callen's dad, Michael, will be an extra, so it will be a father/son experience.

Callen is excited to be performing, not only with his dad, but with a few other Indianola kids: Hattie Green (a fellow Irving classmate and second-year DMMO performer), Cora Griffith (his cousin, who's headed to fourth grade) and Cadence Damon (a soon-to-be sixth grader).

"I enjoy being on stage and acting like someone other than myself," Callen says. "I love making people smile and laugh."

4-H: Learning by doing

When Indianola Living magazine caught up with the Lucky Charms 4-H Club, several kids



Whether it's hanging birdhouses at a local park or preparing projects for the fair, the Lucky Charms 4-H Club kids are learning, having fun, and making friends.

were running off their energy around the bases at Picard Park's Field No. 2 while waiting for the rest of the group to arrive.

Club leader Jackie Raffety had a wagon loaded with wooden birdhouses that were donated to Indianola Parks and Recreation. They asked if the club would like to hang them on various utility poles around the park.

Raffety is no stranger to 4-H, having been a part of it from the time she was in fourth grade until she graduated high school. She became a leader seven years ago.

"My daughter joined the Indianola Goal Achievers, and they were looking for another leader," Raffety explains. "That club, while open to everyone, only has girls. My sons wanted to be involved in 4-H, so, four years ago, I started another club — the Lucky Charms — while still assisting with the Goal Achievers. This year, my sole focus is on The Lucky Charms."

Raffety enjoys leading because she believes that 4-H benefits kids in ways that other organizations don't. 4-H provides kids with experiences to learn by doing, opportunities to make their lives and communities better, as well as develop the life skills needed to become successful adults who leave a positive impact on society.

Kids in 4-H meet year-round, but, in the spring and summer, many are working on projects they will take to the fair.

This is 13-year-old Jemma Thraen's first year in the Lucky Charms after two years in another club. Jemma likes the focus 4-H has on the community and also being able to work with animals. She will be showing her horse, Max, at the fair this year.

"Working with horses, I've learned that I have to focus on what they need, not what

I need," she says. "With Max, we're working on his turning and gate changes. It's really important to have a good connection with your horse."

Lily Marmon is also 13 and has taken on the responsibility of treasurer for the group. She is showing a horse and also refurbishing an old desk and chair to be judged as well as submitting some photography. Her 10-year-old sister, Ella, is in her first year of 4-H and will be designing and painting an inspirational house sign made from old barn wood.

Raffety says the weeks leading up to the county fair are busy for the kids with fair cleanup, booth decorating, and, finally, judging day. Projects can range in size and scope, but baking, photography, sewing, woodworking, home improvement, clothing and visual arts are the most popular. They also have a couple members involved with rabbits and horses.

Ten-year-old Noah Palmer is in his second year of 4-H, and he's preparing a working exhibit. He will be presenting to judges while teaching kids how to make a small-scale pyramid catapult. If he impresses the judges at the county fair, he could potentially move on to the state fair.

Nora Cain is also in her second year and enjoys learning from the special speakers they have at their monthly meetings. She will be showing her embroidery as well as photography at the fair.

Raffety sees value in the 4-H experience, especially learning skills they will use all their lives. But there's also something much deeper.

"There are kids that struggle to find a place they belong," she says. "I hope that 4-H gives them a sense of purpose and a community where they feel heard and valued." ■

MEET Myles Finn

Music has the power to change students' lives.

If you're on TikTok, you might know a "famous" Indianola High School vocal teacher/director. Or, maybe you've seen the shiny sequined jackets he wears at show choir concerts. His name is Myles Finn, and he knows better than anyone about how the power of music has the ability to change someone's life.

At Manchester High School, Finn not only played football, golf and basketball, but he also sang in choir and performed in musicals. At Wartburg College, he chose business as his major and had a music scholarship that required him to sing in at least one ensemble.

"I was in the Wartburg Choir under the direction of Dr. Lee Nelson," he says, smiling. "Dr. Nelson and the program absolutely changed my life and showed me that I wanted to pursue music further."

Finn changed his major in year two, finished his music education degree in three years and was hired for his first job at South Hamilton schools teaching fifth- and sixth-grade general music, seventh- and eighth-grade choir, grades 9-12 bass clef choir, treble clef choir, and mixed choir, as well as music theory. He also directed musicals and a variety shows.

Finn just finished his eighth year of teaching. The last five have been at IHS where he's directed three choirs, both JV and varsity show choirs and the spring musical. He wholeheartedly believes that anyone can sing.

"People often say they are tone deaf, but they can hear their phone ringing," he says, laughing. "I've worked with people who couldn't carry a tune in a bucket and gotten them to the point where they eventually took a solo to state contest."

After daycare drop off duty, Finn begins his day by either working with individual students or answering emails. Depending on the season, he works with individual singers, small groups, or large groups during any point in the day. In between, he has an open-door policy.

"I want my students to know I'll listen and always be there if they want to talk or just need a bit of extra encouragement," he says. "I've seen some incredible things happen in the short time I get with these young people, and it never ceases to amaze me how fully students give of themselves to the activities they love."

Finn recently finished his master's degree at Michigan State University. This summer, he's looking forward to spending time with his wife, Haley, and son, Rory, who will soon earn the title of "big brother" when baby sister arrives. He also plans time for golfing, cooking, playing video games, reading and watching some TV. ■



High school vocal director Myles Finn says the best thing about his job is the connections he makes with students, and he enjoys seeing them grow from freshman year to graduation.

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GARDENING

By Barry Laws

SUMMER garden tips



Welcome summer! Our gardens are beginning to take shape and fill with color. There is still time to put in a few more additions, but now comes the time to take care of what is already in (and those additions in the weeks to come).

If anything, last year taught us we need to be vigilant about watering. We had good rains coming into the planting season, but showers are becoming fewer and further apart, and another drought needs to be in the back of our minds. Be sure to water any new additions to the gardens as the ground is getting a little drier. Just like planting in too wet soil, planting in really dry soil needs some care. Make sure to break up the soil. Don't leave large dry clumps going back into the planting hole, but break up the clumps into as small pieces as possible. And then water once done. This will help to force air pockets out and the soil to settle firmly around the roots.

As our spring bulbs begin to fade, remember to leave the leaves until they dry up naturally. Sometimes we want to trim these back as soon as we don't see our tulips and daffodils any longer, but the underground bulb needs to be replenished so they can bloom again next year. Once they are dried up, you can remove, since they are no longer nourishing the bulb. Remember to mark where they are, so, as you are planting through the next months, you don't dig them up by accident.

Remember, some plants, like perennial hibiscus, need the soil to be very warm to begin to emerge. They are often the last flowers to emerge in late May to early June. Don't count them out too early or you may be removing one of your star garden plants. You can also begin putting in your elephant ear bulbs now, since they also need the ground temps warmer than other plants to grow. As you see them beginning to grow, water them. They will grow larger with more water, so try not to put them near plantings that don't like a lot of water (drought tolerant plants).

Mulch, mulch, mulch! Once you have the gardens, trees and shrubs planted, be sure to put on a layer of mulch. Mulch does a number of things, and is just as important as watering. It helps to keep weeds from growing. Weeds compete for the water you are putting on your plantings. It cools the roots, being one more layer between the hot sun and the ground, and it helps to keep that water you are putting on from evaporating off and keeps it in the soil.

Remember, as you are at the nursery, to ask if there are any special watering needs or other questions about mulching and caring for your new additions. Have fun picking out those new perennials, trees, shrubs and annuals to brighten up your garden for the summer. ■

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

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

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INTERNET ads and case values

In this day and age, people often consult the Internet for answers to their questions. Some of the most common questions in the legal field concern whether a case exists and the value of the case. Websites and advertisements purporting to provide answers to these questions abound on the Internet.

Such sites may purport to provide a settlement calculator or a case evaluator. In so doing, they completely disregard a point of law in Iowa that certain damages are not determined by a mathematical formula.

It is also notable that many such sites originate in states which may have different laws and different legal landscapes for a given matter. It may be that relying on an Internet formula to determine the value of a case would be no better than simply pulling a number out of the air.

In reality, there is one sure way to find out what a case is worth. A trial to a duly seated jury. Every case has strengths and weaknesses which are brought out through the legal process of presenting evidence and testing that evidence through examination in front of neutral fact finders.

An experienced attorney can inform the injured person (and the insurance company) how the unique facts of a case may affect the outcome and value of a given case. However, there is no “magic” formula for determining a case’s value, and one should be wary of any site or individual who makes a promise to “tell you what your case is worth.” ■

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



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HOSPICE services: Chances are they’re not what you think

Charles had been living with diabetes and related conditions for several years when his health took a turn, and he was told his condition was life-limiting. Although Charles knew he was very ill, he and his wife, Carrie, were stunned when Charles’ doctor began talking about the benefits of hospice services.



“We were so confused; we knew hospice is for people who are ready to die, and, in our minds, Charles certainly was not that sick,” Carrie says. “The doctor had said there was not anything new they could do for him, and his diabetes had taken a toll on his whole system, and he had had two strokes. But I thought he was doing better. So, when we heard that, we didn’t know what to do.”

The doctor took the time to explain that even though he did feel Charles had some time, he qualified for hospice services because he had a life-limiting illness and that hospice care would afford him some amenities — all covered by insurance — that could enhance his quality of life.

That made sense to Charles and Carrie, and they decided to look into home hospice services. After their adult children had returned to their homes out of state after the holidays, Carrie scheduled a meeting with a care team.

“We learned in that first meeting that there was a lot we didn’t know,” Carrie recalls. “They talked about pet therapy and music therapy and all kinds of things that ended up making Charles’ quality of life the best it could have been in those last months. He lived for eight more months and was content and comfortable almost all the time.”

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 Charles’ case — benefit the person who is ill as well as the whole family.

“The hospice team was there when we needed them but also left us alone to have a lot of family time, and the kids and I were all very comfortable with how they fit into our lives,” Carrie says. “When Charles took a turn for the worse, and it was clear there was not much time left, the hospice nurses made sure he was never in pain. When he passed, it was very peaceful, and they have been very supportive to all of us, even since then.”

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, 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 them — and for all who love them. ■

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.

SMILING IN HOSPICE CARE ISN'T JUST ALLOWED.

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WesleyLife is your end-of-life guide.

At WesleyLife, we believe the end of life should be spent sharing memories and reflecting on a life well lived — not worrying about things like costs or where your loved one will be cared for. Insurance covers most expenses, and we can provide care wherever they feel most comfortable.

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See what else you might not know about hospice care at wesleylife.org

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TIME to roll?

When you leave your job or retire, you have an opportunity to manage your funds in an employer-sponsored retirement plan such as a 401(k), 403(b), or government 457(b) plan. Depending on the situation, you generally have four options. These include leaving assets in the former employer's plan, transferring assets to a new employer-sponsored plan, rolling over assets to an IRA, or withdrawing the money. The approach that typically gives you the most control over the funds is to transfer some or all of the assets to an IRA through a rollover.



Reasons to consider rolling over to an IRA

- You generally have more investment choices with an IRA than with an employer's 401(k) plan. You typically may freely move your money around to the various investments offered by your IRA trustee, and you may divide up your balance among as many of those investments as you want. By contrast, employer-sponsored plans generally offer a limited menu of investments from which to choose.
- An IRA may give you more flexibility with distributions. Your distribution options in a 401(k) plan depend on the terms of that particular plan, and your options may be limited. However, with an IRA,

the timing and amount of distributions are generally at your discretion (until you reach the age at which you must begin taking minimum distributions).

- You can roll over (essentially "convert") your 401(k) plan distribution to a Roth IRA. You'll generally have to pay taxes on the amount you roll over (minus any after-tax contributions you've made), but any qualified distributions from the Roth IRA in the future will be tax free.

When evaluating whether to initiate a rollover, always be sure to (1) ask about possible surrender charges that may be imposed by your employer plan or new surrender charges that your IRA may impose, (2) compare investment fees and expenses charged by your IRA (and investment funds) with those charged by your employer plan, and (3) understand any accumulated rights or guarantees that you may be giving up by transferring funds out of your employer plan. ■

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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HER need for speed

Life is anything but a drag for Sydney Jones.



Sydney Jones and her dad, Jerry Jones, have had racing in their blood their entire lives.

Sydney Jones has an innate need for speed that belies her age.

The 12-year-old Indianola resident has never been your standard Barbie doll-loving little girl. According to parents Jerry and Michelle Jones, their Indianola Middle School student has a one-track mind when it comes to her first love: racing.

And it's easy to see why. Sydney's dad, Jerry, has been in various forms of racing since 1992. Currently, his car of choice is a 1981 Monte Carlo. But that doesn't matter to his daughter. To Sydney, it's all about the love of the racing, and has been since she began going to the track with her dad when she was 3 weeks old.

You read that right: weeks.

"Sydney showed an interest for racing when

an older girl at the track let her sit in her junior (race car) when Sydney was 4 years old," says Michelle. "She was hooked. Her dad bought her first car when she was 4 years old."

Two years later, she was ready for competition. She tested at Pacific Junction when she was 6 and had her first race two weeks after that.

Sydney is a full-fledged "veteran" now, racing at Eddyville Raceway Park, Eddyville; Tri State Raceway in Earlville; Cedar Falls Motor Sports Park in Cedar Falls; and Cordova Dragway in Cordova, Illinois. Sydney qualified for the ET finals at Eddyville Raceway Park last season.

That's not to say that Sydney is a one-trick pony, though. She is also active in band, jazz

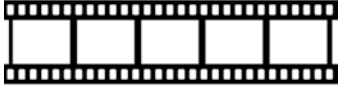
band, honor band, choir, show choir, orchestra, and Girl Scouts to name just a few things. But, at the end of the day, all roads lead to racing. It's a speedy hobby, but her mom is OK with it. There are a lot worse things she could be doing. It's money well-spent.

"Cost involves the upkeep on the car, fuel for the car, truck to get her to the track, entry fees and safety equipment," Michelle says. "But this is our activity we do as a family. We use all of our vacation time to go racing every season."

And while any form of racing can have its inherent dangers, her mom isn't worried. Well, not too much, anyway.

"It is so exciting watching Sydney race," says Michelle. "Doing what she loves makes me happy. She is always wanting to go faster." ■

Check for cancellations



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.



Special Friends Luau

Friday, June 23, 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 thanks to sponsors.



Sisterhood Night with Lydia Laird

July 14, 7-9 p.m.

Indianola First Assembly of God Church, 1700 W. Second Ave.

Gather for a night of worship with Christian singer/songwriter Lydia Laird. The concert will begin at 7 p.m., but don't miss the pre parking lot party starting at 5 p.m. with food and dessert trucks. Tickets are \$10 at <https://indianola1st.churchcenter.com/registrations/events/1658556>.



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 courtesy of sponsor Southtown Chrysler Dodge Jeep & Ram and media sponsor the Indianola Independent Advocate. Free hot dogs, chips and water to the first 300 attendees provided by American Legion Post 165, Fareway Meat & Grocery and Indianola Hy-Vee.

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.



Summer Stir

June 9

Hosted by CITYVIEW, the traveling cocktail party returns to various establishments in downtown Des Moines. Sample 10 tasty summer cocktails for only \$25 (\$30 at the door). <https://summerstirs.dmcityview.com>

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.



Open Night Swims

Wednesdays, June 21 and July 5 and 19 from 7:15-8:45 p.m.

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

All ages invited to swim after hours. Admission \$3.50/person or free with season pass.



Camp Dodge Summer Concert Series 2023

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 8 is Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night.

Check for cancellations



The 44th Capital City PrideFest

June 9-11

PrideFest marches into the Historic East Village with a parade alongside a celebration of pride in the Iowa capital. www.capitalcitypride.org/pride-fest

Music Under the Stars

Various dates and locations

Music Under the Stars, one of the oldest musical traditions in Central Iowa, begins its 76th season June 11 with a free concert featuring the Des Moines Metro Concert Band and the Big Band exploring the theme "As Summer Was Just Beginning." The season includes six free concerts on June 11, June 18, June 25, July 2, July 9 and July 16. All concerts begin at 7 p.m. and conclude by 8:30 p.m. Four of this summer's concerts will take place on the West Capitol Mall. However, for the first time in the concert band's history, Music Under the Stars will relocate to the Lauridsen Amphitheater at Des Moines Water Works Park July 9 and July 16.

June 11, West Capitol Mall, "As Summer Was Just Beginning," Vocals: Gina Gedler

June 18, West Capitol Mall, Drake Night/ Juneteenth Celebration, Vocals: Tina Haase-Findlay

June 25, West Capitol Mall, "76 Trombones," Guest Artist: Dr. Tony Baker, trombone. Vocals: Kellie Kramer

July 2, West Capitol Mall, "Stars and Stripes and Sousa," Vocals: Napoleon Douglas

July 9, Lauridsen Amphitheater at Water Works Park, "Musical Madness," Vocals: Max Wellman

July 16, Lauridsen Amphitheater at Water Works Park, "Down on Bourbon Street" featuring NOLA. Vocals: Abbie Sawyer

Program details may be found at the Music Under the Stars website at www.musicunderthestars.org.

Spring Spirit Seekers Fair

414 31st St., Des Moines.

June 10

Vendors feature healing arts, intuitive readers, activities for children and more. Step into a sample of central Iowa's spiritual community at this free event. You can also bring canned goods and nonperishables to donate to the DMARC food pantry. www.unitydesmoines.com



Green Days Festival

Terra Park in Johnston

June 15-18

A community celebration involving a beverage tent, parade and live entertainment for the entire family. <https://johnstongreendays.org>



Cajun Fest.

Cowles Commons, 221

Walnut St., Des Moines

June 17

Cajun delights make their way into downtown Des Moines with a spicy food contest, mask making, costume contest, live music and all the Cajun food your heart desires. www.cajunfestiowa.com/cajun-fest-2023

Des Moines Latino Film Festival

June 13-17

The film festival returns to Valley Junction's Railroad Park for its third year to celebrate Latino culture. www.latinocenterofiowa.org

Juneteenth Week

Various locations

June 19-23

Juneteenth week will have several events across several locations in the metro; iowajuneteenth.org

Science Iowa's Science Festival Trail

Raccoon River Park, 2500 Grand Ave., West Des Moines

June 18

Non-profit Science Iowa's Science Festival Trail returns on Father's Day 1-4 p.m. The free, family-friendly event will host stations designed to help Iowans have fun while learning about science. <https://iowascienceinterface.com>



Des Moines Arts Festival

Pappajohn Sculpture Park, 1330 Grand Ave., Des Moines

June 23-25

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival.org. ■

EMOTIONAL vs. strategic decisions

Information vs. instinct. When it comes to investing, many people believe they have a “knack” for choosing good investments. But what exactly is that “knack” based on? The fact is, the choices we make with our assets can be strongly influenced by factors, many of them emotional, that we may not even be aware of.

Investing involves risks. Remember that investment decisions should be based on your own goals, time horizon and risk tolerance. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost.

Deal du jour. You’ve heard the whispers, the “next greatest thing” is out there, and you can get on board, but only if you hurry. Sound familiar? The prospect of being on the ground floor of the next big thing can be thrilling. But while there really are great new opportunities out there once in a while, those “hot new investments” can often



go south quickly. Jumping on board without all the information can be a mistake. A disciplined investor may turn away from spur-of-the-moment trends and seek out solid, proven investments with consistent returns.

Risky business. Many people claim not to be risk-takers, but that isn’t always the case. Most disciplined investors aren’t reluctant to take a risk. But they will attempt to manage losses. By keeping your final goals in mind as you weigh both the potential gain and potential loss, you may be able to better assess what risks you are prepared to take.

You can’t always know what’s coming. Some investors attempt to predict the future based on the past. As we all know, just because a stock rose yesterday doesn’t mean it will rise again today. In fact, performance does not guarantee future results.

The gut-driven investor. Some investors tend to pull out of investments the moment they lose money, then invest again once they feel “driven” to do so. While they may do some research, they are ultimately acting on impulse. This method of investing may result in losses.

Eliminating emotion. Many investors “stir

up” their investments when major events happen, including births, marriages or deaths. They seem to get a renewed interest in their stocks and/or begin to second-guess the effectiveness of their long-term strategies. A financial professional can help you focus on your long-term objectives and may help you manage being influenced by short-term whims. ■

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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THE MUSEUM complex

The museum complex in Indianola includes several interesting buildings. We frequently get questions about these buildings, so I'm resorting to Kathy Stanfield's meticulous research for a program she recently presented at a Warren County Historical Society meeting.

The Museum building

construction began in the fall of 1976 after WCHS received a quit claim deed for the property the previous year. The foundation was completed that fall and the basement and shell were completed the following summer. Since it was a pay-as-you-go project, it took some time to complete. The museum was dedicated May 31, 1981, and the grand opening occurred May 1, 1983.

Mt. Hope School was purchased for \$595 and moved from 1.75 miles north of Highway 92 on the west side of R-57 to its current location as part of WCHS museum complex on Thursday, Nov. 30, 1967. The total cost of moving, foundation, etc. was \$1,921.76. Furnishing it cost about \$525. It was recently restored to a 1940s-era school by the Joseph Warren Questers.

The log cabin was donated by the McKee family in 1972 and was dismantled with each log numbered and rebuilt as a single-story cabin between Aug. 15, and Oct. 19, 1973, by a dedicated group of hearty men. The logs were sold for \$100 each to finance the project.

Pioneer Church was built in 1984 after the donated Sandyville Christian Church was found to be too deteriorated and unstable to move. It was furnished with items from the Sandyville Church, including stained glass windows, bell and furniture.

The General Store/U.S. Post Office moved to its current location and was dedicated Sept. 27, 1987. It had served as the Gate Keeper's cottage at a time when the fair charged admission. Some of its furnishings came from a Milo grocery store being torn down at the time. The Post Office counter and boxes were moved from Postmaster Opal Swarthout's living room when the Ackworth Post Office was modernized.

The Machine Shed was built in 1988 to house large farm equipment, including a threshing machine, and was dedicated during Log Cabin Festival on Sept. 25.

Carver Museum was dedicated Sept. 9, 1990 — the 100th anniversary of George Washington Carver's arrival in Indianola. Godwin Brothers offered the shack/garage to be moved and renovated. It was determined to be too far deteriorated for renovation so a concrete slab was poured, and the building was moved as is from the alley behind 411 N. Howard St. on Nov. 29, 1989, and the metal building was constructed around it. When Carver lived there, it had originally been located kitty-corner across Detroit Avenue behind 500 N. Buxton St.

South River Friends Meeting House was donated by Don and Deloris VanRyswyk and moved from west of Ackworth to the Heritage Village Nov. 15, 1995. To move the building, the rafters were cut, and the roof was laid flat in two pieces to fit under wires and stoplights. In the spring, the meeting house was rebuilt with funding from the Iowa Sesquicentennial Commission.

The museum is open to the public Thursday, 9 a.m. to 4 p.m., Saturday morning, 9 a.m. to noon, during the county fair, and during Log Cabin Festival in September. ■



THE STRUGGLE is real

The following words were spelled out in lights at the 18th Olympic Games held in Tokyo: "The most important thing in the Olympic Games is not to win but to take part; just as the most important thing in life is not the triumph but the struggle. The essential thing is... to have fought well."

Is that what we truly believe is most important? Is winning more important than struggle? Outcomes more important than processes?

For a short time, I coached high school track distance runners. At the beginning of every season, I would give a speech about who the true enemy of the runner was. It wasn't any school or individual; it was the clock. I end my speech by saying, "I'd rather have you finish dead last and set a personal best, than win knowing you didn't give it your all." I knew that the chances of these athletes winning an Olympic medal was slim, but their chances of struggling with something in life were almost 100%.

Romans 5 says, "We rejoice in our sufferings, knowing that suffering produces endurance..." Struggles are used to grow us, humble us, and strengthen us. They are not signs of God's punishment but the opportunities that God uses to lead us to hope.

Thank God for hard times. ■



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



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

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

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



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

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

Comfortable and convenient, custom

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

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



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BENEFITS of chiropractic care for children

Visiting a chiropractor isn't just for adults. In fact, children of all ages can benefit from consistent chiropractic care. Parents want what is best for their children. You are careful about the things they may

be exposed to. You want to give them the best possible childhood in order to set them up for a successful future. When your children become sick or injured, it can be a worrying time, and it can be challenging to identify the best path for their care.

Chiropractors have been treating children for more than a century. With this long history of successful pediatric treatments, it may be an option that is worth considering for your children. Here are a few of the conditions that chiropractic care can help with.

Improve your child's sleep

Even the smallest misalignment in your child's



spine could be interfering with their ability to fall asleep or stay asleep for longer periods. The misalignment could be causing stiffness, pain or just minor discomfort that wakes them up when they should be sleeping or affects the quality of their sleep, making them grumpy and irritable.

Help with common childhood illnesses

There are many common childhood illnesses, like earaches, digestive issues, sinus congestion, colic, reflux and allergies. Each of these can affect the quality of life of your child as well as being stressful and upsetting for you to witness them suffering. Chiropractic adjustments eliminate pressure on the nervous system, allowing blood and oxygen to flow more efficiently, improving the way that all your child's body systems work.

Reduce the risk of injury

Children can be extremely accident-prone, and bumps and scrapes are pretty much to

be expected on a weekly basis. Some types of injuries are more significant and could be corrected with chiropractic treatment. This is because your chiropractor specializes in making sure the spine and wider musculoskeletal system are properly aligned. This ensures your child experiences a full range of movement, proper balance, and strong muscles that make injuries less likely to occur.

Boost their brain development

Your child's brain will continue to develop for many years. Studies have found that regular chiropractic appointments can be beneficial in boosting your child's brain development. It does this by reducing pressure on your bones and joints, as well as the spine, enabling oxygenated blood and nutrients to reach and fuel the brain cells. ■

Information provided by Dr. Nikki Enos, D.C.,
Chiropractic Traditions, 14849 130th Ave.,
Indianola, 515-962-2015.

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HEALTH

By Ashley Powell

CANNABINOIDS: What they are and are not


You may have heard of CBD (cannabidiol) as a popular health and wellness product. It has quickly become a rising star because it has so many benefits to offer. To be clear, hemp-derived CBD is not marijuana, and it will not get you high. CBD is non-habit forming and is not addictive.

You may not know that hemp-derived THC (tetrahydrocannabinol) is also legally available in many CBD stores. Hemp-derived THC is great for assistance with discomfort and sleep, and it has the same intoxicating effects as marijuana-derived THC.

Whether it's body or joint discomfort, stress and anxiety, sleeplessness or lack of energy, cannabinoids can be a major help in bringing a person back to balance. A popular form to ingest it is known as a tincture, applied beneath the tongue for absorption, but there are also edibles, capsules, water solubles, topicals and much more.

Cannabinoids interact with the endocannabinoid system to assist the body in regaining its natural homeostasis. CBD has gotten much of its noteworthiness by helping children who suffer from seizures, autism, and even cancer. Hemp health has some societal barriers to overcome, but the evidence of its benefits when it comes to easing discomfort and providing positive mental health is overwhelming. ■

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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HEALTH

By Elijah Evans

MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience, are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■

Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



WHAT TO do about acne

June is Acne Awareness Month, and as many as 85% of Americans say they have had a problem with acne at some point in their life. Acne is a multi-faceted issue that can not only have long-term effects on the skin, but long-term effects on emotional health and self-confidence.

Acne is a chronic skin issue caused by oil, bacteria, dead skin cells and inflammation. There are many ways that acne shows up: blackheads, whiteheads, red bumps, pus-filled bumps, and large, under-the-skin cysts. It can happen to anybody at any age, but most commonly to teenagers and young adults.

So, what can we do about it? First and foremost, see a skin professional. There are many topical and internal remedies that are useful, including prescription and non-prescription options. Make sure to invest in a clinic skincare routine including sunscreen, even if you plan on being inside most of the day. Your skin professional will guide you to what is best for your skin type, type of acne, and other skin goals you may have (such as anti-aging and dark spots). Make sure to avoid touching and picking at your face, drink plenty of water, and make sure you don't over-exfoliate your skin. Your skin needs to be protected from the environment, and over-exfoliation can let in bacteria and make your acne worse.

Your skin is your biggest organ and your first line of defense from the environment. Make sure you take care of it. ■

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

USAGE-BASED car insurance

One of the biggest trends in car insurance right now is usage-based insurance, or UBI. With UBI, your driving habits directly impact the price you pay for car insurance. Safe drivers who don't drive a high number of miles stand to benefit the most from UBI.

How does my insurance company know how I drive? With UBI, you give your insurance company permission to track your driving via a smartphone app, a device attached to your car, or both. The technology is able to detect things such as:

- Hard braking
- Hard acceleration
- Excessive speed
- High mileage
- Late-night driving
- Distracted driving

Is UBI right for me? If you practice safe driving habits, you don't drive a lot of miles, and you are OK with having your driving tracked, then UBI might be for you. Drivers who meet these criteria typically see lower premiums with UBI than without it. To learn more about your insurance company's UBI program, talk to your insurance agent today. ■

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



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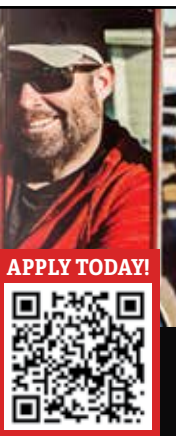


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CHAMBER

By Amanda Zwanziger

BIG experience with a small-town feel

As we prepare to launch our community's tourism initiative, Experience Indianola, we are reminded of what a truly spectacular community we live in. The sky's the limit when it comes to the abundance of things to do in this community and the quality of life that it offers.



Recently, I was conversing with someone about what makes our community stand out among the rest, and he said something that stuck with me. "We offer big experience with a small-town feel."

It couldn't be truer. For more than 50 years, we've had competitive ballooning flying over our heads. Every summer, people from across the nation come for the National Balloon Classic where the skies are filled with 150 breathtaking balloons. That's BIG experience.

This year marks the 50th anniversary of the Des Moines Metro Opera. Founded on Simpson College's campus, the Des Moines Metro Opera is not only one of the state's largest performing arts organizations, but also offers a major opera festival that draws talent and visitors from across the world. That's BIG experience.

Some may not know that Pickard Park has been recognized as one of the nicest disc golf courses in the nation and is host to the TruBank Des Moines Challenge, bringing in the world's best disc golfers and thousands of spectators cheering them on. That's BIG experience.

Combine all of that with our college-town feel, with Simpson providing athletic excitement and community events throughout the year. And get ready as they begin to bring in more nationally recognized events like the Golden Age Games to our community. That's BIG experience.

Let's not fail to mention Lake Ahquabi, the Warren County Fair, Banner Lakes, Summerset Trail, open air, rolling hills, wineries, breweries, and a historic downtown square. The list could go on and on. The sky is the limit on the big experiences that our community has to offer.

But what makes our community stand apart? It's that we deliver these BIG experiences with a small-town feel.

We are a community small enough where,

- you can take your kids for ice cream after school to a soda fountain that has served Indianola for more than 70 years.
- families can visit a pizza place that has stood almost frozen in time, with faces you can name gracing its walls and where you can take the pizza with you even though you forgot your checkbook.
- you can shop at quaint boutiques and grab a home-grown brew where everyone knows your name.

We are a community small enough to be just that...a community. And that makes us special.

How do I know that? Because our visitors tell me so. And, soon, there will be a whole lot more.

Visit www.experienceindianola.com to learn more. ■

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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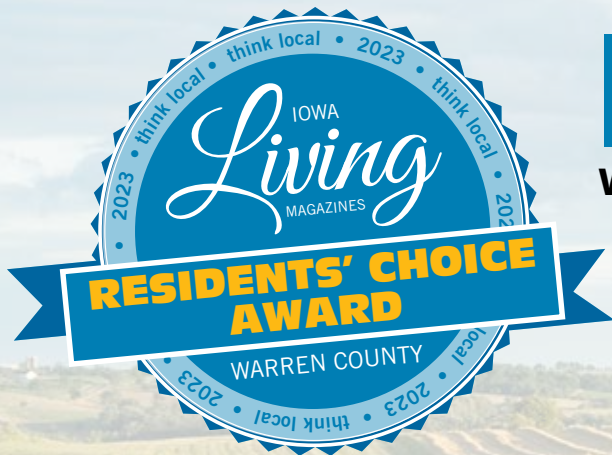
INTRODUCING THE NEW INDIANOLA TOURISM WEBSITE



THE SKY'S THE LIMIT



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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/residentpoll. One vote per resident, please.

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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

LIVE Music

Live music at Sunnyside Winery featured Opus Taylor on May 7.



Michelle Gould, Lesa Brill and Penny Scott



Linda Choate, Deb Schroeder and Karen Weese



Cathy and Dennis Bouska



Branden and Bri Peterson



Bob Eckheart and Sharon Olson



Skylar Sanders and Ed Olson



Nancy Torobe and Tyler Duraes



Gayle Essex and Shawn Essex



Deb Haines and Nick DeLois



Barb and Kevin Klein



Emily Williams and Lisa Williams

OUT & ABOUT



Pat Sparks and Peggy Stephens at Summerset Winery's live music event featuring Opus Taylor on May 7.



Melinda Bales and Karla Lund at Summerset Winery's live music event featuring Opus Taylor on May 7.



Debrah Sparks and Grace Ambrose at Summerset Winery's live music event featuring Opus Taylor on May 7.



Jay Mar and Linda Mar at Summerset Winery's live music event featuring Opus Taylor on May 7.



Andrew and Amy Wenthe at Summerset Winery's live music event featuring Opus Taylor on May 7.



Ric Chaney and Kristi Chaney at Summerset Winery's live music event featuring Opus Taylor on May 7.



Doug Radig and Dana Reed at Summerset Winery's live music event featuring Opus Taylor on May 7.



Greg Mace at the Quilted Gardens open house for the new season May 7.



Gina Chandler at the Quilted Gardens open house for the new season May 7.



Elaine Douskey at the Quilted Gardens open house for the new season May 7.



Joel and Shelly Chandler at the Quilted Gardens open house for the new season May 7.



Russell and Lily Greene at the Quilted Gardens open house for the new season May 7.

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FAITH

By Kevin Mayer

'MONEY isn't...'

There are a lot of sayings connected with money. Maybe the most common are, "Money isn't everything," and the variety of offshoots that come along with it. "Money isn't everything, but everything needs money." Or, "Money isn't everything but it sure keeps you in touch with your children." Or, "Money isn't everything, but it's right up there with oxygen." (Note: I claim authorship to none of these.)



Another you've likely heard is, "Money is the root of all evil." In fact, this is actually a misquote from the Bible, as many such maxims are. (Don't even get me started on "God never gives you more than you can handle.") The actual wording comes from 1 Timothy 6:9-10 and reads as, "Those who want to be rich fall into temptation, a trap, and many foolish harmful desires, which plunge people into ruin and destruction. For the love is a root of all kinds of evil, and by craving it, some have wandered away from the faith and pierced themselves with many griefs."

So what's the big difference? Money is a neutral object just like any other tool we might use. The computer on which I type this is neutral, though I could use it for good or for evil. A wrench can be used to fix something, or it could be used as a weapon. You get the idea. The actual wording for the phrase then places the potential for evil where it truly does reside — in the human heart. It's the desire for an overabundance of money that brings this out in us, the yearning to be "rich" it says. The real problem is that we are blind to the danger we impose on ourselves when we let that yearning run away with us. It is a road that eventually leads us to ruin and destruction. This "love" is in reality a spiritual problem, causing us to fail to see the truths of God ("wander away from the faith") and to bring grief on ourselves instead. Do we need computers and wrenches? Of course. Do we need money as a tool to function in this life? Certainly. But a word of caution is needed for us all. This is much more than a "don't be greedy" lecture. Our relationship with money, no matter how much or how little we have, has the ability to affect our very relationship with God. ■

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

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