

INDIANOLA

OCTOBER 2023

# Living

MAGAZINE

# Super FANS

Residents share their passion  
for their favorite teams

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## We welcome our newest attorney, McKenzie Ellis.

McKenzie (Kenzie) Ellis is the new Associate Attorney at Ellis Law Offices, P.C. She grew up in and graduated from Indianola, before attending Northwestern University in the Chicagoland area for her undergraduate degree. While at Northwestern, McKenzie played varsity softball and was one of two athletic representatives on student government. After graduation, she returned home to central Iowa to attend law school at Drake University in Des Moines, Iowa. During her time at Drake, she worked in the Wrongful Convictions Clinic and received training and experience in Mediation. She was admitted to the practice law in Iowa in September of 2023. In her free time, McKenzie enjoys playing sand volleyball, hiking, skiing, and spending time with her mini-Australian Shepherd, Tyron.

Over the last 10 years, McKenzie has worked at Ellis Law Offices in many roles including: receptionist, paralegal, law clerk and now, attorney. McKenzie's main areas of practice consist of Criminal Defense, OWI, Family Law and Estate Planning.



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WELCOME

# MAKE way for the Super Fans!

Just admit it. We all know some. Or maybe you are one? Either way, these folks are easy to find.

I am talking about Super Fans, and they stick out like a banana in a bowl of blueberries.

Bumper stickers promoting their teams on their cars aren't enough for Super Fans. They have the personalized plates and the clever number and letter schemes that the rest of us need one of those secret decoder rings to decipher.

Of course, their closets are full of their team-themed shirts, sweatshirts, hats, pajamas, socks, slippers and underwear. You name it, and Super Fans have their team logo on it. And regardless of how worn and tattered those items have become, they never throw them away.

The pre-set stations on the car radios of Super Fans are locked in to sports talk and sports talk only. Don't even think about turning the dial.

They fork out more money on game tickets than they do on groceries, and they are just fine with that.

Super Fans spend countless hours on Twitter or X or whatever you call it just to be the first to know the latest news on trades, injuries or other breaking news about their teams.

And to top it all off, and to show their true commitment, Super Fans spend their hard-earned money having their team mascots or logos permanently tattooed on their skin. And not just one tattoo, either.

I am not a Super Fan. Far from it. I enjoyed participating in sports and coaching, and I do enjoy watching occasional games and sporting activities, but it stops there. Even so, I am greatly entertained by those who are Super Fans. I love their passion, their feistiness, their spirit. And I can look past those fading tattoos.

Does this all sound familiar to you? Well, you don't have to be a Super Fan to enjoy this month's feature story on local residents who are.

Thanks for reading. ■

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# Super FANS

Residents share their passion  
for their favorite teams

By Becky Kolosik

Nothing is quite like the feeling you get when your team scores the buzzer beater to win the game. There's also that feeling you get when they lose — in stunning fashion. Most sports fans root for their favorite teams and maybe even attend a game or two. But then there are Super Fans. They collect team memorabilia, dedicate rooms in their homes to team colors, gear up big time for games, and even get tattoos. For many of them, their relationship with their team is part of their identity and daily lives.

Dolphins Super Fan Stacy Garrels says he has worn jersey No. 13 since he was young because Dan Marino is the single greatest player in Miami Dolphins history.





## A fan for life

Walking into Indianola High School math teacher Stacy Garrels' classroom, there's no question he's a Miami Dolphins fan.

Dolphin apparel and other memorabilia decorate the room, and he even used to have a little Monday "fun" when Sunday games didn't go his way.

"I would give quizzes every Monday after a Dolphins' loss to get my students to cheer for the team," he says, laughing. "When I see former students and parents out in the community, they still ask me if I give those quizzes. I guess it's something they never forget about my class."

Garrels, who grew up mostly in South Dakota and Minnesota, has been a sports fan all his life. As a kid, he and his brother, along with their friends, used to play basketball, football and baseball — even in the most inclement weather. He played middle school football and basketball, plus, he wrestled and ran track and cross country. In high school, he focused mainly on cross country and track.

One thing Garrels decided early on was he was not going to be a Vikings fan.



Stacy Garrels has collected Dan Marino and Miami Dolphins memorabilia for years.

"I would watch the AFC games on the other station while the Vikings were playing," he explains. "The Miami Dolphins were on TV quite a bit in those days because of their stellar offense. Dan Marino was a rookie in 1983, and he became my favorite player, and, thus, the Dolphins became my favorite team."

The Dolphins didn't play anywhere close enough to where Garrels lived when he was

young, so he patiently waited until he was in college to see his first game. He even convinced a few of his friends to go to Miami with him to see Dan Marino play before retiring.

Garrels recalls many memorable Dolphin games — both good and bad — over the years.

The bad include: 1) Dolphins up 30-7 in the fourth quarter to the Jets in the Monday night "Miracle in the Meadowlands" game and losing

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in overtime; 2) Dan Marino's last game when the team was blown out, 62-7, by the Jaguars; 3) losing to Tom Brady (and a chance to go to the playoffs) when they were up by 11 points with three minutes to go; and 4) losing to Joe Montana in the 1984 Super Bowl.

But then there are the good memories, too: 1) beating the Cowboys in the snow on Thanksgiving 1993 thanks to Leon Lett; 2) beating the Bears on Monday night for the Bears' only loss in the 1985 season; 3) winning over Brett Favre and the Jets for the AFC East in 2008 after going 1-15 the year before; and 4) watching Miami at Kansas City in 2008 when it was 8 degrees outside.

Win or lose, Garrels is a Dolphin fan for life. He has a collection of memorabilia from football cards and Dolphin signs to shirts, jerseys and even a Dolphins tattoo. Some special Dan Marino items he has include a signed photo, a jersey from Garrels' childhood, and Marino's rookie card.

These days, Garrels is excited that the Dolphins finally seem to have a good team again, and, for the first time in about 20 years, there are expectations for a winning season.

"My favorite player right now is probably Tua because he's shown a lot of resilience in the past few years, and it's hard not to root for him," he says. "Also, the current offense reminds me of the Marino days. They can score quickly and are fun to watch."

Garrels is still holding on to hope that he will see the Dolphins win a Super Bowl in his lifetime. And even though he doesn't give those quizzes in class anymore, his students know that, if the Dolphins win, it guarantees their teacher will be in a good mood on Monday morning.

"If and when the Dolphins get a Super Bowl win, it will be an all-day pizza party in my classes on the Monday after," he says, laughing. "We'll watch highlights from the game, because who knows how many times this is going to happen in my life."

Besides his love for the Dolphins, Garrels and his wife, Martha, are also big Hawkeye fans. Their wedding was a Dolphins/Hawkeye tailgate theme, where they recreated a football field backdrop and guests cheered for the bride and groom with Dolphins and Hawkeye colored pom poms. The couple also roots for the Kansas City Royals, and they try to go to Kauffman Stadium for at least a couple of games a year, with the goal to travel to every baseball park where the Royals play.



Peggy Kirkpatrick and Esther Snyder say high school sports have a way of strengthening communities through the spirit of the game, and there's no other place you can find more fun and exciting entertainment for just \$5.

## We've got spirit, yes, we do!

When Indianola Living Magazine met up with Peggy Kirkpatrick and Esther Snyder, the Indianola volleyball team was set to take on conference rivals and top-10 team Dallas Center Grimes. The two grew up playing sports, and you'll find them courtside at nearly every home volleyball and basketball game in the fall and winter, as well as cheering on the softball and baseball teams in the summer.

Peggy credits her love of sports (particularly basketball) to her mom, who played for New Virginia in the 1950s. If Peggy recalls correctly, Indianola didn't have girls' basketball until the 1973-1974 school year.

"I was a freshman, and we had practice at the Warren County Administration Building, where we learned the fundamentals of the game and scrimmaged against ourselves," she says.

And, while Peggy mostly sat on the bench, she enjoyed every minute.

"Those first years were not good as far as a record of wins, but we set the ball rolling for the girls that came after us."

As for Esther, she and her husband moved to Indianola in 1966 and raised three kids who all graduated from IHS. She liked sports and started playing 6-on-6 basketball in 1958 while in high school.

"Basketball was my favorite, but I also played softball and participated in track," she says, smiling. "Back then, girls didn't have all the opportunities they have now."

Both Esther and Peggy have been cheering on Indianola sports for the better part of 40 years. Esther started attending high school

football games when her kids were in grade school.

"We added home basketball games a few years later," she explains. "My husband and I even went to away games for several years. He passed away in 2015."

Esther missed a few years but then started meeting up with Peggy and a few other friends about six years ago.

"I enjoy watching the teams play and get better as the year goes along," she says. "You eventually get to feel like you know the student athletes. Many people ask me who I'm there watching, or if I have grandchildren playing, and I smile and say, 'No, I just like to support our high school sports.'"

Peggy likes the action and sometimes drama that will come up during games, especially when the bench or other fans get a little rowdy.

"At basketball games, some of the referees have a great time with us ladies," she says, laughing. "If we get the same referees several times in a row, they come over and talk to us and get our opinion. It's a lot of fun interacting with them; last year one offered his whistle to me to take his place on the court."

Both have seen a lot of changes over the years. One in particular was when girls switched from the six-player game to five-player. They both have had fun watching many athletes excel in high school and move on to college or even the professional ranks.

"One example is the Blakes," Peggy says. "Casey went on to become a Major League baseball player, but his wife had her own achievements in high school sports, and now



their kids are doing great things, too.”

Peggy and Esther are also fans of Grace Berg and enjoyed seeing the girls team play at the state tourney. Esther has continued to follow Grace throughout her basketball career at Drake.

These Super Fans show their support all year long whether it’s a winning or losing season.

“We have a very strong sports program in Indianola, and I think it’s important that our community come out and cheer for these student athletes,” says Esther.

Peggy and Esther also enjoy the arts and music programs.

“We have so many talented kids in this community,” says Peggy. “We’ll take advantage of any and all opportunities we can get to show these kids that we are proud of the hard work they put in.”

## Super Fan of the Year

If you’re an Indianola sports fan, you’ve likely seen or possibly met Paul Carter. Whether he’s assisting on the sidelines of Indianola junior varsity football games, at a volleyball match or basketball game running the scoreboard, or even milling through the stands at Friday night football collecting pop cans and bottles, Carter is a familiar face to many.

He’s called Indianola home since 2013 when he moved from Des Moines. He wanted to be closer to his job at Simpson, where he’s worked for Sodexo for 25 years.

Carter has been athletic and played several sports in high school.

“Basketball was probably my favorite,” he says. “But I enjoyed all types of sports and still do.”

Carter started regularly attending Indianola sporting events about six years ago. His calendar is full most of the year as he tries to make it to most — if not all — home football games as well as boys and girls basketball, volleyball, track and soccer.

When he’s not running the scoreboard at basketball games, Carter likes to show off his skills shooting half court shots during halftime. Adults and kids alike cheer him on with every shot that goes in.

“They really get into it,” says Carter, smiling. “People like entertainment, and it’s fun to get out there and keep the crowd engaged and ready for the second half of the game.”

A few years ago, Carter was named “IHS Super Fan of the Year” by the Indianola Athletic Boosters and says it felt good to know that people recognized his dedication to, and enthusiasm for, Indianola sports. Since receiving the honor, Carter enjoys when he’s at games and students or



Paul Carter was honored with the “IHS Super Fan of the Year” award a few years ago and has since become somewhat of a celebrity in the high school athletic community.

other fans ask for a photo with him.

During Indianola’s homecoming celebration this year, he volunteered his talents as the announcer for the annual Powderpuff game. His color commentary was a hit with not only the students on the field, but fans in the stands, too. He also participated in the homecoming parade.

“Paul is not only a great fan, but he is willing to help at all of our events,” says Indianola Athletic Director Lee Nelson. “It’s fun to see how much he enjoys Indianola athletics, and the kids definitely love having him around.” ■

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## THE ORIGINAL form of 'social media'

Social media has always been an important part of everyone's life. It's just the form of "media" has changed in recent years. In the past, people have depended on gatherings and organizations as their form of socializing. Communities offered a wide range of such groups, often centered around church circles and activities but extended to social and political studies, support and service organizations, and just general fun and games.

Indianola had its share of non-digital "social media." This poem was published in The Indianola Record on Friday, Dec. 17, 1937:

### INDIANOLA MERRY-GO-ROUND

*Oh the clubs in Indianola are enough to drive one mad;  
To try to name them is enough to make one sad.  
Now there is the Whitcomb Riley, the Elite and Art Nouveau,  
Zetetic, Welch and Music, K.T.K. and P.E.O.  
There's a branch of A.A.U.W. and the Junior Service League,  
And then there's Pollyanna and Shakespeare to Intrigue.  
"Oh, I haven't time for this, and I haven't time for that,  
For that's the day I'm scheduled to have Mothers of John's first."  
The Monday club's the oldest, and the Bible club is second.  
It may be vice versa, but by scores of years they're reckoned.  
The Thimble club is ancient, a history long it claims.  
And Simpsonia is important to all the college dames.  
"No, I can't go that day, for that's the day, you see,  
That we all asked to take our guests to Home Ec. Club for tea."  
The Woman's club's another that helps to keep us busy,  
With departments and meetings enough to make one dizzy.  
The Comment club's a new one, and oh, the Eastern Star,  
And the W.C.T.U. whose influence goes so far.  
Iota club and Social Hour and Ola Delphian  
I think to name them all would take a Philadelphian.  
Then there are the P.T.A.s that number two or three  
And bridge clubs without limit all the way from A to Z.  
The Christian Home is busy and the Little Theatre, too,  
With rehearsals and with practices till the blamed thing is through.  
Eta Beta Pi and Neighborhood*

Scrapbooks and photos of many of these can be found at the Warren County Historical Society Museum and Research Library, located at 1300 W. Second Ave. on the east side of the Warren County Fairgrounds. The website is [www.warrencountyhistory.org](http://www.warrencountyhistory.org). ■

## FUNDS from Tootsie Roll campaign donated

The Knights of Columbus Council 5032 has completed its annual Tootsie Roll campaign and held a formal check presentation at a recent meeting. ■



Wes Neal, Acting Grand Knight, presents a check for \$1,260 to Shelly Robins, COC representative.



Wes Neal, Acting Grand Knight, presents a check for \$630 to Sean Gunderson, Camp Wesley Woods representative.



## FALL garden cleanup

Fall is the time to get your garden, flowerbeds, trees, shrubs and your containers ready for winter. Taking time this fall to enjoy the cooler weather, you can do several tasks that will make next year's landscape look awesome. Here are a few of the things to take care of before the snow flies.

As you are harvesting those last tomatoes, peppers and squashes, start clearing the garden of the vegetation. If you have a compost pile, this green material can be recycled for next year, unless you have noticed pests or powdery mildew on your plants, then do not compost, instead dispose into the garbage, burn or bury. Once cleaned off, work compost or decomposed manure into the garden to be ready for spring planting.

Flowerbeds are a little bit trickier, but not complicated. Prune back herbaceous peonies, day lilies, lilies, and hostas and compost any of these that do not have powdery mildew or pests. Most perennials can be left for the winter. Some, like coneflowers, black-eyed Susans and other flowers with seed heads should be left. Birds will enjoy the seeds throughout the fall and winter. Butterflies will overwinter on stems of perennials, native bees will use the hollow stems of bee balm, and caterpillars will curl up in leaves left in the garden.

A 4- to 6-inch layer of shredded leaves or straw on flower beds helps protect perennials from the freeze-thaw cycle of winter. At a minimum, put a fresh layer of mulch on. This will do a lot to keep your perennials healthy. And mulch landscape trees and shrubs as well. Keep watering through fall until the ground is frozen. Evergreens are especially susceptible to damage if the soil is dry going into winter. If you have planted trees and shrubs this fall, do not forget to keep them watered as well. The one difference is fruit trees. Leave them less mulched so the freeze will kill any pests living in the ground around them. Mulch late winter to early spring.

If you put out elephant ears, cannas, or other non-hardy bulbs for the summer, wait for the first frost, then cut back the foliage and dig up the bulbs and corms. Rinse them and allow them to dry a few days in the shade. Put them in a paper bag or cardboard box and place in a cool, dry basement for the winter. If you put an elephant ear in a container, you can bring it in before frost and keep as a houseplant until next spring.

Clean out all of your containers of summer annuals, composting what you can. After frost, take out fall garden mums and plant in the garden for next year. If you want, plant some spring blooming bulbs (tulips, daffodils and hyacinths) and let them stay outside or in an unheated garage, and you will have color in your containers before you plant next year's annuals.

Take some time this fall to enjoy the crisp, cooler weather, and you will have a head start on next spring's gardens. ■



Information provided by Barry Laws, co-owner, Quilted Gardens Nursery and Landscaping, 19635 130th Ave., Indianola, 515-720-3089, [www.quiltedgardens.com](http://www.quiltedgardens.com).



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## DRAM shop liability and social hosts

A good time may go too far. As we know, intoxicated individuals can cause all kinds of mayhem including property damage, violence, injuries and more. Although it is generally recognized that the intoxicated person is responsible for his or her actions, there are occasions when a third party who served the individual can be liable for damages. These instances are addressed in the Iowa Dram Shop Act.



The Iowa Supreme Court has observed that the dram shop act created liability where none existed at common law. The dram shop act is found at Iowa Code Chapter 123.92.

**Licensees and permittees.** Simply stated, Iowa Code 123.92(1) (a) provides that a third party who is injured by an intoxicated person has a right of action for damages against any licensee or permittee who sold or served any alcoholic beverage directly to the intoxicated person, provided that the person was visibly intoxicated at the time of the sale or service.

**Notice requirement.** Iowa Code 123.93 requires an injured person give written notice to the licensee or permittee (or insurance carrier) within six months, including details about the incident. The Iowa Supreme Court has upheld this requirement for filing an action.

**Social hosts.** A different rule applies to “social hosts.” Iowa Code Chapter 123.49 provides that a person shall not sell, dispense, or give to an intoxicated person, or one simulating intoxication, any alcoholic beverage. However, 123.49(a) provides that for those not required to hold a license or permit who dispenses or gives an alcoholic beverage in violation of this subsection is not civilly liable to an injured person as a result of intoxication by the consumer of the alcoholic beverage. The code provision adds that it is the consumption, rather than the serving of alcoholic beverages which is the proximate cause of injury inflicted by the intoxicated person.

**Exception: underage drinking.** Although the law gives fairly broad immunity to social hosts, there appears to be an exception for providing alcohol to minors. Iowa Code 123.02(3)(a) provides that a person injured by an intoxicated person who is under legal age has a right of action for damages against a person who is not a licensee and who dispensed or gave any alcoholic beverage to the intoxicated underage person. For liability to exist, it is required that the person who provided the alcohol knew or should have known the underage person was intoxicated or would become intoxicated.

The dram shop law reflects our commonly held values that innocent persons should be protected from intoxicated offenders. However, persons who host social events should not be responsible for actions of their visitors. The law also incorporates society’s disapproval of providing alcohol to minors. ■

Information provided by Ken Winjum, The Winjum Law Firm, P.L.C., 1220 Sunset Drive., Suite 103, Norwalk, 515-981-5220, [www.winjumlaw.com](http://www.winjumlaw.com).

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# YOU'VE received an inheritance. Now what?

If you've recently received an inheritance, you will be facing many important decisions. Receiving an inheritance might promote spending without planning, but don't make any hasty decisions. Here are some suggestions that could help you manage your inheritance.



distributions you receive from inherited tax-qualified plans such as 401(k)s or IRAs will likely increase your taxable income. Also, your inheritance may increase the size of your estate to the point where it could be subject to state and/or federal transfer (estate) taxes at your death. You might need to consider ways to help reduce these potential taxes.

• **How you receive your inheritance makes a difference:** Your inheritance may be received through a trust, in which case you'll receive distributions according to the terms of the trust. You might not have total control over your inheritance as you would if you inherited the assets outright. If you inherit assets through a trust, it's important that you familiarize yourself with the trust document and the terms under which you are to receive trust distributions.

• **Identify a team of trusted professionals.** Tax laws can be complicated, so you might want to consult with professionals who are familiar with assets that transfer at death. These professionals may include an attorney, an accountant, and a financial and/or insurance professional.

• **Consider tax consequences.** While you might not owe income taxes on the assets you inherit, your income tax liability may eventually increase, particularly if the assets you inherit generate taxable income. For instance,

plan. You'll want to consider your current lifestyle and your future needs, then formulate a financial strategy to meet short- and long-term goals.

• **Evaluate your estate plan.** Depending on the value of your inheritance, it may be appropriate to re-evaluate your estate plan. Estate planning involves conserving your money and putting it to work so that it best fulfills your goals. It also means helping reduce your exposure to potential taxes and possibly creating a comfortable financial future for your family and other intended beneficiaries. ■

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Monday, Oct. 30, 5:30-6:30 p.m.  
Indianola Public Library lawn

Join the City of Indianola and IMU for the Fifth Annual Trunk or Treat. This year, the event returns to Beggar's Night, so you can start your evening of trick-or-treating with a hot dog dinner and plenty of goodies. This program is designed for children and accompanying adults. Please plan to attend and be engaged with your child at this program.



## 'Into the Woods'

Nov. 17-18 at 7:30 p.m. and Nov. 19 at 2 p.m.  
Blank Performing Arts Center, Simpson College, 513 N. D St., Indianola

This timeless musical intertwines the plots of several Brothers Grimm fairy tales while exploring the consequences of the characters' wishes, hopes and dreams. This is largely a student performance; however, Simpson music professor Matthew Lau is performing a role, and the accompanying orchestra is made up of area professional musicians. Tickets are available at [www.eventbrite.com/e/into-the-woods-tickets-700420816517?aff=ebdsoporgprofile](http://www.eventbrite.com/e/into-the-woods-tickets-700420816517?aff=ebdsoporgprofile).

## Medicare open enrollment

Each year, everyone on Medicare can join, switch or drop their drug plan during the annual Open Enrollment Period, Oct. 15 - Dec. 7, with changes taking effect Jan. 1. If you do not make a change, your current plan continues. Prior to this annual enrollment period, your drug plan will send a formulary of 2024 changes compared to 2023 costs. However, a comparison to all available options could result in improved coverage and savings. Medicare Plan Finder at <https://www.medicare.gov> is the online tool for comparing Part D and Medicare Advantage plans. Entering your prescription medications, available plans are sorted with detailed information regarding coverage, cost, deductibles, coverage gaps (donut hole), pharmacy options, restrictions, and considerably more. If this sounds complicated, it can be, and you are not alone. Warren County SHIP/SMP volunteer counselors can help. Call and make an appointment for a drug plan comparison at 515-962-5375. For more information, visit <https://ship.iowa.gov>. SHIP/SMP volunteer counselors are available year-round.

## Trivia Night for Hope Foundation

Saturday, Nov. 4, 6 p.m. (Registration deadline Friday, Oct. 27)  
St. Thomas Aquinas Pastoral Center, 210 S. Wesley St., Indianola

All are invited to come out for a Trivia Night to benefit Indianola's HOPE Foundation. The fun begins with a lasagna dinner, followed by trivia. Cash prizes and door prizes will be awarded. Gather your team today. Cost is \$125 per table of 4-6 people. Call or text Kris at 515-210-0169 for more information or to register.



## Master Gardeners mini-grants

Apply by Nov. 30

Warren County Master Gardeners (WCMG) announces the offering of mini-grants to provide financial, and possibly volunteer assistance, for gardening and landscape beautification projects throughout Warren County. Qualified applicants are not-for-profit organizations such as service or youth groups within Warren County. Projects may include, but are not limited to, community flower and vegetable gardens or classroom projects. Grants up to \$500 will be awarded. Go to the Warren County Master Gardener website [www.extension.iastate.edu/warren/master-gardener-program](http://www.extension.iastate.edu/warren/master-gardener-program) to access the application and contact information. Completed applications must be submitted by Nov. 30 with notification to successful applicant(s) the week of Jan. 15.

## Tree planting workshop

Saturday, Oct. 14, 9-11 a.m.  
Indianola Activity Center, 2204 W. Second Ave., Indianola

Dr. Jeff Iles will be teaching the fundamentals of proper tree planting at this Warren County Extension workshop. Techniques learned will help ensure longevity of your trees. This will be a hands-on workshop taking place outdoors, so dress for the weather. This workshop is free, but registration is required. Register by contacting Bethany at [bcecot@iastate.edu](mailto:bcecot@iastate.edu) or by calling 515-961-6237.



## Contra/Barn Dance

Oct. 21, Nov. 18, 7-10 p.m.  
First United Methodist Church Parish Hall, 307 W. Ashland, Indianola

The Indianola Community Contra/Barn Dance will be starting again. Participants dance with everyone of all ages, 8-80, so no partner is necessary. Wear comfortable clothes and shoes. A live band performs, and a caller is present to teach all the dances. Suggested donations are \$10 for singles and \$20 for families. Snacks to share are welcome. Bring water. No alcohol permitted. For more information, call Margy Davis, 515-491-3833, or text [meadowlark919@msn.com](mailto:meadowlark919@msn.com).

## People's Bank Indoor Play Date

Wednesdays beginning Oct. 18, 10:30 a.m. to noon  
Indianola Activity Center, 2204 W. Second Ave., Indianola

Children ages 1 year through preschool are invited to burn off some energy at the playground on Wednesday mornings. From a bounce house to riding toys, blocks, crafts and occasional special guests, this program is free for everyone to enjoy through the sponsorship of Peoples Bank. All children must be accompanied and supervised by an adult throughout the morning.



Check for cancellations

## Fall Fish and Chicken Dinners

Oct. 20 and 27, Nov. 3 and 10,  
5:30-7 p.m.

St. Thomas Aquinas Parish Hall

Cost is, adults and carry-outs \$13,  
children \$6.

## Fall Festival and Open House

Tuesday, Oct. 31, 2-3:30 p.m.  
Indianola Activity Center, 2204  
W. Second Ave., Indianola

Explore local resources and services  
for ages 50 or better at this free  
event hosted by Indianola Parks and  
Recreation. Dozens of vendors with free  
information and fun giveaways, awesome  
door prizes, and refreshments provided by  
Mama Rid's Sweets.



## Madison County Covered Bridge Festival

Oct. 14-15, 9 a.m. to 5 p.m.

The Madison County Covered Bridge  
Festival features family fun, including  
parade and tours of the namesake bridges.  
Vendors, demonstrations, kids zone, live  
entertainment, car show, quilt show,  
Madison County Historical Complex  
tours, and much more are sure to please  
crowds. Festival admission is \$3 or two  
for \$5 and free for children younger than  
11. For more information, visit [www.madisoncounty.com/covered-bridge-festival-2/](http://www.madisoncounty.com/covered-bridge-festival-2/).

## An Afternoon with Edgar Allen Poe

Tuesday, Oct. 24, 2 p.m.  
Indianola Activity Center, 2204 W. Second  
Ave., Indianola

The master of Gothic horror comes from beyond  
the veil to talk with audiences about his life and share  
his best stories and poetry. Cedar Rapids storyteller  
Darrin Crow tells powerful, imaginative, engaging  
stories that keep audiences on the edge of their seats  
and stick with them long after the tale ends. The free  
program is hosted by Indianola Parks & Recreation  
and sponsored by Community 1st Credit Union as  
part of the Afternoon Adventures Series.

## Children's Costume Party

Saturday, Oct. 28, 10 a.m. to noon  
Indianola Town Square, 115 N. Howard  
St., Indianola

Two action-packed hours of free  
family-friendly fun await at this  
event that has been an Indianola  
tradition since 1998. Three sides  
of the Square will host inflatables  
and other activities. Children can  
Trick or Treat at businesses around  
the Square and enter a costume  
contest. Hosted by Indianola Parks  
& Recreation and Indianola  
Downtown Merchants, sponsored  
by Community 1st Credit Union, Bob's  
Custom Trophies, Indianola Pediatric Dentistry and  
the Indianola Independent Advocate.



## One Million Steps for OCD Walk

Oct. 14, 9:30 a.m.  
Gray's Lake, 2101 Fleur Drive, Des Moines

OCD Iowa announces the Des Moines One  
Million Steps for OCD Walk will take place this  
October. Co-hosted by the International OCD  
Foundation, the One Million Steps for OCD Walk  
is the nation's largest grassroots awareness-building  
and fundraising campaign to highlight obsessive  
compulsive disorder (OCD) and related disorders. To  
learn more, visit [ocdiowa.org](http://ocdiowa.org) or [www.iocdf.org](http://www.iocdf.org).

## MORE EVENTS

**OCT. 15, 22, 29: Sunday Tunes at the  
Summerset Winery.** Live music every Sunday  
from various local acts. From 2-5 p.m. 15101  
Fairfax St., Indianola; [summersetwine.com](http://summersetwine.com)

**OCT. 14-15, 21-22: Apple and Pumpkin  
Festival.** Wagon rides, corn maze, corn pool  
and, of course, apple and pumpkin picking.  
From 9 a.m. to 6 p.m. on Saturday and  
noon to 6 p.m. on Sundays at Wills Family  
Orchard, 33130 Panther Creek Road, Adel;  
[willsfamilyorchard.com/apple-pumpkin-fest](http://willsfamilyorchard.com/apple-pumpkin-fest)

**OCT. 21: 5K Beer Run.** The 2023 Iowa  
Brewery Running series continues through the  
fall at various breweries in central Iowa. All  
beginning at noon; [breweryrunningseries.com](http://breweryrunningseries.com).

**Through DEC. 21: Cocktails and  
Cardboard.** Hosted by the Dealt Hand every  
other Thursday night. Enjoy some of your  
favorite adult beverages alongside top-tier  
board games at 6 p.m. 321 E. Walnut St., Des  
Moines; [thedealthand.com](http://thedealthand.com).

**Through DEC. 10: A music showcase of  
local talent** at TeeHee's Comedy Club every  
second Sunday at 3 p.m. 1433 Walnut St., Des  
Moines; [teeheescomedy.com](http://teeheescomedy.com).

**OCT. 14: Raccoon River Rally.** Bikes, beer,  
boats and bands, what's there not to like?  
From 11 a.m. to 6 p.m. Raccoon River Valley  
Park, 2500 Grand Ave., West Des Moines;  
[wdmchamber.org/raccoon-river-rally](http://wdmchamber.org/raccoon-river-rally).

**OCT. 15: IMT Des Moines Marathon.**  
Starting at 7 a.m. The annual marathon that  
has been running since 2002 makes its way  
into downtown once again. 1001 Grand Ave.,  
West Des Moines; [desmoinesmarathon.com](http://desmoinesmarathon.com).

**OCT. 20-22, 27-29: Living History Farms  
hosts family-friendly Halloween event.**  
Various start times, at 11121 Hickman Road,  
Urbandale; [lhf.org/event/halloween](http://lhf.org/event/halloween).

**OCT. 21: The Salvation Army: Unmasking  
the Singer.** Guess who's behind the mask  
featuring local celebrities. From 6-10 p.m. at  
Historic Sherman Hill, 1501 Woodland Ave.,  
Des Moines; [centralusa.salvationarmy.org/desmoines](http://centralusa.salvationarmy.org/desmoines). ■

# ASSESSING life insurance needs

If your family relies on your income, it's critical to consider having enough life insurance to provide for them after you pass away. But, too often, life insurance is an overlooked aspect of personal finances.

In fact, according to a 2023 study conducted by Life Happens and LIMRA, which closely follows life insurance trends, nearly 50% of Americans say they have no life insurance coverage at all, even though 39% say they intend to obtain life insurance coverage within the next year.

## Role of life insurance

Realizing the role life insurance can play in your family's finances is an important first step. A critical second step is determining how much life insurance you may need.

Several factors will affect the cost and availability of life insurance, including age, health, and the type and amount of insurance purchased. Life insurance policies have expenses,



including mortality and other charges. If a policy is surrendered prematurely, the policyholder also may pay surrender charges and have income tax implications. You should consider determining whether you are insurable before implementing a strategy involving life insurance. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments.

## Rule of thumb

One widely followed rule of thumb for estimating a person's insurance needs is based on income. One broad guide suggests a person may need a life insurance policy valued at five times their annual income. Others recommend up to 10 times one's annual income.

If you are looking for a more accurate estimate, consider completing a "DNA test." A DNA test, or Detailed Needs Analysis, takes into account a wide range of financial commitments to help better estimate insurance needs. The first step is to add up needs and obligations.

**Short-term needs:** Which funds will need to be available for final expenses? These may include the costs of a funeral, final medical bills,

and any outstanding debts, such as credit cards or personal loans. How much to make available for short-term needs will depend on your individual situation.

**Long-term needs:** How much will it cost to maintain your family's standard of living? How much is spent on necessities, like housing, food and clothing? Also, consider factoring in expenses, such as travel and entertainment. Ask yourself, "What would it cost per year to maintain this current lifestyle?"

**New obligations:** What additional expenses may arise in the future? What family considerations will need to be addressed, especially if there are young children? Will aging parents need some kind of support? How about college costs? Factoring in potential new obligations allows for a more accurate picture of ongoing financial needs. ■

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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# 'SERVICE over self'

Noon Lions' commitment to community "roars."

When Tom and Carlisle Charlton retired and moved to Indianola in 2018, their main goal was to be closer to Carlisle's daughter and her family. But leaving a community behind meant meeting new people and building friendships and a life here.

"When we visited the Warren County Fair that summer, we noticed the Lions were working in the A&W stand, so we stopped by to ask what the Lions do," she explains. "I always knew it was something with eyesight, but that's about it."

After getting a little more information, they attended a couple of meetings and decided to join.

The Noon Lions Club has been serving the community since 1930. The club is part of Lions Clubs International, the world's largest service club organization with more than 1.35 million members in more than 45,000 clubs.

You have likely seen the Noon Lions serving in various capacities around town including at the Fire Department Annual Pancake Breakfast, the Public Safety Open House and, most recently, at the Sleep in Heavenly Peace bed builds. However, being able to support organizations in the community means raising money. Current president, John Akers, says their main source of fundraising is through food concessions.

"Our operation has grown from a small portable 'Tater Shack' to a concession trailer



Noon Lions serve up pancakes for the pilots at the 2023 National Balloon Classic. From left: John Akers, Tom Charlton, Roger Foelske, Greg Avitt and Gary Downey.

complete with a large grill and several commercial fryers," he explains. "Our largest fundraiser of the year is the National Balloon Classic. We've also added a meat raffle."

Two things the Noon Lions focus on is vision and hearing. The club has an agreement with Walmart that offers children and/or adults in need a free eye exam and glasses. The club collects donations of used glasses for recycling that are sorted and shipped to underserved areas around the world. Hearing aids can also be donated, and if an Indianola resident can demonstrate a financial need by completing the required paperwork, the Lions will provide financial assistance for the exam and fitting, and the provider obtains the appropriate hearing aids from the donation bank.

The club also supports youth through the local chapter of Dollars for Scholars, mentoring programs, youth camps and the foreign exchange program.

Carlisle serves as secretary of Noon Lions and says she is glad to see more women are becoming involved.

"We've met so many new people that we now consider friends," she says, smiling. "Being active and involved has given me the opportunity to become familiar with the community and work alongside many dedicated people who want to serve others."

Membership is open to anyone who enjoys having fun, working hard and giving

## Lions community projects and financial support

- Lions Youth Exchange
- Hearing Aid Assistance (Beltone)
- IHS Art Club
- Camp Hertko Hollow
- Camp Courageous
- Indianola Dollars for Scholars
- Simpson College Student Scholarship Awards
- Eye Care Assistance (Walmart)
- Flags for Flag Day
- The Helping Hand of Warren County
- Indianola H.O.P.E. Foundation
- Indianola Public Library
- Iowa Kid Sight
- The Zone
- Leader Dog Program
- International Lions Foundation
- Iowa Lions Foundation
- Indianola Music Boosters
- Sleep in Heavenly Peace
- Tori's Angels
- Indianola Trap Team
- Warren County Fair
- WeLift

generously of their time. The club meets on the first and third Mondays of each month at Sports Page for lunch and an informational presentation. Find out more at [e-clubhouse.org/sites/iowa2012md9](http://e-clubhouse.org/sites/iowa2012md9). ■



The Noon Lions' largest source of fundraising comes from concessions at the National Balloon Classic. From left: John Akers, Gary Richardson, Greg Avitt, Carlisle Charlton and Rod Bunnell.

# COMORBIDITIES of hearing loss

## What is a comorbidity?

A comorbidity is two or more diseases or medical conditions occurring at the same time. Hearing loss often occurs simultaneously with other diseases and medical conditions, including cancer, cardiovascular (heart) disease, diabetes, kidney disease, tinnitus, cognitive decline, depression and falls.



(Friedland et al., 2009). Hearing loss occurs 54% more often in individuals with heart disease (Harvard University).

• **Diabetes.** Individuals with diabetes have an increased occurrence of hearing loss, regardless of age, and may be at risk for developing sudden hearing loss (Horikawa et al., 2013; Lin et al., 2012). Hearing loss is twice as common in adults with diabetes (Bainbridge et al., 2008).

• **Kidney disease.** Hearing loss is common among older adults with chronic kidney disease (Vilayur et al., 2010). Hearing loss occurs 28-77% more often in individuals with chronic kidney disease (Meena et al., 2012; Bazzi et al., 1995).

## Consequences of hearing loss

Hearing loss increases the risk of developing or worsening these conditions.

• **Tinnitus.** Hearing loss is strongly associated with tinnitus (ringing in the ears). Approximately 90% of individuals who report tinnitus also experience hearing loss (NASEM,

2016).

• **Cognitive decline.** Hearing loss is linked with cognitive decline and is more common in older adults with dementia or Alzheimer's disease than in older adults without memory issues (Jayakody et al., 2018; Uhlmann et al., 1989). Hearing loss accelerates cognitive decline, increasing the risk of dementia (Lin et al., 2013).

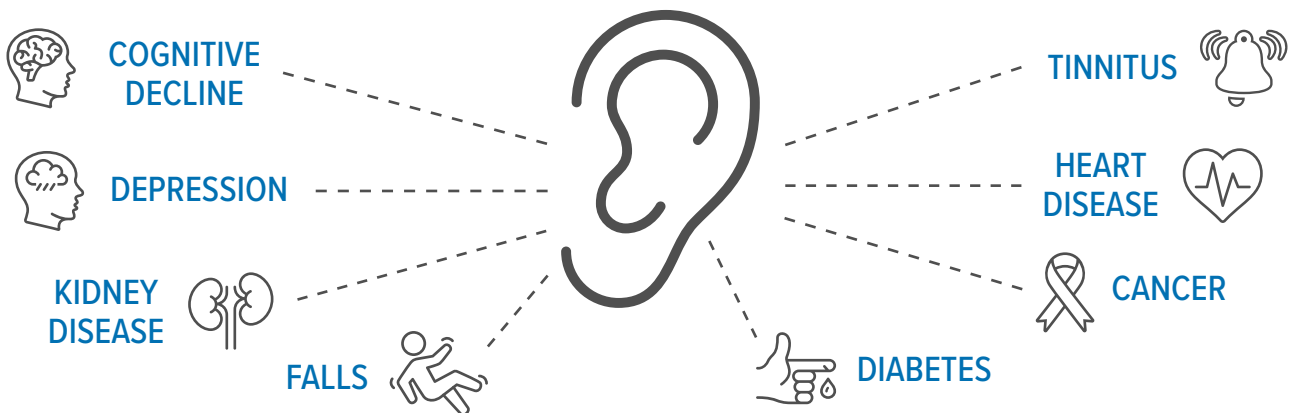
• **Depression.** Adults with hearing loss have an increased risk for depression (Li et al., 2014). Older adults with hearing loss have a 47% higher risk of depression (Lawrence et al., 2020).

• **Falls.** Older adults with mild hearing loss are three times more likely to experience a fall. As the severity of hearing loss increases, the risk of falls also increases (Lin & Ferrucci, 2012).

To help manage your health and hearing, contact your local audiologist. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990. References for this article are available at [www.iowahearingcenter.com](http://www.iowahearingcenter.com).

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# ARTHRITIS does not mean limiting your lifestyle

Arthritis is a diagnosis of a condition, not necessarily a diagnosis to limit your function and lifestyle.

The word "arthritis" in Latin means "inflammation of a joint."

There are more than 100 types of arthritis. The primary symptoms of arthritis are joint pain and stiffness. The most common forms of arthritis are osteoarthritis and rheumatoid arthritis.

It is estimated that 58.5 million adults in the United States have been diagnosed with arthritis and half of these are limited in their usual activities because of their symptoms. Arthritis is the most common cause of work disability in the U.S. People with other chronic diseases such as diabetes, heart disease and obesity are more prone to arthritis.

Managing arthritis is important to reduce symptoms of pain, maintain function and movement, and prevent and delay disability.



The most common ways to treat arthritis over the past 100 years have been through medication, physical therapy, procedures and, lastly, surgery. What are other more current and proven techniques to manage arthritis and support patients? Acupuncture, chiropractic care, massage, nutrition and yoga, to name a few. Professionals in these fields support patients in self-management, encouraging movement and lifestyle choices, and supporting them when they may have a flare-up.

Acupuncture can improve arthritis by decreasing pain (which in turn helps with movement and motivation to want to move), sleep, and general wellbeing. Research has shown that acupuncture also helps with reducing inflammatory markers, relaxing muscles, and regulating the immune system.

Chiropractic care can help patients diagnosed with arthritis by managing the function of the joints of the spine and the extremities. Chiropractic care focuses on the relationship between the structure of the body

and the function. Managing the improved movement of the spine and joints helps with the function of the nerves and the muscles. Recent research has shown that chiropractic care demonstrated decreased pain, improved range of motion in the joints and spine, and decreased pain medicine use.

Nutrition is also a key contributor to managing arthritis. Sometimes the lack of nutrients contributes to arthritis or food allergies create inflammation in the body.

Massage therapy improves arthritis by improving the movement of the muscles and increasing the circulation in the joints and body.

Arthritis presents a unique set of symptoms for each individual that are treated based on their specific needs. ■

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 Elijah Evans

## EMOTIONAL validation makes or breaks relationships

Emotional validation is a critical skill for healthy relationships. To validate someone's emotions is to communicate the understandability or reasonableness of their feelings. This is not the same as agreeing with the person's stance, and, in fact, this skill becomes all the more important when the feelings of the person you are acknowledging are different from your own. For example, I find coffee disgusting, but, for all the coffee lovers out there, I respect that, to you, it is an invigorating brew in which you find genuine satisfaction. The alternatives to validation include the assertion of one's own perspective (e.g. coffee is gross) or attempts to change a person's feelings (e.g. arguing tea is the superior hot, bitter beverage). These alternatives become problematic when responding to the emotions of others because they imply there is something wrong with the way they feel, since you are either unwilling to relate to their feelings or suggesting they should be different. Instead, practicing validation communicates empathy and respect for differences, which are crucial for navigating conflict. While the coffee example is a mundane way to demonstrate validation, one can easily imagine an emotionally charged interaction in which one person expresses an important feeling, and validation is the only thing that would make them feel seen and cared for. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

**HEALTH** By Ashley Powell

## HEALTH benefits of cannabinoids


Let's explore the origins of two well-known compounds, CBD and THC, and shine a light on CBGA (cannabigerolic acid), the "parent" of all cannabinoids. We can extract CBD, THC and other compounds from CBGA using specific methods.

CBGA is getting attention for its potential in fighting heart disease. It does this by blocking an enzyme called aldose reductase, which is linked to oxidative stress and heart problems. Moreover, CBGA has shown promise in battling colon cancer cells and stopping the growth of polyps that could turn into carcinomas.

Another important compound is CBDA (cannabidiolic acid). It helps by regulating serotonin levels in our bodies, which affect functions like digestion and emotions. CBDA is helpful for reducing nausea and vomiting, especially in cancer patients dealing with high stress. It also acts as an anticonvulsant, helping to prevent and lessen seizures. CBDA interacts with receptors in a way similar to medications called selective serotonin reuptake inhibitors (SSRIs), which could potentially be helpful for people dealing with depression. Interestingly, CBDA's structure is similar to that of non-steroidal anti-inflammatory drugs (NSAIDs), making it a potent pain reliever. ■



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: <https://pubmed.ncbi.nlm.nih.gov/33964342/> and <https://jpet.aspetjournals.org/content/376/2/204#sec-7>



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## WELLNESS

By Jen Penisten

### DIASTASIS recti

Diastasis recti is the separation of the abdominal muscles due to abdominal wall weakness. This is common after pregnancy, with up to 60% of postpartum people experiencing it in the first eight weeks after delivery and 40% still having diastasis recti six months after delivery and beyond. This can make the abdomen look like there is still a pregnancy, cause emotional distress, and crush self-confidence. It can even lead to other physical issues such as difficulty lifting, pain during sex, low back/hip/pelvic pain, abdominal weakness, poor posture and/or stress incontinence.

You may have a bulge in your midsection, soft tissue around your belly button, or a bulge when you engage your muscles when you are doing a sit-up, stand up, or get out of bed.

Surgery can be an option. Physical therapy, a personal trainer who specializes in this area, or a non-invasive, fast result machine like EmSculpt can help. EmSculpt has helped many patients bring their diastasis recti together by stimulating the muscles to do an equivalent of 36,000 crunches in 30 minutes with a recommended four sessions one week apart.

Schedule a free consultation or talk to your healthcare provider about what is best for you. ■

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



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## INSURANCE

By Mike Richey

### FLOOD Insurance

One of the most important things for any homeowner to understand is that a standard homeowner's insurance policy does not cover flooding. Examples of flooding include water entering homes from a body of water that is overflowing, or from the ground due to extraordinarily heavy rains. To have flood damage covered, you need flood insurance. Flood insurance has historically only been available as a standalone flood policy, but recently some insurance companies have begun to offer an inland flood endorsement, which is an add-on.

• **Flood policy.** A flood policy is usually obtained through the National Flood Insurance Program, administered by the U.S. government agency FEMA. Some private insurance carriers also offer flood policies.

• **Inland flood endorsement.** If your homeowner's insurance company offers an inland flood endorsement, then you could get some flood insurance without needing a separate flood policy. It also may not be available in inland areas that have a higher risk of flooding. An inland flood endorsement only offers coverage up to a certain dollar amount, for example \$50,000 or \$100,000. If an inland flood endorsement is not available, or if more coverage is needed, then a separate flood policy would be required.

Contact your agent for more information. ■

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



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## THE greatest

If you ever want to spark a debate among sports fans, just ask, “Who is the G.O.A.T? (Greatest Of All Time)?” Football, baseball, basketball, hockey, any fan of any sport will passionately debate for their favorite players to be considered the greatest. Who could carry an entire team on their back and secure victory single-handed?

In Matthew’s gospel, the disciples get into a similar debate. Not about sports but about themselves. They ask Jesus in Matthew 18:1, “Who is the greatest in the kingdom of heaven?” The 12 wanted to know who the best was.

Here’s Jesus’ answer: “And calling to him a child, he put him in the midst of them and said, ‘...Whoever humbles himself like this child is the greatest in the kingdom of heaven.’” At that time, children weren’t very valuable. They weren’t held in high regard like they are today. Children didn’t become valuable until they were old enough to pull their weight. With this child, Jesus was saying that the one who is greatest in the kingdom of heaven is the one who thinks of himself or herself the least.

Greatness isn’t measured in achievements; it’s measured in service. Jesus is the ultimate example of this, He “emptied himself, taking the form of a servant... becoming obedient to the point of death, even death on a cross.” ■

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




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## IN THE rearview mirror

Welshhons’ Chevy truck is a link to the past.



Mike Welshhons’ faded blue C10 Chevy was dissembled and everything about it was remade into the bright, beautiful showpiece it is today.

Mike Welshhons’ love for trucks is fueled by memories from his childhood. Both of his grandfathers owned Ford trucks in the late 1970s.

“My Grandpa Schardein had a baby blue 1950s-era F100 show truck that he drove in parades,” Welshhons says. “I rode with him, as well as with my other grandpa, every chance I could get.”

Welshhons considers himself a “truck guy” and has owned several over the years. In 1998, he had a lifted Jeep CJ-5 and a lifted GMC Sierra. While the Jeep was fun to drive, it really had no other purpose than being an “around town” vehicle, he says.

“My mom rode in it once and said, ‘It would shake your liver,’” he says, laughing.

When the company he was working for at the time decided to send him to Storm Lake for three months, Welshhons knew he needed a vehicle that was more multipurpose and fuel efficient than the Sierra.

While on the hunt for a smaller used truck, he met a salesman at an out-of-town dealership looking to buy a different truck for himself. Welshhons made a trade with him — his 1976 Jeep for a faded 1982 Chevrolet C10 Silverado half ton. He used the truck for work over the next year.

When the C10’s stock 305ci motor needed replaced, a friend referred him to Dave Bruns at Mid-American Racing Engines in Washington, Iowa. Bruns had a strong running 350ci motor and dual exhaust that would work great in the truck.

And that’s when the customizations began.

“Shortly after replacing the engine, another friend, Lenny Yacavona, was willing to take on the bodywork and paint,” explains Welshhons. “I ended up dismantling the truck, and Lenny worked his magic one piece at a time over the next two years.”

Welshhons also had a lowering kit installed. When the truck was completely reassembled, Yacavona painted it inside and out with a variation of Marlin Blue.

Next were new wheels and tires. The last upgrade to date was a 600-watt stereo system, which he says his wife, Nyla, loves.

“When I started all the customizations, I had two things going for me: time and money,” he jokes. “Unfortunately, there’s not as much of either one these days, so it will be a while before I upgrade the brakes to four-wheel disc and reinstall the AC.” ■



## FILL your family's plates with cozy fall meals

*(Family Features)* Putting away the homework, turning off electronics and spending a little quality time together can help ease everyday stresses. Add a cozy meal packed with tastes you love and you'll have the perfect recipe for an autumn evening with your family.

Cooler days call for comforting flavors the entire family can enjoy at the dinner table like roasted veggies — from sweet potatoes to pumpkin and more — paired with hearty favorites like cheesy pierogies that provide a sense of warmth and coziness. Make this autumn one to remember by creating new meals and memories along the way.

For an extra special celebration with the ones you love in honor of the 15th anniversary of National Pierogy Day, consider a cozy, warming dish like Roasted Sweet Potatoes Brown Butter Pierogies, which is loaded with the flavors of the season. This comforting meal starts with cubed sweet potatoes — a hallmark of fall — along with pierogies tossed in a homemade brown butter sauce. Top with pecans for a nutty crunch and fresh thyme leaves for the final touch on a newfound favorite that'll bring loved ones running to the dinner table.

Find more ways to incorporate fall flavors into your family's everyday menu by visiting [MrsTsPierogies.com](http://MrsTsPierogies.com). ■

### Roasted sweet potatoes brown butter pierogies

Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4-5

- 1 bag (1.6 pounds) Mrs. T's Mini Classic Cheddar Pierogies
- 2 cups sweet potato cubes (approximately 1 large or 2 medium sweet potatoes, cut into 1/2-inch cubes)
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste
- 4 tablespoons salted butter
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- water
- 1/2 cup pecans
- fresh thyme leaves, for serving

#### DIRECTIONS

- Preheat oven to 400 F.
- Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.



- In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.
- In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce.
- Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat.
- Top with fresh thyme leaves.

# HONOR OUR VETERANS

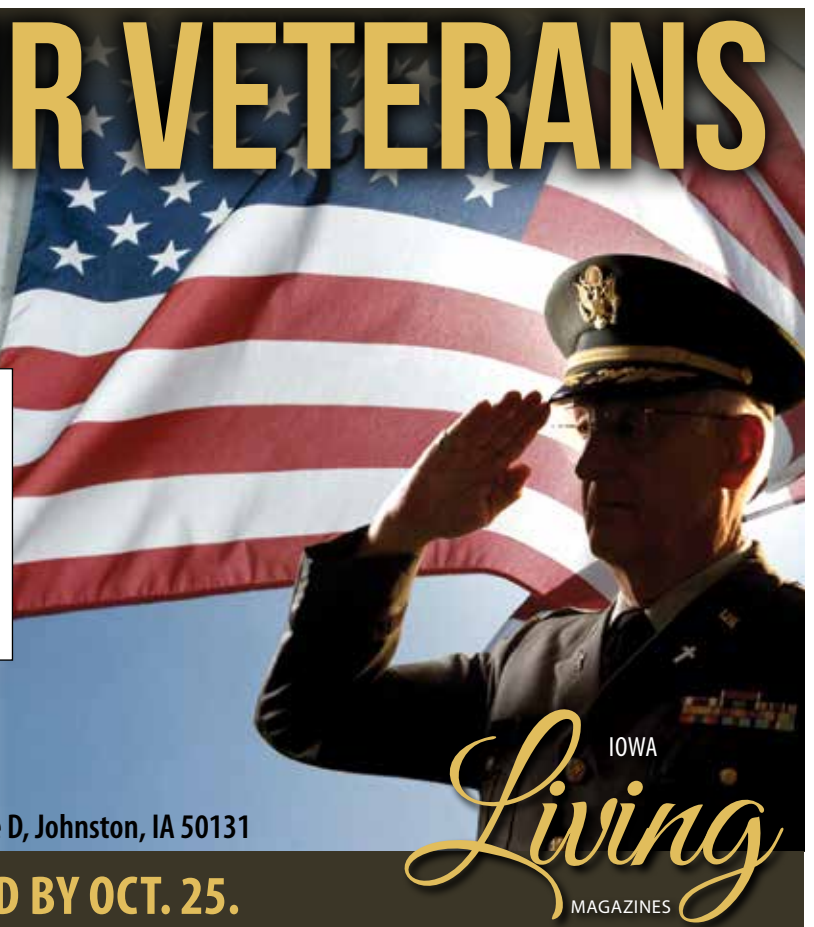
Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

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**SUBMISSIONS MUST BE RECEIVED BY OCT. 25.**



## ARE YOU running a mind marathon?



If I burned calories for the laps my mind does, I would be as fit as a fiddle. My brain runs non-stop. Always a new dream...a big idea...the next big thing...running through my mind constantly. As of late, we can add the non-stop training of how to perfect the ideas that have already come to be. My mind does not have an off button.

I wish that my mind worked the same way with physical missions. Do not get me wrong. It is not for a lack of trying. I have "attempted" training for a sprint triathlon on and off for years. I will get in full training mode, then, inevitably, I will hit some setbacks and not return to the mission. As a friend told me some time ago, "Girl, you are either all in, or all-out." This is so absolutely true.

It wasn't that long ago that my mind marathons were playing out in the same way. I would spend all day getting in those mind miles, but I would never enter the race with any of the big ideas that surfaced. My brain was in constant training mode, but no big action was happening. Or, if I mustered up the courage to put something into action, a setback would happen that would push me "all-out."

Here I was, using all this energy in my mind, but, because I was not acting on any of it, there was no moment to celebrate, no medal to bite, and no victory to claim. What a waste.

Eventually, I found a way. "All-Out Me" became "All-In Me" with some big dreams. My practice turned into performance. I crossed some big finish lines. I became a keynote speaker. I published a book. And I left the comfort of corporate to start my own business.

So, what changed to help me get there?

I hired a coach.

The decision to hire a life and success coach changed the entire course of my life. It helped me see my dreams more clearly. It helped me believe in pursuing my purpose with more confidence. And it helped me with a "training plan" to get there.

Eventually, I achieved those dreams. And now, I am moving on to more.

So, what about you? What laps is your mind doing all day long? What dreams, ideas and missions do you want to take from practice to performance? What investment in yourself are you willing to make to cross that finish line?

If your dream includes a business venture, the Indianola Chamber of Commerce wants to help you get started on your training mission. Schedule a time with us at [chamber@indianoalchamber.com](mailto:chamber@indianoalchamber.com). ■

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](http://www.indianolachamber.com).

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# INSPIRE HER

the InspireHER event was held at Red Acre Barn on Sept. 28 hosted by Indianola, Norwalk and Carlisle chambers of commerce.



Geri Seiberling and Rachael Thompson



Megan Farley and Heather Soyer



Amanda Kennedy and Gretchen Schrock



Katharine Haverland, Amanda Zwanziger and Jill Williams



Nicole Duncan-Lutheran, Kim Bassett and Dani McManus



Beth Meyer and Alicia Benson



Amanda Peacock and Alyssa Preston



Mellisa Sones and Heather Hulen



Lindsey Aaron and Barb Ranck



Morgan Christowski, Susan Johnson and Alicia Bensom



Penny Reeves, Heather Thomas and Sherri Hall



## OUT & ABOUT



A ribbon cutting was held for CrossFit Undone, 502 S. Jefferson Way, Indianola, on Sept. 14.



Jolene Riedesel and Michael Msuya at the ribbon cutting for CrossFit Undone on Sept. 14.



Sue Nutgrass, Staci Scheurenbrand and Sandy Delzell at the InspireHER event.



Paula Chew and Kelly Webster at the InspireHER event.



Nealey Webster with Charlie and Curby at the ribbon cutting for CrossFit Undone on Sept. 14.



Laura Ebensteiner and Emily McClain at the InspireHER event.



Andrea Carlson and Heidi Levine at the InspireHER event.



Sarah Griffith and Alysha Martin at the InspireHER event.



Cindy Gavin and Jill Larsen at the InspireHER event.



Geri Seiberling, Amy Feser and Shar Pardubsky at the InspireHER event.



Gina Chandler and Kristine McDonald at the InspireHER event.



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## UNDER one roof: DOC in the works

District Operations Center to house facilities, IT, food service and transportation departments.



The new District Operations Center will offer ICSD leaders and staff of several departments a spacious, safe and modern work environment. Completion and move-in is slated for spring 2024.

A new building is taking shape on the southeast side of Indianola Middle School. When the dust settles, the District Operations Center (DOC) will be the home for several of ICSD's departments — including facilities, transportation, IT/print shop and food service.

A 2019 study of all district buildings revealed that the current building north of the high school didn't make the grade. With 30 to 40 bus drivers accessing the building as well as 10-15 people in other areas that work or pass through during the course of the day, it lacks the space and accessibility it needs — both inside and out.

When developing the vision for the DOC, district officials wanted a location in proximity to both the middle school and high school.

"We already owned the property," says Facilities Director Bernie Brueck. "Plus, the large parking lot has enough space for our buses to park and still leave about 300 stalls for football, baseball and soccer fans."

The other goal was to bring several departments under one roof. Facilities, transportation and food service occupy space in the current location, while the IT team has been split between the district office and a property off campus. The print shop is in the high school near the cafeteria.

Coffey's team is looking forward to the move for several reasons.

"First, the new building represents a significant upgrade in terms of providing a professional workspace that aligns with our team's needs," he says. "It will also serve our district more effectively by centralizing the IT team in a convenient, accessible and more secure location."

Brueck says one example of improved efficiency involves daily deliveries to and from the print shop. Currently, the district van parks by the auditorium where Mike Constable unloads and loads multiple totes, two-wheeling them back and forth. Once he delivers/picks up from the elementaries, Constable repeats the process again, often several times a day.

"Those are things our staff have been doing for years, and it's all they know, but this will be a huge time saver," says Brueck.

The transportation/bus area will also get a major upgrade, including multiple indoor bays for maintenance and short-term indoor parking, as well as a conference room large enough for bus driver meetings.

Ron Swartz also sees the benefit of being away from a residential area, having more space for buses to park on cement, rather than the tight spaces and broken up asphalt surfaces at the current location.

"Each bus will also have a tablet for route instructions and student information, as well as GPS and turn-by-turn instructions for substitute drivers," he explains. "We already have a top-rated preventive maintenance program with good state inspection results, but now we'll be able to check codes from the buses while in the lot or on the road if there is an issue." ■

## UNCHANGING



"The more things change, the more they stay the same," said French writer Jean-Baptiste Alphonse Karr. At first glance, this can sound kind of fatalistic or negative, but it's actually a very positive statement that no matter the changes in the outward expressions of life — style, technology, popular opinion, etc. — what's at the core remains unchanged. Things like love, friendship, dignity, family, joy, hope — such things remain important to all of us.

At New Heights Church, we've gotten to see this play out in a very real object lesson. For several years, we've rented space in the building where we've been meeting; the facilities of First Baptist Church. Recently, we were blessed to purchase the facilities, while First Baptist continues to meet here as well. It was only during the sale process that we learned how much history there is at this physical location. The gospel has been proclaimed at and from this corner of E. First Avenue and S. First Street for around 120 years. That's staggering to think about. And our hope and prayer is that this remains the case 120 years from now.

But, more to the point, the proclamation of the gospel doesn't change because the gospel itself does not change. If I might reword Karr, "The more the world changes, the more the gospel stays the same." Oh how that's a message we need in a world that feels as though the pace of change races on with breakneck speed, seemingly uncontrolled. Or even, how that's a message you need to hear as your world seems to spin out of control. We all feel that, and we all need the unchanging gospel — the message that Jesus died to save sinners.

And, now, we work our way to the anchor of it all. This gospel does not change because God does not change. Change implies either improvement or decay, or possibly being subject to whim. But the One who is morally perfect need not and cannot change. And that's such wonderful news for us. God's promises are forever true. God's character is reliable, dependable. You need not fear that the One you're trusting today will change His mind tomorrow. God speaks of this in Malachi 3:6, stating, "I, the LORD, do not change." God is not fickle nor imperfect and in need of change, but rather the very definition of trustworthy. And that's really good news for us all. ■

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



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