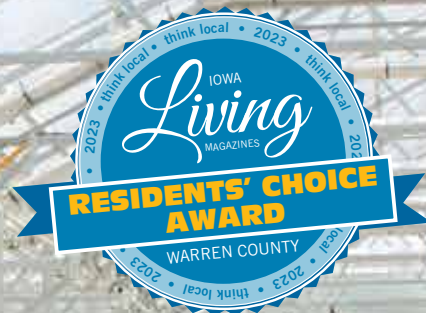


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RESIDENTS' CHOICE AWARDS

Warren County residents
share their favorites

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WELCOME

RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Warren County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online voting.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Warren County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Warren County.

As always, thank you for reading, and thank you for voting, too. ■



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With more than 40,000 square feet in 11 greenhouses, Busy Bee Garden Center has grown into the No. 1 favorite for annuals, vegetables, herbs and perennials, as well as other seasonal decorative garden items. Pictured from left: Brenda Nehring, John Flinn, Jill Stewart and owner Chelsey Soder. Photo by Becky Kolosik

RESIDENTS' CHOICE AWARDS

Warren County residents share their favorites

By Tammy Pearson

Another year has rolled around, and it is once again time to check in with local residents about their favorite professionals, businesses, local attractions and more in the only poll that reaches every household in Indianola.

The results of the Warren County Residents' Choice Poll have been tallied, and congratulations are in order. Many of last year's favorites return to the top three, but some new ones have also emerged. Regardless, all can truly be proud, for they have earned the

respect and loyalty of those who matter most — customers. From favorite restaurant, hair salon, bank, veterinarian, health club, park and more, the people who know — because they live here — have shared their opinions.

Perennial powerhouses such as Crouse Cafe, Winn's Pizza and Steakhouse and The Outside Scoop are again favorites eateries. Residents continue to give the nod to shopping favorites such as Lula Belle Designs, Roots, Busy Bee Garden Center, Theisen's Home

Farm Auto of Indianola and more. Among services offered, favorites in the community range from Indianola Veterinary Clinic to Davidson Pest Control.

Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. To the top three, great job dazzling your customers. To those striving to be in next year's winner's circle, get in gear now. The competition is fierce.

Warren County Residents' Choice for favorite...

(Runners-up in alphabetical order.)

Restaurant

Winn's Pizza and Steakhouse

Runners Up: Brickhouse Tavern; Z's Eatery & Draught Haus

Restaurant for Breakfast

Crouse Cafe

Runners Up: Maid Rite; Mishmash Eats & Sweets

Restaurant for Lunch

Funaro's Deli

Runners Up: Mishmash Eats & Sweets; Winn's Pizza and Steakhouse

Restaurant for Dinner

Winn's Pizza and Steakhouse

Runners Up: Brickhouse Tavern; Z's Eatery & Draught Haus

Restaurant for Dessert

The Outside Scoop

Runners Up: Crouse Cafe; Wendy's Ice Cream Shop

Place for Ice Cream

Wendy's Ice Cream Shop

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

Pizza Establishment

Pete's Pizza

Runners Up: Pyra Pizzeria; Winn's Pizza and Steakhouse

Bar

804 Main Bar & Grill

Runners Up: The Hide Out; West Hill Brewing Company

Coffee Shop

Cabin Coffee Co

Runners Up: Grounds Around Town; Savor The Rise

Brewery/Distillery/Winery

West Hill Brewing Company

Runners Up: Iowa Distilling Company; Summerset Winery

Bakery

Savor the Rise

Runners Up: Funaro's Deli; Mishmash Eats & Sweets

Catering Company

Whip It Good Catering

Runners Up: Mishmash Eats & Sweets; Platters With Purpose

Server /Bartender

Jesse Forbes - The Zoo

Runners Up: Robert Wilke - Middlebrook Mercantile; Sami Amos - Pete's Pizza

Auto Service

Downey Tire Pros

Runners Up: Chumbley's Auto Care; Keller's Garage

Auto Body Shop

Smith's Collision Center

Runners Up: Details Plus Collision Center; Foust Auto Body

Car Dealership

Gregg Young Chevrolet of Norwalk

Runners Up: DeYarman Ford Indianola; Southtown Chrysler Dodge Jeep Ram

Auto Parts Store

O'Reilly Auto Parts

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

Preschool/Daycare

Purple & Gold Preschool

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

School

Irving Elementary School

Runners Up: Lakewood Elementary School; Whittier Elementary School

Park

Buxton Park

Runners Up: McCord Park; Moats Park



Community Festival or Event

National Balloon Classic

Runners Up: Norwalk Fourth of July; Warren County Fair

Church

Indianola Community Church

Runners Up: St. John The Apostle Catholic Church; St. Thomas Aquinas Catholic Church

Pastor

Jon Duey, Indianola Community Church

Runners Up: Barry Hill, Indianola First Church; Dan Kirby, St. John the Apostle Catholic Church

Chamber of Commerce

Indianola Chamber of Commerce

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

Grocery Store

Fareway Meat & Grocery

Runners Up: Hy-Vee; Walmart

Boutique

Lula Belle Designs

Runners Up: Little Children's Boutique; Roots

Retail Store

Roots

Runners Up: CBD American Shaman of Indianola; Lula Belle Designs

Florist

Bellflower Florist & Gifts, LLC

Runners Up: Busy Bee Garden Center; Hy-Vee Floral

Home Improvement Retail Store

Cappel's Ace Hardware Norwalk

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

Appliance Store

Circle B Home Center

Runners Up: Kappelman Appliance; McCoy True Value Hardware

FEATURE

Liquor Store

Hy-Vee Wine & Spirits

Runners Up: Fareway Meat & Grocery; Iowa Distilling Company

Nursery or Garden Center

Busy Bee Garden Center

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

Place to Purchase a Gift for a Man

Theisen's Home Farm Auto of Indianola

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

Place to Purchase a Gift for a Woman

Lula Belle Designs

Runners Up: Adorn; Roots

Annual Event

National Balloon Classic

Runners Up: Norwalk Fourth of July; Warren County Fair

Dad/Child Date Spot

The Corner Sundry

Runners Up: The Outside Scoop; Wendy's Ice Cream Shop

Mom/Child Date Spot

The Corner Sundry

Runners Up: Buxton Park; Wendy's Ice Cream Shop

Place to Take Your Mom and Dad

Crouse Cafe

Runners Up: Sports Page Grill; Winn's Pizza & Steakhouse

Place to Take Your Kids or Grandkids

Pizza Ranch

Runners Up: The Corner Sundry; Wendy's Ice Cream Shop

Place for Children's Birthday Parties

Pizza Ranch

Runners Up: Crayons 2 Pencils Recreation Center; Indianola Tumbling Center

Event Venue

The Hive at Busy Bee

Runners Up: Summerset Winery; The Cottage

Golf Course

Deer Run Golf Club

Runners Up: Indianola County Club; The Legacy Golf Club



Whether it's ice cream, old fashioned or flavored sodas, coffee, walking tacos, sandwiches, candy or snacks, Mike Martin continues to serve up history and tradition at The Corner Sundry. Photo by Becky Kolosik

Hair Salon

Copper + Fringe Beauty Co.

Runners Up: Beauty By Design; Pure Salon Aveda

Health Clinic

UnityPoint Clinic Family Medicine

Runners Up: MercyOne Family Medicine; The Iowa Clinic

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FEATURE

Dental Office

Norwalk Family Dentistry

Runners Up: Dental Professionals; Indianola Pediatric Dentistry

Orthodontist Office

Central Iowa Orthodontics

Runners Up: Dimples Family Dentistry; Johnson Orthodontics

Mental Health Services

Magnolia Connection

Runners Up: Patti Campidilli; Wilkins Counseling Services

Chiropractor

Norwalk Chiropractic

Runners Up: Drees Chiropractic; DeRocher Chiropractic and Acupuncture

Vision Care

Optometric Associates

Runners Up: Indianola Vision Center; Vogue Vision

Health Club or Gym

Indianola YMCA

Runners Up: Anytime Fitness; Crossfit 50211

Pharmacy

Medicap Pharmacy

Runners Up: Hy-Vee Pharmacy; Walgreens

Hearing Center

Iowa Hearing Center

Runners Up: A.S.I. Beltone Indianola; Miracle-Ear Hearing Aid Center

Cosmetic Services

Copper + Fringe Beauty Co.

Runners Up: FFC Beauty; Vivid Life Spa

Physical Therapy

Athletico Physical Therapy

Runners Up: Indianola Physical Therapy; Rock Valley Physical Therapy

Dance Studio

The Dance Factory

Runners Up: Innovative Dance Midwest; Superstars Performing Arts

Gymnastics Studio

Indianola Tumbling Center

Runners Up: Superstars Performing Arts; The Dance Factory



Craft beer enthusiasts and locals know there's always "an adventure" on tap at Indianola's award-winning brewery and taproom, West Hill Brewing Co. Taproom Manager Matt Kelley makes sure serve up the best. Photo by Becky Kolosik

Tumbling Studio

Indianola Tumbling Center

Runners Up: Superstars Performing Arts; The Dance Factory

Financial Planner

Seth Lampman

Runners Up: Kim Guilford; Rob Keller

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FEATURE

Law Firm

Ellis Law Offices, P.C.

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

Accounting Firm

Accounting Associates of Indianola

Runners Up: Hoover & Associates; Shull,
Schrum, McClaflin and Co., Inc.

Veterinarian

Indianola Veterinary Clinic

Runners Up: All Creatures Small Animal
Hospital; Kindness Pet Clinic

Dog Groomer

Amore Pets

Runners Up: A Dog's Day Out; Tammy's
Tailwaggers

Pet Care

Amore Pets

Runners Up: Indianola Veterinary Clinic;
Kindness Pet Clinic

Lawn Care Business

Warren Lawn Services

Runners Up: Norwalk Seasonal Services;
Precision Lawn Care and Landscape, LLC

Landscaping Company

Ted Lare Design + Build & Garden Center

Runners Up: Norwalk Seasonal Services;
Woosley Landscaping & Mowing

Heating and Cooling Business

Indianola Mechanical

Runners Up: Bussanmas Heating & Cooling;
Roberts Heating, Cooling and Plumbing

Electrician

Miller Electric

Runners Up: Integra Electric Solutions;
Schaffer Electric

Plumber

Indianola Mechanical

Runners Up: Chew Plumbing Company, LLC;
Quality Plumbing & Heating

Senior Living Facility

The Village

Runners Up: Holland Farms Senior Living;
Vintage Hills

Insurance Company

Sam Sorenson - State Farm Insurance

Runners Up: City State Bank Insurance
Services; Lane Insurance Agency

Realtor

Jon Niemeyer

Runners Up: Karey Bishop; Taylor Voitel

Bank/Credit Union

City State Bank

Runners Up: Peoples Savings Bank; TruBank

Photographer

Missie Lafrenz Photography

Runners Up: Aaron Miller Photography; Abbi
Garling Portrait Studio

Place for Guests to Stay

Hotel Pommier

Runners Up: Country Inn and Suites
Indianola; The Corn Crib Bed and Breakfast

Pest Control

Davidson Pest Control

Runners Up: Perfection Pest Management;
Rhoades Pest Control ■



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LET AREA gardens inspire fall planting

The heat of August is here. Our gardens are in coasting mode — water, weed and mulch, repeat. Now is the perfect time to start thinking about next year, especially since fall is a great time to plant trees, shrubs and perennials. But where to get inspiration other than the Internet or catalogs and magazines?

Have you noticed the flower beds at the Indianola Fire Department? Take a closer look, and you will notice perennials and annuals that make a statement. Imagine that as a border garden at your home. Another local garden to take a walk in is Buxton Park Arboretum — impressive trees, shrubs and perennials. Formal gardens, children's garden and butterfly garden offer a respite from the busy day as you walk the garden. Here are trees, shrubs and perennials you know will survive in your yard.

Who is going to the Iowa State Fair? Be sure to check out the Polk County Master Gardeners Discovery Garden at the Agricultural Building. These gardens are designed, planted and maintained by the Polk County Master Gardeners all summer long. You will find an awesome water feature, impressive floral displays and unique trees and shrubs throughout the gardens. Be sure to find a volunteer if you have questions. They are there to help. And, one more thing. They are a test garden, so they will have the newest, coolest plants to look for next year. The best part is that the gardens are open free of charge when the Iowa State Fair is not going on.

While you are in the area, check out the Enabling Garden in Altoona. This is another garden in partnership with the Polk County Master Gardeners. This unique garden emphasizes gardening design and concepts for those with physical impairments, whether age or ability. From garden design to garden art (the 12-foot praying mantis is awesome) to whimsy (gnomes rule in one garden), this garden has something for everyone. These gardens are designed for you to take ideas home to make your gardening easier.

Have you ever gone to the Iowa Arboretum near Luther? This gem offers tons of inspiration. It has beds of shrubs and perennials that give you a great idea of what they will look like in your landscape. The tree collection contains many unique specimens. In fact, it has just been recognized nationally as a conifer display garden, a very difficult designation to get. It also has a Russ O'Harra hosta garden, featuring hostas hybridized by Iowan Russ O'Harra, along with other hostas from Iowa hybridizers. They are currently working on installing a Treehouse Adventure area — a great place for kids to get introduced to trees and nature.

And don't forget to just look around as you travel. We have been known to take pictures of pots on the streets of Denver, Minneapolis and Kansas City for container inspiration. So keep a look out for gardens and containers that you might want to add into your landscape this fall or plan for next summer's gardens. And check with your favorite nursery to see what trees, shrubs and perennials they may have for planting this fall. ■



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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For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - Ephesians 2:10

FAITH

By Tom Vanderbilt

JUST as He was

There's a familiar story in Mark 4 about Jesus quieting a storm saying, "Peace! Be still!" It's a dramatic and powerful display of Jesus' power as the Son of God. Hidden in there is also an amazing act of grace on the part of His disciples. After Jesus said that He wanted to go to the other side of the sea, His disciples took Him "just as He was."



Jesus had spent the day teaching parables and maybe healing and talking with people. It had been a full day of serving, and Jesus was tired. So, He allowed His disciples to serve Him. They took Him "just as He was," set up a cushion on the back of the boat, and allowed Him to sleep while they sailed the boat. What an act of mercy. To take Jesus, just as He was, and minister to Him.

Jesus does the same thing for us. He takes us, just as we are, and He conquers sin and death for us, setting us free to be His people. ■

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



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LEGAL

By Ken Winjum

WHAT IS a civil jury trial?

We often hear about famous jury trials involving celebrities or other people in the news. Sometimes the glitter of the people involved takes the spotlight and gives an impression that there is some magical function in the trial of a given case.

In reality, a lawsuit (or action) is simply a method by which parties with a disagreement are able to have their interests determined by a neutral factfinder. In the civil court system, the factfinder is generally a jury.



United States jurisprudence has a long history of preferring that such decisions be made by a jury. The seventh amendment to the United States Constitution provides that, in suits at common law, the right to trial by jury shall be preserved.

Iowa has its own constitutional language in Article I §9 which provides that the right of trial by jury shall remain inviolate. The state constitution does allow trial by jury of a fewer number than 12 jurors in inferior courts.

Currently, most civil cases are heard by eight jurors (as opposed to 12 in criminal cases). A trial is simply a judicial examination of issues in an action, whether of law or fact.

The judge generally decides the legal questions. and the jury determines the facts based on the evidence. These facts may include fault, causation, damages and other issues. Long ago, our founders recognized the importance of citizens being at the center of making these important decisions. The jury system is an American tradition. ■

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

NEARING retirement?

Here are some important age-based retirement milestones to help prepare for your lifestyle during your retirement years:



Age 50: In the year you turn 50, you are eligible for catch-up contributions. Catch-up contributions are available on many different retirement plans including 401(k), 403(b), SARSEP, 457(b), and even IRAs.

Age 59 ½: When you turn 59 ½ you have reached withdrawal age. If needed, you can begin taking withdrawals without penalty from IRAs and qualified retirement plans. Previously, if you took a distribution prior to age 59 ½ from a retirement plan, you were subject to a 10% penalty.

Age 62: Eligibility to take reduced Social Security benefits begins at age 62; however, you should expect at least a 25% reduction in

lifetime benefits if you take Social Security benefits at the earliest date.

Age 65: At age 65, you become eligible for Medicare Insurance. This is a special milestone as health insurance is one of the largest expenses in retirement and one of the top concerns for retirees. Sign up for Medicare three months prior to your 65th birthday.

Age 66-67 (full retirement age): Full retirement age varies depending on the year you were born. If you can delay collecting Social Security benefits until full retirement age, you can expect a dramatic increase in benefits. Full retirement age breakdown:

- Born between 1943-1954: age 66
- Born in 1955: age 66 + 2 months
- Born in 1956: age 66 + 4 months
- Born in 1957: age 66 + 6 months
- Born in 1958: age 66 + 8 months
- Born in 1959: age 66 + 10 months
- Born in 1960 or later: age 67

Age 70: If you hold off taking Social Security retirement benefits until you reach age

70, you are getting your maximum potential in Social Security benefits. There is no additional benefit if you hold off past age 70.

Age 73 or 75: Required minimum distribution (RMD) age. This means you must start taking distributions from most of your retirement accounts including IRAs. The RMD is calculated on an annual basis. Your RMD age will depend on the year you were born. Current RMD age is age 73; however, the RMD age is set to increase to age 75 in year 2033. ■

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Check for cancellations

Iowa Master Conservationist Program

Tuesday, Aug. 29 - Tuesday, Oct. 10

Warren County Extension Office, 200 W. Second Ave., Indianola

Iowa State University Extension and Outreach will offer the Iowa Master Conservationist Program, which provides participants with hands-on interaction with the diversity of the state's natural resources. The program teaches about Iowa's natural ecosystems and the diversity of conservation challenges and opportunities that exist in the region. Graduates of the course learn to make informed choices for leading and educating others to improve conservation in Iowa.

The program consists of approximately 12 hours of online curriculum and seven face-to-face meetings. The online modules will include lessons and resources by Iowa State subject-matter experts to be reviewed at the participants' own pace at home or at the ISU Extension and Outreach Warren County office. Module topics include conservation history and science, understanding Iowa ecosystems, implementing conservation practices in human-dominated landscapes and developing skills to help educate others about conservation practices. Experts from local organizations such as USDA/NRCS, Warren County Conservation, DNR and IDALS will be leading the face-to-face meetings.

Registration for the course is \$75 and is due at the time of registration. To register, contact the ISU Extension and Outreach Warren County office at 515-961-6237 or bcecot@iastate.edu. The deadline to register is Friday, Aug. 18 with a maximum of 15 participants.



Preserve the Taste of Summer: Salsa Making

Warren Lodge No. 53, 1606 W. Second Ave., Indianola
Aug. 22, 5:30-9:30 p.m.

Take home a jar of salsa you preserved using the hot water bath canning method after learning safe methods. Homemade deliciousness in a jar. Registration is \$40 with deadline of Aug. 15, <https://go.iastate.edu/ZJVFYY>. Space is limited. For more information, contact Bethany Cecot, bcecot@iastate.edu, 515-961-6237.

Cardboard Boat Races

Sunday, Aug. 20,
3:30-4:30 p.m.

Veterans Memorial Aquatic Center, 714 W. Detroit, Indianola

Come and watch or participate in races where the boats are made only of duct tape and cardboard. See who will rule the pool this year. Free admission.

Warren County Historical Society General Meeting

Tuesday, Aug. 22

Guest O. J. Fargo of Army of the Southwest, a Civil War enactor from Creston, will share Civil War stories and answer questions.

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Afternoon Adventures: Iowa in the Civil War

Tuesday, Sept. 12 at 2 p.m.

Indianola Activity Center, 2204 W. Second Ave., Indianola

Historian and storyteller Dave Baker performs a first-person portrayal of George Cruikshank, an Iowa soldier stationed at Fort Monroe during the Civil War. This free program is hosted by Indianola Parks & Recreation and sponsored by Community 1st Credit Union.

Monarch Tagging

Saturday, Sept. 16 at 1 p.m.
Buxton Park, 705 N. Buxton, Indianola

Learn about monarchs and their miraculous migration to Mexico. A Warren County Conservation naturalist will teach you how to catch and handle a monarch, determine gender, and properly tag and release them as part of a national research project. Bring a net if you have one. Free activity, register by Sept. 15 at 515 961-6169 or www.warrenccb.org.



Live Music by Sara Routh

Tuesday, Sept. 19 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave., Indianola

Singer/songwriter Sara Routh is a Des Moines native who has traveled around the world bringing her music to audiences across the globe and has been compared to the talents of Ella Fitzgerald and Joni Mitchell. The free concert is hosted by Indianola Parks & Recreation and sponsored by United Healthcare, with dessert provided by Indianola Hy-Vee.

EVENTS IN THE AREA

Check for cancellations



Composting 101

Tuesday, Sept. 19 at 7 p.m.
Indianola Activity Center,
2204 W. Second Ave.,
Indianola

Learn how to compost your yard waste instead of throwing it out in this class taught by Master Gardener Sue Thompson. Call 515-961-9420 by Sept. 12 to register. Cost is \$6.25 per person.



Grant Writing 201

Thursday, Sept. 7, 4-8 p.m.
Warren County Extension
Office, 200 W. Second Ave.,
Indianola

Registration fee is \$50 with meal and refreshments included with registration. For more information about the workshop, email lindsayh@iastate.edu. Register at <https://go.iastate.edu/1RISQE>. This is an interactive workshop for experienced grant writers.

Halfway to St. Pat's Car Show

Sunday, Sept. 17

Mugsy's Pizza House, 1225 Copper Creek Drive,
Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.



Log Cabin Days Festival

Sept. 23

Warren County Fair Grounds, 1400
W. Second Ave., Indianola

The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fair Grounds.



Afternoon Adventures: Scott Siepker – Made in Iowa

Tuesday, Aug. 22 at 2 p.m.

Indianola Activity Center, 2204 W. Second Ave., Indianola

Come meet "Iowa Nice Guy" Scott Siepker, who has made a name and brand for himself by celebrating the Iowa lifestyle and being passionate about our state. In addition to his "Iowa Nice" series that went viral, he is also an actor and film maker who recently won acclaim for "Kinnick: The Documentary." This free program is hosted by Indianola Parks & Recreation and sponsored by Community 1st Credit Union. ■

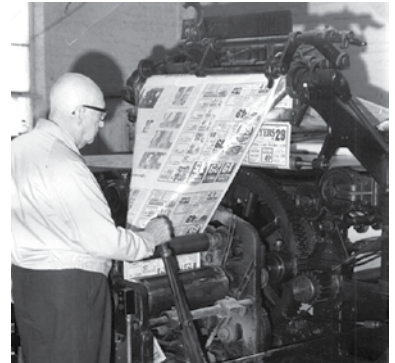
HISTORY

By Juanita Ott

DON BERRY, editor of Indianola Record Herald

Journalist impacted community's history.

When I first started volunteering at the museum, people would point to photographs on the wall and tell me they were "Donbury" prints. My original thought was what kind of camera or special photography process was needed to make a "Donbury" print. It didn't take long for me to realize that "Don Berry" was a person who played a significant role in Indianola history. He was a renowned photographer and a distinguished journalist.



Don Berry was born Oct. 8, 1850, and was homeschooled by his mother, who had been a teacher in Winterset. When he was 17, he was admitted to the middle year of the academy at Simpson College, which was equivalent to the third year in high school. In the fall of 1899, Berry wrote his first newspaper copy as Indianola and Simpson College correspondent of The Des Moines Register. In 1901, he covered the sensational Hossack murder trial for the Register.

One of the editors Berry worked for gave him the advice, "Write the truth, and let the chips fall where they may." Berry considered this his guiding light in handling the news.

Berry's editorials frequently found their way into national newspapers. Here are a few clips from the many items he wrote. In 1950, he proposed a Brannen Plan for Barbers: "Now that shaves are fifty cents to a dollar... hardly anybody goes to the barber for a shave... No more the afternoon rest when the barber soothes our aching brows with hot towels and quietly and methodically takes off the whiskers with gentle and soothing strokes... Let's put shaves back to a dime and... let the shaves sell on the open market and the government pay the difference... Then nerves will relax, the burden of our mental hospitals will be relieved..."

In 1922, Berry told of the "invention by a Bloomfield man of a 'cow tail tie' to prevent cows switching their tails while being milked in fly time. Knowing what we do of the disposition of a cow to switch the milker with her feet when prevented from switching flies with her tail, we dare say [we] will not print the remarks of the first purchaser of the 'cow tail tie.'

"Only a few days ago, we were riding on a country road in Warren County. We looked a quarter of a mile across a hollow and saw a freshly plowed field which had been in pasture forty years. The furrows ran right up and down the hillside so that the rain can have the best chance in the world to start moving that field down to the Gulf of Mexico. The land belonged to one of the wealthiest and most successful farmers in Warren County. We assume that only the rich can afford the luxury of giving their top soil a new home in the south."

When he retired after 40 years as editor, The Register wrote, "Don Berry is a leading light of Iowa journalism. He has set a standard for others to follow in integrity and courage." ■

WHY REGULAR rebalancing makes sense

Everyone loves a winner. If an investment is successful, most people naturally want to stick with it. But is that the best approach?

It may sound counterintuitive, but it may be possible to have too much of a good thing. Over time, the performance of different investments can shift a portfolio's intent — and its risk profile. It's a phenomenon sometimes referred to as "risk creep," and it happens when a portfolio has its risk profile shift over time.

When deciding how to allocate investments, many start by taking into account their time horizon, risk tolerance and specific goals. Next, individual investments are selected that pursue the overall objective. If all the investments selected had the same return, that balance — that allocation — would remain steady for a period of time. But, if the



investments have varying returns, over time, the portfolio may bear little resemblance to its original allocation.

Rebalancing is the process of restoring a portfolio to its original risk profile. But remember, asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss.

There are two ways to rebalance a portfolio.

The first is to use new money. When adding money to a portfolio, allocate these new funds to those assets or asset classes that have underperformed.

For example, if one investment fell from 40% of a portfolio to 30%, consider purchasing more of that investment to return the portfolio to its original 40% allocation. Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss.

The second way of rebalancing is to sell enough of the "winners" to buy more underperforming assets. Ironically, this type of

rebalancing actually forces you to buy low and sell high.

Keep in mind, however, that the information in this material is not intended as tax advice and may not be used for the purpose of avoiding any federal tax penalties. Please consult your tax professional before rebalancing. Rebalancing by selling "winners" may result in a taxable event.

Periodically rebalancing your portfolio to match your desired risk tolerance is a sound practice regardless of the market conditions. One approach is to set a specific time each year to schedule an appointment to review your portfolio and determine if adjustments are appropriate. ■

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.

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FROM ROCK BOTTOM to rising above

Harvest Academy is changing lives.

When people make decisions that result in homelessness, drug addiction and/or time in prison, Taylor Smith, program director at Harvest Academy, says many will stay in this cycle unless there is whole-person change.

Harvest Academy, a 501(c)(3) non-profit organization, allows men who find themselves in these situations the opportunity to change their lives free of charge. The 24-month program offers vocational training, peer mentorship/leadership, education and transitional services.

"It's our mission to help our students rebuild themselves," Smith says. "That's what second chances are all about."

Tim Krueger, CEO, brought his vision for Harvest Academy to Indianola in 2019 after being a program observer and then CFO/CEO of The Other Side Academy in Salt Lake City, Utah. It was there he learned the therapeutic community method.

The ideal Harvest Academy student is someone who is desperate to make a change through drastic measures. Prospective students write a letter explaining why they want to come to the academy, and an interview follows. Once they are accepted, it is up to the individual to make the commitment to the program.

Harvest Academy houses 12 students onsite but has the potential of 16, which includes some graduates that live in an apartment who are continuing in the program for an optional third year.

There are many principles in the therapeutic community, but the biggest one is the "each one, teach one" community structure. Students are not only responsible and accountable for themselves, but also for each other.

Harvest Academy's staff are role models, as they have been through and overcome many of the same struggles. The program is about doing, and that means students don't sit around and talk about addiction theory, their past or trauma. They talk about what skills they need and how to practice those skills to be successful.

"Through our vocational schools, students not only learn 'hard' skills to be employable, but also the 'soft' skills needed to maintain a healthy and productive lifestyle," explains Smith. "That includes structure, routine and



The students and staff at Harvest Academy are a brotherhood, meaning they are not above or below each other, but rather right alongside one another in everything they do.



At Harvest Academy, working together in the kitchen to prepare meals is just one of the skills the students learn in the 24-month program.

simply learning how to build relationships, as well as be responsible, honest and reliable."

Skills are learned through office work, marketing, procurement, landscaping, housekeeping, kitchen/culinary, gardening and more.

Students in their first 90 days don't leave campus, while older students are out volunteering, on jobs or working for Harvest Academy Movers. One of many student-operated vocational schools in the program,

Harvest Academy Movers is unique as it funds all operational costs, making the entire program free to students for the entirety of their stay.

Harvest Academy is located in rural Indianola and took its first students in early 2021. Today, the academy runs at or near capacity and has plans for growth and expansion to be able to serve more students.

Learn more about Harvest Academy and how you can support their mission at harvestacademyiowa.com. ■

LENGTHEN the life of your hearing devices

Electronic devices — including computers, cellphones and hearing aids — are highly sensitive to moisture. Approximately 98% of hearing aids contain moisture. Moisture is one of the leading causes of hearing aid malfunctions. New drying technology and moisture management offer a solution.



temperature and relative humidity increase, perspiration tends to increase as well. Skin, which helps regulate body temperature through sweating, surrounds hearing aids inside the ear canal and behind the ear. Although these devices are increasingly water resistant, no hearing aid is entirely waterproof.

Effects of moisture on device performance

Moisture reduces the sound quality of hearing aids, including volume and clarity. As little as 1/100th of a drop of water can decrease volume by up to 30 decibels. The clarity of sound degrades and becomes muffled and dull. Static or distortion may also occur. Consistent exposure to moisture can lead to corrosion inside the hearing aid.

Why Redux?

Redux is a professional drying and moisture-removal system for hearing devices. Unlike personal drying solutions, this system quickly

and effectively removes all moisture from both rechargeable and non-rechargeable hearing aids. The average Redux treatment length is six to eight minutes per device. Each treatment provides a measurement of the amount of moisture removed from a device.

Based on nearly 20,000 drying treatments, hearing health care providers reported the following outcomes:

- 50% of “dead” devices were revived.
- 83% of “weak” devices improved.
- 80% of “good” devices improved.
- 98% of treatments removed moisture.

Preventative moisture removal helps maintain proper function and prevents expensive hearing aid repairs. To inquire about Redux and services, contact your local audiologist. ■

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

WHY REDUX?

- **98% of hearing aids** contain moisture
- **Moisture reduces sound quality**, including volume and clarity
- **Moisture** can lead to expensive repairs



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TREATING chronic pain is like peeling layers from an onion

The medical definition of chronic pain can mean “anything that persists for over a three-month period of time.” It can mean the pain is there all the time, or it may come and go.

Chronic pain can interfere with your daily life at home, work and in your community. It can also lead to anxiety and depression.

Acupuncture, chiropractic, meditation, massage and yoga can all be a part of the solution to the discovery of the “cause.” The goal of any treatment is to discover the root cause by peeling away the layers that have contributed and developed due to the cause.

How do each of these medicines contribute to the resolution of chronic pain?

Acupuncture can help to “reset” the brain and how it “receives” the messages of pain. Acupuncture works by moving the energy “Qi”



in the meridians. By restoring the movement of the Qi, this helps to relieve pain and promote healing. Acupuncture can help with pain management and healing and managing depression and anxiety associated with pain patterns.

Chiropractic care helps by providing adjustments to the spine and joints of the body that relieve pressure on the nerves, tendons or muscles of the body. By relieving this pressure on the nerves and tendons, it restores the body's ability to conduct nerve impulses and messages to the muscles and brain.

Massage helps by relieving muscle tightness and tension, which also helps with conduction of nerve impulses to the brain. Massage also helps with movement of fluids in the body for edema and the lymphatic system. Massage is also a stress-relieving treatment to help with anxiety.

Meditation helps with reducing stress, which in turn can reduce pain. Meditation practices have shown in research to help with

pain, insomnia, reducing blood pressure and heart rate.

Yoga can help with the process of healing chronic pain by stretching tight muscles, working on breathing and meditation.

There is much new research supporting acupuncture, chiropractic, massage, yoga and meditation for the management and even reversal of some chronic pain conditions. Researchers are showing that, with decreased pain, there is also an increase in function, interaction with family and friends, and community involvement. Sleep and digestion can also improve with these professional treatments.

When determining if one or all of these are an option for you, ask about their credentials, their education and if they have treated your specific condition. ■

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

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HEALTH By Ashley Powell

CBD and THC health benefits

CBD (cannabidiol) and THC (tetrahydrocannabinol) are two prominent cannabinoids found in the cannabis plant, each offering unique health benefits supported by scientific studies.



1. Pain management: Research shows that CBD reduces chronic pain and improves the quality of life in patients with neuropathic pain. Similarly, THC has significant pain-relieving properties.

2. Anxiety and depression: CBD displays anxiolytic effects, making it beneficial for individuals with generalized anxiety disorder. THC shows potential as an antidepressant, alleviating symptoms in treatment-resistant depression. The effects can vary depending on the individual and dosage.

3. Epilepsy: Studies have shown that CBD significantly reduces seizure frequency and improves the quality of life. Emerging research suggests that THC may also possess anticonvulsant properties.

4. Neuroprotection: CBD has shown promise in slowing the progression of conditions like Alzheimer's and Parkinson's disease. THC has been found to protect brain cells, potentially offering benefits in neuroprotection as well.

5. Cancer symptom management: CBD and THC have demonstrated the ability to alleviate cancer-related symptoms in reducing pain and improving sleep. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. References: A Balanced Approach for Cannabidiol Use in Chronic Pain. Frontiers in pharmacology. <https://doi.org/10.3389/fphar.2020.00561>. <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/medical-marijuana/art-20137855>

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HEALTH By Shelly Stewart-Sandusky

ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.



In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

MEET Ted Ihns

Building community inside and outside the classroom.

Growing up, education was important to Ted Ihn's family. As a student, many of his teachers and coaches impacted his life in a positive way, and he soon discovered that a career in education would be a natural fit — and a way he could make a difference.

Ihns completed his undergraduate degree at Concordia University and taught K-12 physical education for 13 years in rural, urban and suburban districts. He coached football, baseball and basketball and says he learned a lot being a teacher and coach.

"There is so much more to the school day than just the classroom," he explains. "While some kids don't shine in the classroom, they do in other areas and activities. Every student and athlete was unique, and I always wanted them to have fun learning, feel safe and work together."

Ten years into his teaching career, a mentor suggested Ihns think about administration. In the summer of 2000, he started his master's at Winona State and soon realized he was on the right path. He went on to earn a degree in educational administration with specialization for principal and superintendent licensure.

In his early positions as a high school dean of students and assistant principal, Ihns strived to make an impact on students who were struggling, plus he enjoyed working with parents and students when it came to figuring out secondary education plans. While there were also attendance and minor discipline matters, the leadership opportunities prepared him to eventually lead school districts.

When Ihns was offered the superintendent position at Indianola, he was excited to lead in "just the right-sized" district. On a daily basis, his job entails supervising school principals and district staff, collaborating with school board members and managing fiscal operations. But giving students the best possible education and opportunities is at the forefront.

"I love that our students can get involved and find their niche," he says. "We want to make sure kids don't get lost in the shuffle. I enjoy every opportunity I have to get into the buildings and connect with staff and students."

Ihns has immersed himself in the community as part of Kiwanis, ICYF and Rotary. He also attends home sporting events and concerts at every grade level. He has an open-door policy and encourages people to visit him and ask any questions they may have.

"Indianola is a wonderful community," he says. "There's so much support — especially for our educational system. I appreciate how engaged our parents and community members are."

Being in administration since 2001, Ihns has found there's not a lot of free time outside of the workday and district activities, but he likes to get a run in when he can. He and his wife have four adult children and enjoy being grandparents. ■



As ICSD Superintendent Ted Ihns looks back on his first year at Indianola, he says he is proud of the accomplishments the district has made and is looking forward to an exciting future.

THE PURPOSE of liability insurance

Liability insurance is an important component of a home, auto or business insurance policy. Liability insurance covers damage to the property of others or bodily injury to others that you are found to be responsible for. It also provides an attorney to defend you in court against claims for these damages.

• **Protect your financial assets.** The purpose of liability insurance is to protect your assets. If you are found liable for a large amount of damages, here are some of the things that could be at risk if you don't have sufficient liability insurance: your home, your possessions, your bank account, even future earnings could be garnished. Make sure that you have enough liability insurance to cover the value of your assets.

• **Umbrella policy.** An umbrella policy is a great way to ensure you have a sufficient amount of liability insurance. For a low premium, an umbrella policy provides additional liability insurance in million-dollar increments, beyond that provided by your home and auto policies. I recommend that every homeowner with autos have an umbrella policy. To find out if an umbrella policy is right for you, and what it would cost, talk to your insurance agent. ■

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



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GARAGE

By Becky Kolosik

HOME GROWN history

Foelske's "toy barn" is a collection of memories.



Roger Foelske says being on the farm makes him feel surrounded by memories that translate into wonderful stories to share with friends and family.

For Roger Foelske, everything on the farm holds a memory — from the first tractor he drove to getting up early to milk cows, feed hogs and do other chores.

Foelske worked alongside his grandfather and father. Not only did he learn the practical side of farming, but the mechanical side of things, too.

"As a kid, I took everything apart," he says, smiling. "It often frustrated my parents, but I just wanted to know how things worked."

As a teen, he learned all he could about the mechanics of tractors, cars and other machinery. At 16, he got a job at the local DX station, first pumping gas and then working in the garage fixing cars.

After high school, he went on to the State College of Iowa, majoring in industrial technology. Foelske taught shop class and coached wrestling at Ottumwa before moving to Indianola in 1974 to work for the Department of Education in various roles including industrial education consultant and State VICA director and later the state director for Vocational Education and bureau chief for Career and Technical Education.

In 2000, the WMT Tractorcade came through Indianola, and he was hooked. Foelske borrowed a Farmall M from his father-in-law and drove it the following year. Together, he and his brother purchased a John Deer 520 2-cylinder to ride the following years.

"It was similar to the tractor I drove on the farm," he says. "I put new tires, seat, fenders and umbrella on it. I've also been through most of it mechanically."

Over the years, Foelske has filled his "toy barn" with a collection of small riding lawn tractors as well as a 1950 Ford 8N tractor he acquired about seven years ago. He also has hundreds of collectible John Deere toy tractors organized in display cases, two vintage John Deere bikes, several RC airplanes he's built and two cars — one a 1950 Chevy.

The Chevy was a gift from his grandfather. It sat for many years at his uncle's farm, and after his aunt had it restored, she called to say it was time for Foelske and his brothers to become its caretakers.

"Now that I'm retired, this place keeps me busy... and out of my wife's hair," he says, laughing. "Everything here has a story, and I'm grateful to be the keeper of them." ■

RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes

Cook time: 8 minutes

Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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We are Indianola. A place where Hometown Pride runs deep. A community that embodies the essence of unity, resilience and support for all who work, visit, learn and live here. Let us give you a glimpse...

We are big. Yet we are small. A community of more than 15,000 people that acts like a town of 500. A place where we know every street by name — and the servers who serve us just the same. Big enough to never have to shop anywhere else and small enough to never want to leave. This smallness brings the safety, trust and the freedom we knew as a child. We can send our kids to the Corner Sundry alone without a worry. We can enjoy a Pete's Pizza even when we forget our wallets. And we don't have to show People's our IDs when we get our money at the bank. We may be big, but we feel so small.

We are small. Yet we are big. A community of only 15,000 who can act as big as a city of 500,000. Well over 150,000 visitors flock to Experience Indianola every year. Home to the breathtaking National Balloon Classic, the world-renown Des Moines Metro Opera, the pro-filled Des Moines Disc Golf Challenge, the state's best Warren County Fair, the prestigious Simpson College and all of the major concerts, competitions and celebrations that come with them. These experiences help our small businesses thrive. We cut their hair, we feed them, we greet



them. We may be small, but we know how to do things big.

We are different. Yet we are close. Close to the metro, to the farmer, to the square, to each other. We bring out the "unity" in community. We don't let our differences divide us but unify us. When negative voices try to drag our city down, we shout louder, prouder and brighter. This closeness brings the comfort, camaraderie and the courage that everyone looks for in a community. We can borrow anything from Pamela's Place next door, know The Outside Scoop on most everything, and we take on Mighty challenges with love, hope and spirit. We may be different, but we feel so close.

We are protective. Yet we are proud. We tell everyone how great we are and slowly invite you in. We look to the future with hope for what we vision to be, but fiercely protect who we are and who we've always been. This pride brings the history, the passion and the brand that always has and always will uniquely define us. We Feed and Foster our long-time business friends and we Savor the Rise of entrepreneurs who help us be the quaint and charming town that we are today. All while Embarking on the next experience that Indianola will bring. We are protective of who we are and proud of who we will be.

We are competitive. Yet we are collaborative. Our businesses work hard to be an alternative to the big box stores while the community prioritizes to Think Indianola First. Our small businesses do not compete, but form relationships, collaborating and buying from each other. This collaborative spirit is not Uncommon Ground for us, and it creates a sense of belonging and pride among the people who live here. A community competitive to stand apart and with Many Hands to get it done.

We are opportunities. Abundant opportunities. The Sky is the Limit when it comes to Indianola. When it comes to things to do, to business opportunities, to educational excellence, to quality of life...

We are that perfect place. Where our kids take the field, our graduates come back...and our retired never left.

We are Indianola. Big pride, big unity, big opportunities and big experiences...with a small-town feel. ■

Information provided by Amanda Zwanziger, president/CEO of the Indianola Chamber of Commerce, 111 N. Buxton St., No. 117, 515-961-6269, www.indianolachamber.com. 1 Economic Impact of Tourism in Iowa Report

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Favorites in the Residents' Choice Awards were presented their certificates.



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Deja Keppler, Savor The Rise



Michael Martin, Corner Sundry



Bryant Houston, Funaro's Deli



Keegan Niccum, Chumbley's Auto Care



Katherine Haverland, Hotel Pommier



Seth Lampman, Clear Path Financial



Doug Gaumer and Matt Kelley, West Hill Brewing



Joyce Vickroy, Indianola Tumbling Center



Molly Slocum and Shelby Wiegert, Pizza Ranch in Indianola

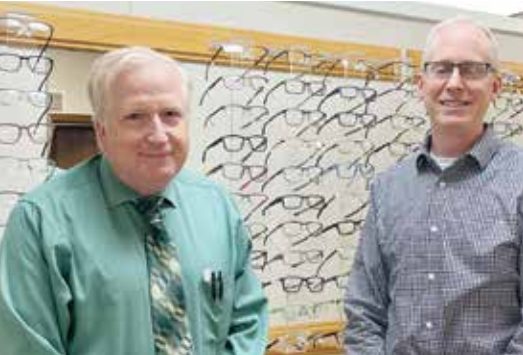
OUT & ABOUT



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Dr. Michael O'Meara and Dr. Johnathan Anderson, Optometric Associates of Warren County



Tammy Gassmann, Tammy's Tailwaggers



Rhonda Crouse, Crouse Cafe



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WHY even ask?



One of the most surprising things I found when I began pastoring was the relationship people have with prayer. There's a reluctance to pray, and the reasons often boil down to one of the following: "I'm afraid that if I ask God for something then he'll answer in a way that I don't like" and "Why bother asking God for something when he already knows what I want?"

These are simply fear and misunderstanding.

First, the fear. There's a famous short story by W. W. Jacobs called "The Monkey's Paw." Mr. and Mrs. White come into possession of a mummified paw but are warned that, while it will indeed grant the possessor three wishes, they come with tragic consequences. A wish for money for a mortgage payment is followed by news that their son has passed away, which sets in motion the events that bring them the exact amount needed for the mortgage payment. Their next two wishes bring unwanted results, though I don't want to spoil the ending for you.

But prayer to God isn't a monkey's paw at all. Nothing about that kind of view aligns with God's character. A longstanding joke says, "Whatever you do, don't ask God for patience because you'll get it, but you won't like how you get it." OK, so it's not a very funny joke, but you get the point. Yet this is completely wrong. 1 Peter 5:7 gives us a different perspective on prayer: "Cast all your cares on him, because he cares about you." And while Scripture certainly gives us a variety of conditions to prayer (such as not praying with selfish motives), we need to remember from the outset that God isn't a mischievous trickster waiting to sucker punch us.

Next, we misunderstand prayer when we think it's meant to be a some sort of transaction designed to meet my demands. God isn't a vending machine.

In fact, were I to always receive everything I desired simply by demanding that God do it, the results would be catastrophic, certainly for me but also for those around me. Instead, humbly asking God (another condition to prayer) changes my perspective from "Here's what I want" to "What do you want, Lord?"

"If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him?" — Luke 11:13 ■

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

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