

# Living

MAGAZINE

# Special DELIVERY

Residents share their thoughts on the tradition of sending Christmas cards

**Meet Jodi Ricketts**

EDUCATION

**Popovers with cranberry butter**

RECIPE

**Indianola Kiwanis focus on children and youth**

COMMUNITY



PRSRRT STD  
 ECRWSS EDDM  
 U.S. POSTAGE  
 PAID  
 BIG GREEN  
 UMBRELLA MEDIA  
 RESIDENTIAL CUSTOMER  
 BIG GREEN  
 UMBRELLA MEDIA  
 8101 Birchwood Ct. Ste. D  
 Johnston, Iowa 50131



*“We pride ourselves on making a difference in the lives of our clients and the community.”*

# 2023 was a Great Year!



[www.ellislawpc.com](http://www.ellislawpc.com)

209 N. Buxton, Indianola, IA 50125 | (515) 962-9080

*Experienced attorneys serving Indianola, Warren County and all of Central Iowa.*

Estate Planning | Real Estate | Business & Corporate | Auto Accidents  
Worker's Compensation | Divorce | Child Custody and Support  
Guardianships & Conservatorships | Landlord/Tenant | Criminal | OWI

Like many, each December, I tend to reflect on the past year. As I look back, I realize what a great year 2023 was. Every December, we collect hats and gloves to donate to our Warren County schools. The event evolved after the death of our great friend, Janine Jensen, who succumbed to cancer. Our office has also been seriously affected by childhood cancer, including the loss of an amazing girl, Maddy Snow. So, we decided to match dollar for item and donate to *Unravel*, an organization helping to fight childhood cancer. Last year, we were able to collect 1600 hats/gloves for the children of Warren County and donate \$1600 to help the families who are or who have dealt with a child diagnosed with cancer. We are excited about this year and hope to reach our goal of 2000 items.

Our office has been very busy this year handling a variety of cases. We are assembling a great team of lawyers and staff to meet the high demands. We have two very seasoned attorneys providing exemplar service to our clients. In addition, I was blessed after my daughter, McKenzie Ellis, graduated from Drake Law School, passed the bar exam and began practicing in our office. It has been very rewarding to watch my little girl become a strong young professional.

We are very fortunate to do what we do, help those in need, and make a difference.

Our office wishes you a blessed Holiday Season and a safe and rewarding new year. We will be here #makingadifference.

# WELCOME

## CHRISTMAS card communication

Time for a family photo. Time to update your address lists. Time to summarize anything and everything that's changed in your lives this year. Yes, you guessed it; it's time to send out holiday greeting cards.



I remember when Jolene and I were first married, and we couldn't wait to send out Christmas cards with an update letter. The same was true after each of our three children were born. But after nearly three decades of doing this, it became a chore. As such, I began to wonder if it had become tedious for others as well. Is this holiday practice as popular as it once was? Are people still typing up letters and hand-writing cards?

I used to look forward to this time-honored tradition, especially reading about what was new in the lives of friends or family members whom we don't touch base with regularly. But, if I am being honest, I don't think I looked through all the cards and letters in recent years. And if the letter took multiple pages, well, forget it.

Then, something changed. In the past few years, we haven't received as many. In conversations with others, I learned that a growing number of folks are relying on social media sites for the purpose of Christmas communication. Or they gave up in general. Or, maybe, they just took me off their list.

Truth be told, we skipped the entire Christmas card tradition a few years back. We had a hectic few months leading up to the holidays, and we just didn't get it done. Even so, life went on as normal. But, as you might guess, we returned to the task the following year.

So, here we are, just weeks from Christmas, and the pressure is on. We will gather a photo from a recent family get-together. We will update our list of addresses. And we will mail out the cards. Also this year, I will relax in my easy chair with my slippers on my feet and a cup of cocoa in my hand and read all the cards and letters. At least that's the plan.

Be sure to check out this month's cover story to learn how other residents are handling their Christmas communication this year.

Thanks for reading. ■

### SHANE GOODMAN

President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Gina Chandler**  
Advertising Account Executive  
515-953-4822 x323  
gina@iowalivingmagazines.com



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

YOUR HOLIDAY  
*Headquarters*

FRESH FLOWERS, GIFT BASKETS, HOME DECOR & MORE!

**Living**  
RESIDENTS' CHOICE  
AWARD  
WARREN COUNTY  
**WINNER!**

**ORDER TODAY!**  
ONLINE 24/7

**Bellflower**  
FLORIST & GIFTS LLC  
Veteran owned  
*a full service flower shop*

CALL US TO PLACE  
YOUR ORDER  
**515-410-2397**

Holiday, Special Occasions, Sympathy, Event & Wedding, & More!  
*Custom made flower arrangements, plants, beautiful gifts and home decor.*  
2251 Sunset Drive Suite C, Norwalk *Local delivery is available*

*Happy  
Holidays*

IOWA  
*Living*  
MAGAZINES

**WWW.IOWALIVINGMAGAZINES.COM**

# Special DELIVERY

Residents share their thoughts on the tradition of sending Christmas cards



By Becky Kolosik

There's something to be said about opening the mailbox and receiving a personal, handwritten note or card. Margaret Shephard, author of "The Art of the Handwritten Note" says in her book that there's no denying the powerful connection that such cards evoke.

"It announces beyond a doubt that the reader really matters to you," she writes. "Your handwriting ensures that your words will be read and thought about in a way that can't be mimicked by print, e-mail or voice."

However, in an age when Christmas card sending seems to be dwindling, Indianola residents share their Christmas card stories as well as their thoughts about why and how they keep in touch during the holidays.

Virginia Gray likes spreading Christmas joy each year to family and friends with her hand-crafted, heartfelt and personalized cards.



## A heartfelt, handmade greeting

For most of her adult life, Indianola resident Virginia Gray has been making and sending handmade cards. Whether it's a simple note to say, "Hello, I'm thinking of you," or perhaps a birthday greeting or other occasion, Gray puts thought, time and creativity into every card.

Being crafty and creative is something Gray has enjoyed since she was young. When she decided to become a teacher, she carried her love of crafting into the classroom.

"As a teacher, I always found that arts and crafts activities not only offered students a chance to explore their creative side, but they also took pride in their work, and it helped build their confidence," she says.

Gray left teaching after four years to raise her family. She says she is grateful to have been able to be a stay-at-home mom at a time when many women were going back to work.

"We trusted that God would take care of us," she says. "My husband, Bob, despite being diagnosed with multiple sclerosis (MS), was able to work most of the years our kids were growing up."

Crafting stayed with Gray when she left the classroom, and it became a life-long hobby. It's easy to see that her handmade cards have become a ministry that is near and dear to her heart.

For many years, Gray has been repurposing old greeting cards and/or cutting images from magazines as well as incorporating other craft materials like felt, scrapbook paper and other mediums to create one-of-a-kind cards.

In 2013, when Bob's MS reached the point where she could no longer care for him at home, he moved to a care center. Needing a diversion at that point in her life, Gray took an interest in learning to paint.

"I enjoyed some informal painting lessons from my sister during a visit to her home in Colorado," she says. "After that, I continued to practice on my own and eventually started incorporating painting into my cards."

Gray's cards convey a simple Christmas message. She prefers nativity scenes, but they are time consuming to paint, so she doesn't do many. Instead, she often paints or uses images such as wreaths, trees, snowmen, bells, poinsettias, as well as church scenes, crosses and candles. Other designs focus on words like "joy," "peace," "love" or "Jesus."

Gray often paints based on images she sees from other artists, or she may take a card that she really likes and try to re-create it.



Some of Virginia Gray's handmade cards.

In 2022, Gray handcrafted 165 Christmas cards, which is the most she has ever done in one year. She sent each with a handwritten, individual message. Sometimes she includes a poem, even writing her own on occasion. She also uses phrases or verses from hymns because they have such richness, she says.

Gray tries to change the theme of her cards from year to year. For example, in 2016, every card included a message or prayer inspired by scripture from Ephesians 2. In 2017, each card had a wreath image along with words from various hymns or a message from the book of Romans. Her 2018 cards conveyed a Christmas prayer of praise or thanksgiving.

"I know that strong religious messages aren't for everyone," she says. "It's my hope that even just a small piece of the gospel will shine through and resonate in some way with those who receive it."

Gray will be the first to admit that, with each passing year, the process becomes more challenging. She doesn't get as much painting done as she would like, and when it comes to writing, her fingers and hands don't always work as easily and efficiently as they used to.

"Postage keeps going up, and the creative ideas and energy keep going down," she says. "But I hope to continue sharing the message of Christmas for as long as I am able."

## A peek into the past

Dave Brown has a passion for things from the past. He caught the "antiquing bug" in the 1960s from his parents.

"I always enjoyed going to antique sales with my dad," he recalls. "It quickly became a fun hobby, and it's stuck with me ever since."

Brown was active with the Warren County Historical Society during the early years of the Log Cabin Days. Back then, there wasn't much other than the parade, and Brown, along with Charlie Beam, wanted to change that.

"We both felt that there needed to be something more," he explains. "We formed a committee and planned out the first Log Cabin Days that included a big celebration with antiques and other activities. Vendors set up their displays on Friday night, and Cliff Lowe and I slept on cots at the museum to ensure their items were secure until the next morning."

Over the last 30 years, Brown has carved out a niche buying and selling old postcards.

According to Livetoknow.com, John Charlton patented the first postcard in 1861; however, the post office was the only agency that was licensed to print and produce them until 1898. When Congress passed the Private Mailing Card Act, publishers were allowed to create cards for mailing, but they could not be called postcards and could not have a divided back.

Several years later — on March 1, 1907 — the post office began allowing postcards with divided backs where the address was written on one side and the message on the other. This left the front available for designs.

Brown enjoys all types of postcards because the pictures and/or stories on the cards are often associated with memories from his past, or they are a connection to history, art and culture.

He started with a small collection and spent his free time sorting, pricing and setting up at shows. After his retirement in 1994, he rented booth space at The Brass Armadillo. His main goal shifted to finding Indianola-related



Dave Brown says not only is the artwork on vintage Christmas postcards unique and beautiful, but it is also fun to explore and read the handwritten messages from the senders.

postcards and advertising memorabilia.

“When I’d see an Indianola card I wanted, it typically came with an entire stack of cards,” he says. “I’d keep the Indianola one for myself and then sort and price the others for my booth.”

Today, his collection has grown to nearly 50,000 with about 1,000 being American vintage Christmas and holiday postcards. Antique Christmas postcards are an affordable collectible favored by many collectors, and Brown has also found that people like to buy them to re-purpose or use in their holiday decorative displays.

“They are one of the biggest sellers,” he says. “Thanksgiving and Halloween are also very popular.”

He has quite a variety of themes and designs including Santas, angels, children, animals, flowers, birds, toys, stockings and Christmas trees.

Brown says that, besides the beautiful images and designs on the front, it’s often fun to read the handwritten messages on the back. Some of the most memorable are from the World War II era.

“I also came across several cards with an address on West Salem here in Indianola,” he says. “I did some research and discovered who had lived there during that time and actually made a connection to some family friends we knew when I was growing up.”

Brown is one of two of the longest-standing vendors at The Brass Armadillo, but his cards recently went to auction for liquidation. While it’s been a great 30 years, it’s been a lot of work collecting, sorting and pricing, and he’s ready to refocus his time and energy on other things. His wife, Nickie, was a great help over the last 20 years as his collection continued to grow.



Aside from collecting vintage Christmas postcards, Dave and Nickie Brown have sent their own card each year. Last year’s card was a fun, festive and unique way to capture their entire family.

Aside from the vintage cards, the Browns have enjoyed sending out their own Christmas cards every year. However, Nickie decided that 2022 was going to be their last card, so she wanted to go out with a bang.

She sent black and white plaid shirts to all their kids and grandkids... and even made matching scarves for their furry family members.

“I gave them free rein as to how they wanted to take their family photos while wearing the shirts and then asked them to send the photos to me so I could create the card,” she says. “It was going to be our grand exit out of sending cards, but the photos were all so fun that we just might have to keep up the tradition a little while longer.”

### Christmas greetings in the digital age

It’s no secret that the way we communicate with one another has changed thanks to the Internet and cell phones. Text messages have replaced phone calls. Kids and teens flock to social media platforms like Instagram, Snapchat and TikTok. Older people use email or Facebook.

According to the Greeting Card Association, 6.5 billion greeting cards are purchased by Americans each year, and roughly a fifth of those are Christmas cards. Holiday cards continue to be the “heavy hitters” of the greeting card industry.

Jo Mort says that, even though they keep in touch with family and friends throughout the year online, she doesn’t see their tradition of sending out cards ending anytime soon.

“I love sending our yearly Christmas card,” says Mort. “We don’t get as many in return

these days, but I love to get them in the mail. We really enjoy connecting, especially with photos and cards.”

However, trends show that the number of cards being sent has declined in the last decade for other reasons, too. Not only has the cost of greeting cards increased, but postage has also gone up.

“Sending cards has become a major expense that many simply can’t fit into their budget,” says Debbie Poots. “For us, it has just become too expensive, and, with social media, we all seem to keep in touch regularly.”

As a young married couple, Darrin and Mackenzie Graham weren’t always in a position where they could afford to buy cards to send at Christmas. But, once they started having kids, it became more important to try to keep in touch, they say.

“I love sending our Christmas cards,” Mackenzie says. “We get a few cards each year, but I hope, as our friends are getting married and having kids, that, like us, they’ll begin to send them out, too.”

Busy lives and all the activities that center around the holiday season also put a damper on card sending.

“Unfortunately, we have not been very consistent in sending cards over the years, but we love to receive them,” Maxine explains. “I especially enjoy photo cards or cards with Christmas letters that give an update on the sender and family.”

Taylor Litchkey says she tried an electronic card to save time and money.

“We texted it out to family and friends,” she says. “People liked it, although some said they preferred a real card.” ■

# GIFTS for the gardener

The holidays are upon us, and we have our lists of gifts for family and friends, but what to get that gardener on that list? Here are a few ideas that will make you the star gift-giver this season.

Christmas cactus and amaryllis bulbs are popular gifts that will remind the recipient of you every time they bloom in years to come. There are Christmas cacti that have passed through three or more generations within families. Amaryllis bulbs can be planted in the garden next summer, where they will bloom again, before being brought back in to bloom again next Christmas. Getting a poinsettia as a gift (or for yourself), be sure to let the recipient know to keep it in bright, indirect light; to not allow it to sit in water (drain it after watering); and to keep it out of drafts or where temps will get below 50 degrees.

Consider a membership to a local botanical center, arboretum, or garden society for your gardener. These memberships often come with discounts for the member on programs and merchandise they can use. Some garden societies have member-only plant sales, giving the gardener a chance to have plants no one else has in their garden. You are also helping these organizations so they can continue to provide services and programs for everyone to enjoy.

Similarly, consider a subscription to a gardening magazine. Many now have Internet options for delivery of the magazine content so a physical magazine doesn't come in the mail. There are many good resources out there for the gardener through these publications.

Tools are also a great gift, whether it be a stainless steel trowel, pruners or shovel. Consider going to a local nursery, greenhouse or garden center for these items. Talk with the owner or staff and find out what they use personally. This will give you an idea what the best products are to buy. While you are there, check out seed packets for stocking stuffers or to slip into a card for something special for those on your Christmas card list. Garden markers, unique copper watering cans, unusual ceramic pots and garden gloves make great gifts that will remind the recipient of you when they use them throughout the year.

Can't decide what to get? Consider a gift card or certificate from that local business. Your gardener will be able to then choose that tool, perennial, or tree that they want in the garden. You are supporting a local business with your purchase and strengthening your community. This is also great for friends and family living elsewhere. Locate a local garden center or nursery and contact them (Internet searches help here) for the gift card or certificate.

Have a great holiday with family and friends, and we will see you next year with more gardening tips, and thank you for supporting your local nurseries and garden centers. ■



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).



**QUILTED GARDENS AND NURSERY**

You know where to come for the best **GREENS, WREATHS & TREES!**  
Just a short drive south of town!

*Not just the Usual, but the Unusual, too!*

19635 130<sup>th</sup> Avenue, Indianola • 515-720-3089  
Check our website for seasonal hours, [quiltedgardens.com](http://quiltedgardens.com)



**Suggest a teacher**  
for an *Iowa Living* education column!

Send an email to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)



**YES!**

We can fix most plumbing issues.



Clogged Drains • Full Service Plumbing  
Camera Inspection & Locating Sewer Lines  
Hydro-Jetting • Sump Pumps • Water Heaters



**ROTO-ROOTER**  
PLUMBING & DRAIN SERVICE

**OPEN 24/7**  
INCLUDING HOLIDAYS  
**515-278-5668**  
[rotorooterdesmoines.com](http://rotorooterdesmoines.com)

SERVING POLK, DALLAS, WARREN, GUTHRIE, MADISON & CLARKE COUNTIES

# FOUR really good reasons to invest

Forty-two percent of Americans do not own any stocks or stock-related investments, according to a recent Gallup poll.<sup>1</sup>

Individuals may cite different reasons for not investing, but with important long-term financial goals, such as retirement, in the balance, the reasons may not be good enough.



**Why invest?**

- **Make money on your money:** You might not have a hundred million dollars to invest, but that doesn't mean your money can't share in the same opportunities available to others. You work hard for your money; make sure your money works hard for you.
- **Achieve self-determination and independence:** When you build wealth, you may be in a better position to pursue the lifestyle you want. Your life can become one of possibilities rather than one of limitations.
- **Leave a legacy to your heirs:** The wealth you pass to the next generation can have a profound impact on your heirs, providing educational opportunities, the capital to start a business, or financial support to your grandchildren.
- **Support causes important to you:** Wealth can be an important tool for impacting the world in a meaningful way. So, whether your

passion is the environment, the arts, or human welfare, you can use your wealth to affect positive changes in your community or around the world.

**A framework for investing**

The decision to invest is an acknowledgment that it comes with certain risks. Not all investments will do well, and some may lose money. However, without risk, there would be no opportunity to potentially earn the higher returns that can help you grow your wealth.

To manage investment risk, consider maintaining a broad diversification of your investments that reflects your personal risk tolerance, time horizon, and the nature of your financial goal. Remember, diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Because investing can be complicated, consider working with a financial professional to help guide you on your wealth-building journey. ■

Information provided by Andrei J. Murphy. Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC is not an affiliated company. 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.

**Retire in a way you never thought possible.**

**DREAM. PLAN. ENJOY.**

INVESTMENT • LIFE & HEALTH • SERVICES



**Retirement Solutions of Iowa LLC.**

[www.rsiowa.com](http://www.rsiowa.com)  
**515-215-7114**  
 105 W Salem Avenue, Indianola



**Andrei Murphy**  
President

\*\*Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.



# We can **HELP** you **GROW** your **BUSINESS!**



Our experienced team of advertising professionals can help you turn  
**OUR READERS into YOUR CUSTOMERS.**

Contact us today to learn how we can assist you in growing your business in central Iowa.



**CITYVIEW**

515-953-4822 x.319 • [WWW.BIGGREENUMBRELLAMEDIA.COM](http://WWW.BIGGREENUMBRELLAMEDIA.COM)

Contact Jolene Goodman, sales manager, at [jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com)

# OPEN meetings and records law

Our nation and state were founded on the principle that it is the government that serves and reports to its citizens. In keeping with that principle, Iowa has laws mandating that governmental meetings and records be open to the public. The Open Meetings Act is found at Iowa Code Chapter 21, and the Open Records Act is found at Iowa Code Chapter 22.



## Open Meetings Act

The intent of this act is to assure that the basis and rationale of governmental decisions are easily accessible to the people.

The act applies to governmental bodies which are generally defined as a board, council, commission or other governing body of the state or political subdivisions. A meeting is defined as a gathering of a majority of the members of a governmental body where there is deliberation or action upon any matter within the scope of the body's policy-making duties.

The act requires public notice of each meeting and that it be held in open session. There are some exceptions which allow a body to go into closed session upon an affirmative public vote of two thirds of the members.

It is notable that the public may use cameras or recording devices at any open session.

## Open Records Act

The Iowa Supreme Court has observed that the act is designed to open the doors of government to public scrutiny and to prevent government from secreting its decision-making activities from the public, on whose behalf it is its duty to act.

The act applies to governmental bodies defined as the state as well as any county, city, township, school corporation, political subdivision, tax-supported district and some others.

The act provides that every person shall have the right to examine and copy a public record and to publish or otherwise disseminate its contents. The cost of copying records can be recovered by the governmental body.

Also, a government body shall not prevent the examination or copying of a public record by contracting with a nongovernment body to perform any of its duties or functions.

Of course, there are many exceptions to this. The act details a list of at least 75 types of "confidential records" (with subparts) which are not to be released absent a court order.

## Iowa Public Information Board

Iowa Code Chapter 23 created a board to decide cases involving the Open Meetings Act and Open Records Act. As an agency, its decisions can be reviewed by the district court.

Transparent government is reflected by Iowa's open meetings and records laws. As is often the case, there are numerous exceptions to these laws, and a careful reading may be necessary in a given situation. ■

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).

# Best Wishes for a Happy & Safe Holiday Season!

## KEN WINJUM

- Over 30 years of experience with insurance and personal injury law
- Ken will personally speak with you about your claim at no initial charge



"My case went smoothly and I was thrilled with the result." - Shelly G.



## The Winjum Law Firm, P.L.C.

Attorneys at Law

515-981-5220 1220 Sunset Dr. N, #103, Norwalk  
Call or Scan Today for Your FREE CONSULTATION

GET THE MOST OUT OF YOUR CASE!



# ARE YOU PAYING TOO MUCH FOR A BAD WEBSITE?

We make professional websites simple.

ONLY  
**\$79**  
month  
Plus one time production fee.

- **LOCAL**  
People you know and trust.
- **QUICK**  
Up and running fast.
- **MODERN**  
100% mobile responsive design on all devices.
- **AFFORDABLE**  
Flat fees, no surprise charges.

For a **FREE** design preview with no obligation, call Megan at 515-360-1225 or email [megan@iowalivingmagazines.com](mailto:megan@iowalivingmagazines.com).

[www.biggreenwebdesign.com](http://www.biggreenwebdesign.com)



# REASONS to utilize a trust

Last month, we outlined the basics of a trust as part of the estate-planning process. With that in mind, we will explore examples of why trusts are often utilized in an estate plan.



a trust, the costs of the administration (court costs, attorney fees and fiduciary fees) are often significantly reduced.

• **Beneficiaries who lack financial expertise:** Trusts are often utilized in estate plans in situations where there may be a concern that a beneficiary (perhaps a spouse or child) may not have the financial savvy or experience to handle assets they stand to inherit. Rather than your beneficiaries inheriting all of your assets at once, a trust can allow you to distribute funds in smaller, consistent increments. This can provide a steady income stream to beneficiaries while also preventing them from spending the money all at once on an unwise financial transaction.

• **Assistance in managing financial affairs:** You may reach a point in your life where you would benefit from assistance in managing your financial affairs. Establishing a trust can allow your trustee to manage your investment portfolio, collect and disburse money on your behalf, pay your bills, and make distributions to you and your beneficiaries. The

trustee, who can be another person or corporate fiduciary such as a bank trust department, will be directed by the provisions of the trust in which you've already outlined your directives/wishes. This shifts the burden of handling your financial affairs away from you. Additionally, if you choose a trustee with investment knowledge and expertise, your investment portfolio may benefit as well.

Keep these points in mind when considering a trust, and remember that trusts are versatile and can be tailored to meet individual needs and objectives. ■

For more information, please contact Nathaniel Tagtow with City State Bank Trust & Investments at 515-981-1400. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice.

CITY STATE  
CS  
BANK  
MEMBER FDIC

MERRY  
CHRISTMAS

FROM YOUR  
FRIENDS AT  
CITY STATE BANK

1510 N 1st Street | Indianola | 515-961-7000 | [www.citystatebank.com](http://www.citystatebank.com)

Check for cancellations



## Think Spring Gardening Seminar

Feb. 24, 9 a.m. to 3 p.m.

Hubbell Hall at the Kent Campus Center on the Simpson College campus

Think Spring is the perfect gift for the garden enthusiast on your holiday list. Join more than 100 garden enthusiasts to listen to inspiring speakers, win door prizes, enjoy shopping with vendors and enjoy a delicious catered lunch. Master Gardeners earn four CEU credits for attending.

Featured speakers include Jessica Lancial (Mushrooms), Dan Fillius (Getting the Dirt on Soil), Ajay Nair (Vegetable Gardening) and Emma Hanigan (Replacing Ash, Planning for Future Forest). Doors open at 8:30 a.m. Parking is available in the lot adjacent to the building and on nearby streets.

Warren County Master Gardeners host this fun event to raise funds to provide the educational seminar as well as provide grants and educational opportunities to non-profit organizations.

Ticket prices are \$50. Registration closes on Jan. 31. Go to <https://go.iastate.edu/KBW2WW> to register. For more information, contact Bethany with the ISU Extension office at 515-961-6237 or [bcecot@iastate.edu](mailto:bcecot@iastate.edu).

## Peoples Bank Indoor Play Date

Wednesdays, 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.



## Living Well Classes: Overcoming Anxiety or Depression

Orientation: Thursday, Jan. 18, 7 p.m.

Ankeny First United Methodist Church Christian Life Center, 710 N.E. 36th St., Ankeny

Two separate Living Well Classes: Overcoming Anxiety or Depression will be held for eight weeks, Thursdays, Jan. 25 through March 14 from 7-8:30 p.m. Classes are confidential and supportive. For information, call Jim White at 515-313-3701 or email [jclwhite@live.com](mailto:jclwhite@live.com).

## Iowa Mammals

Thursday, Jan. 4, 6 p.m.  
Indianola Activity Center, 2204 W. Second Ave., Indianola

Brrrr! What do Iowa mammals do when it gets so cold outside? Find out how they have adapted to the coldest Iowa nights, feel some of their furs, and learn which ones don't particularly enjoy chilly evenings. Fun for all ages. Free program, but please register by calling Warren County Conservation at 515-961-6169 by Jan. 3.

## AREA HOLIDAY ENTERTAINMENT

• **Through DEC. 31: Santa's Rock N Lights.** Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; [lhf.org/event/santas-rock-n-lights](http://lhf.org/event/santas-rock-n-lights).

• **Through DEC. 31: Holiday Hullabaloo.** Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; [horizoneventscenter.com](http://horizoneventscenter.com).

• **Through DEC. 17: "All Is Calm: The Christmas Truce of 1914."** Des Moines Community Playhouse, 831 42nd St., Des Moines. [dmplayhouse.com](http://dmplayhouse.com).

• **Through DEC. 17: "A Charlie Brown Christmas."** Des Moines Community Playhouse's Kate Goldman Children's Theatre. [dmplayhouse.com](http://dmplayhouse.com).

• **DEC. 8-17: "A Christmas Carol."** Stoner Theatre, 221 Walnut St.,

Des Moines. [iowastage.org](http://iowastage.org).

• **DEC. 15-17: "Home For The Holidays, A Christmas Cabaret."** Tallgrass Theatre Company, 2019 Grand Ave., Suite 100, West Des Moines. [tallgrasstheatre.org](http://tallgrasstheatre.org).

• **DEC. 17: Michael W. Smith Christmas** at 3 p.m. and 7 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. [hoys Sherman.org](http://hoys Sherman.org).

• **DEC. 21: "Rudolph the Red-Nosed Reindeer: The Musical,"** at 2 p.m. and 7 p.m. Des Moines Civic Center, 221 Walnut St., Des Moines. [dmpa.org](http://dmpa.org).

• **DEC. 22-23: "Cirque Dreams Holidayze,"** Des Moines Civic Center, 221 Walnut St., Des Moines. [dmpa.org](http://dmpa.org).

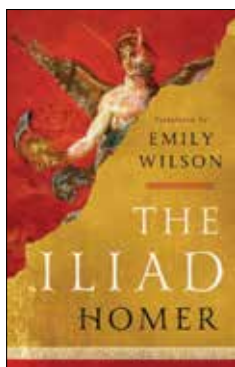
• **DEC. 31: New Year's Eve Pops:** Cirque De La Symphonie at the Des Moines Civic Center, 221 Walnut St., Des Moines; [desmoinesperformingarts.org](http://desmoinesperformingarts.org) ■

## 'The Iliad'

If you are shuddering from echoes of long, boring classes back in school, stick with me for a few minutes. I promise, there is more to the classics than difficult-to-pronounce names and indecipherable writing. In fact, this is a deeply complex, layered tale with themes as fresh today as they were 3,000 years ago. War, sex and grief — all played out on the grandest of scales. It's a movie franchise just waiting to happen.

I think everyone knows the bones of the story. Paris, prince of Troy, runs off with the most beautiful woman in the world, Helen. She just so happens to be married, and her husband launches a war to get her back. The gods — the true instigators of this mess — are right there with their human toys, back-stabbing and conniving along the way.

Gory, funny, sharp and sad. This is a truly modern interpretation that loses nothing of the beauty of the original text. It's a masterpiece. "So the immortals spun our lives that we wretched men live on to bear such torments." If picturing Brad Pitt as the bitter and brilliant Achilles helps, who am I to stop you? ■ — *Review by Julie Goodrich*



By Homer, Emily Wilson, translator  
9/26/23  
848 pages  
\$39.95  
W.W. Norton & Company

## 'The Lost Library'

What do a ghost, a cat and a young boy nervous about the future have in common? Books, naturally. There's something special about a free little library. Maybe that's why there are so many sprinkled throughout our town. It's a sense of community and kindness free for the taking. It's a gift, a wish, a little box of hope.

Evan and Rafe are a pair of soon-to-be middle schoolers concerned they might not be ready for the changes that are coming quickly. In the midst of this personal confusion, they stumble across a new free little library in their town and are soon swept up in a mystery. All of the books seem connected somehow, but no one will help them get to the bottom of it.

With the tumultuous assistance of a vain cat and a ghostly librarian, this story unfolds into a beautiful tale of love, acceptance and growth. It is the perfect gift for children and adults alike — especially bookish sorts who may be going through a life change. This is, to me, the best kind of story — one that entertains, teaches and helps the reader feel a little less alone. ■ — *Review by Julie Goodrich*



By Rebecca Stead and Wendy Mass  
8/29/23  
215 pages  
\$17.99  
Feiwel Friends

Start your morning off right with an update from

# thedailyumbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



Delivered Mondays through Fridays to your inbox.

**SCAN HERE**  
or subscribe at [dmcityview.com](http://dmcityview.com)



Brought to you by the publisher of CITYVIEW and the Iowa Living magazines.

# MAKING miracles happen

Indianola Kiwanis focus on children and youth.

When Mike Baethke retired from Indianola Community School District in 2005, he and his wife, Nancy, were busy getting their new business off the ground.

“As business owners, we wanted to get out in the community and serve,” he says. “Having worked with kids for many years as a teacher and principal/administrator, Kiwanis Club seemed like a good fit.”

Baethke says service organizations are the social fabric for the community. Nonprofit organizations don't just address societal issues, they uplift spirits and enrich lives through spiritual, cultural and artistic endeavors.

The Kiwanis motto is "Serving the Children of the World." The Indianola club is part of Division 16 (Des Moines area) of the Nebraska-Iowa District.

“There is a district convention and a Kiwanis International Convention each year, which offer many opportunities to see what Kiwanis is doing in our district and around the world,” says Kiwanis President Susan Glick. “It's a chance to learn from inspirational speakers about the needs that still exist and also a time to have fun and fellowship with fellow Kiwanians.”

Globally, the club supports the Kiwanis Children's Fund for international projects to improve children's health. Locally, the club works to help children and youth. Their largest fundraiser, the Kiwanis Annual Pancake Day, is every September at the American Legion.

“This year marked our 56th Pancake Day, and we were blessed with a great turnout from the community — and all proceeds go toward funding our current projects,” says Glick.

A couple of notable larger projects include the Banner Lakes Accessible Fishing Docks and the All-Inclusive Playground. The latter started out as a contest that member Shirley Clark saw in the Kiwanis Magazine. After recruiting votes from the community to finish in the Top 10, the project was No. 11.

So much awareness was created that Clark contacted Parks and Recreation and Rotary and set out to finish the project. After Parks & Recreation helped choose a location and equipment, Rotary contributed money and labor and Kiwanis contributed a large donation and spearheaded additional fundraising in the community.

The Indianola club is also involved with Miracle League, which removes the barriers that keep children with mental and physical disabilities off the field and lets them experience the joy of baseball. Club members volunteer in the concession stand during the spring and fall leagues.

“Miracle League gives those kids — and parents — a sense of normal



Kiwanis sponsors a scholarship for a graduate each year through Indianola Area Dollars for Scholars. From left: Susan Glick, Mike Baethke, Connie Markle, John Woolson, Shirley Clark, Ted Ihns, and Richard and Judy Bishop.



Keegan Niccum and Mike Baethke serve up pancakes at the annual pancake breakfast.

life,” says Baethke. “Each participant is matched with a non-disabled athlete from a local high school. It's fun to see the kids engaged as they help the participants run the bases, field balls and simply enjoy the sport.”

Kiwanis membership is open to anyone who has an interest in helping support programs that benefit children and youth in the community. They meet the third Wednesday of each month at noon at Z's Eatery. Join the club on Dec. 20 when Sean Gunderson, executive director of Camp Wesley Woods, will be the featured speaker. ■

## Kiwanis community projects and financial support

- Backpacks 4 Hunger
- Warren County Child Abuse Prevention Council/Short Years Partnership
- Parks & Recreation Youth Teams
- Indianola Hope Foundation
- Indianola High School Debate, Drama and DECA
- Heal House
- "The Zone" After School Program
- Indianola Fire Department "Smoke House"
- Indianola Area Dollars for Scholars
- Warren County Conservation Kids Programs
- Red Barrel Food Collection/Helping Hand Food Pantry
- Hugh O'Brian Youth Leadership Camp (HOBY) Scholarships
- Banner Lakes Fishing Docks Project
- Pickard Park Inclusive Playground
- Disc Golf Project at McCord Park
- Warren County Fairgrounds Playground
- Kiwanis Miracle League

# RAILROADS of Warren County

The first tracks into Warren County were laid in 1871 by the Des Moines, Indianola and Missouri Railroad Co. Towns along the line were: Carlisle, Summerset Junction and Summerset, terminating in Indianola. The following year, 1872, the Des Moines, Winterset & Southwestern Railroad Co. was built west from Summerset Junction through Spring Hill, Lothrop, Martensdale, Bevington and on to Winterset. Passenger service to Winterset ended in July 1926, and the tracks were abandoned in 1958. These two railroads remained independent until 1876, when both were purchased by the Iowa Southern & Missouri Northern Railroad Company. The IS&MN was eventually consolidated into the Chicago, Rock Island & Pacific Railroad Company in 1880. The CRI&P was purchased by the Chicago & NorthWestern in 1980, which was then purchased in 1995 by the Union Pacific. The tracks into Indianola were abandoned in 1998. Soon after, it was turned over to Warren County to become the Summerset Trail.

In 1878, another railroad, the Chariton, Des Moines & Southern Railroad (owned by the Chicago Burlington and Quincy Railroad) entered the county, building from Indianola Junction on the CBQ mainline west of Chariton to Indianola. This line was built through Lacona, Milo, Ackworth then turned west to enter Indianola. This line was abandoned by the CBQ and tracks pulled up in 1961. The ROW is now the McVay trail.

The following year, 1879, the Des Moines and Knoxville Railway (also part of the CBQ) built from Knoxville to Des Moines, following the Des Moines River valley along much of the route. Touching the northeast corner of the county, along the south bank of the Des Moines River, this line went through Clarkson and Ford. The construction of Red Rock Dam and Lake affected tracks of both the CBQ and the Wabash railroads. This led the Corp of Engineers to combine the CBQ and Wabash tracks and build a new bridge in 1968 crossing the Des Moines River south of Runnels. The CBQ tracks west of Swan were abandoned.

Two years later, yet another railroad was built along the west side of the county. In 1881, the narrow gauge Des Moines, Osceola and Southern built from Des Moines to Canesville, Missouri. As the contract was based on mileage, some strange alignments were built in order

to increase the profits of the construction company. It became the Des Moines and Kansas City Railroad company in 1885, then the Kansas City, Des Moines & St. Paul in 1886. In 1896, this line became part of the CBQ and was standard gauged. Towns served in Warren County included Norwalk, Prole, Martensdale, Wick, St. Marys and New Virginia. Built as narrow gauge railroad with rails 3 feet apart, the line was standard gauged to 4-foot 8½-inches by the CBQ.

Railroads were not done building in the county. In 1888, the Chicago, St. Paul & Kansas City Railroad built from Orillia toward Kansas City, going through Orillia, Cumming, Lida, Churchville, Martensdale and Conger. This line became the Chicago Great Western in 1892.

Finally, in 1913, the Saint Paul and Kansas City Short Line Railroad Company built their "short line" from Des Moines to Kansas City. This line went through Carlisle, Hartford and Beech following the Des Moines River in the northeast corner of the county. It incorporated into the Chicago, Rock Island and Pacific in 1948. The CNW became owner in 1980 and then the UP in 1995.

There was a proposal for an interurban line from Des Moines to Indianola, according to the "Street Railway Journal," Nov. 18, 1905. A proposal was discussed at a city council meeting. Four different companies showed interest, and a right of way was considered from about the present day Des Moines Airport to Indianola. Nothing was ever built.

In Indianola, the depots of the Rock Island and the CBQ were half a block apart. The RI depot was on the northeast corner of Howard and Detroit, while the CBQ depot sat on the southwest corner of Howard and First. The Warren County Model Railroad Club is currently building a model of the Indianola railroads in the basement of the Warren County Historical Building at the county fairgrounds. The club meets on Thursdays. ■



## NEWS BRIEF

### POINSETTIA sale

DMACC Horticulture students, from left, Donovan Martin of Waterloo, Maxwell Blend of Adel and Danielle Brady of Indianola showcase some of their favorite poinsettia plants while staffing the first day of the DMACC Horticulture Club's Annual Poinsettia Sale on Nov. 16 at the College's Ankeny Campus. All three students are members of the DMACC Horticulture Club. Proceeds will be used to support the Club's activities and projects throughout the year. ■



Photo courtesy of Lisa Schmitz for DMACC

# NOISY toys

## Protect children's hearing health

December is Safe Toys and Gifts Awareness Month. This initiative aims to increase awareness of current safety laws and guidelines for toys, including toys that produce sound.

These safety requirements are intended to minimize the possibility of hearing damage due to sound-producing toys.



### Measurement of sound

The loudness of sound, or volume, is measured in decibels (dB). The quietest sound is 0 dB. The decibel is a logarithmic scale. Therefore, 10 dB is 10 times louder than 0 dB, 20 dB is 100 times louder than 0 dB and 30 dB is 1,000 times louder than 0 dB. The loudest sound (i.e., jet takeoff) is approximately 130 dB, or 10,000,000,000,000 (10 trillion) times louder than 0 dB.

### Toy safety

Federal law requires all toys sold in the United States to meet specific safety requirements, including volume (ASTM F963, Standard Consumer Safety Specification for Toy Safety). This standard requires the volume of most toys to measure less than 85 dB at a distance of approximately 20 inches. However, younger children tend to play with toys near their faces, mouths and ears. At 0 inches, this volume can increase up to 120 dB, or 1,000 times louder than 85 dB, causing permanent hearing loss in less than 10 seconds.

### Noisy toys

Every year, the Sight & Hearing Association (SHA) publishes its Noisy Toys List. This non-profit organization randomly selects sound-producing toys and measures the maximum sound levels. From 2017 to 2021, 118 noisy toys were tested. At 0 inches, or a child's ear to the toy, 73% of these toys exceeded sound levels of 85 dB. The loudest toy was tested in 2021 with a maximum sound level of 109.7 dB. At this

level, hearing damage can occur in less than two minutes.

### How to protect children's hearing health

- Review SHA's Noisy Toys lists at [www.IowaHearingCenter.com](http://www.IowaHearingCenter.com).
- Measure the volume of a toy. Smartphone users can download a free sound level meter app (e.g., NIOSH Sound Level Meter). Position the microphone of the smartphone near the toy's speaker and note the sound level. This level should be less than 85 dB.
- Decrease a toy's volume.
- Adjust the volume to the lowest setting.
- Apply tape over the speaker.
- Remove the batteries.

This holiday season, help prevent permanent hearing loss from noisy toys. Give the gift of healthy hearing. ■

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).



## Noisy Toys Can Damage Your Child's Hearing

Call (515) 416-5990 to schedule an appointment today!



IOWA HEARING  
CENTER

1228 Sunset Dr., Ste. B  
Norwalk, IA 50211

[www.IowaHearingCenter.com](http://www.IowaHearingCenter.com)



VISIT US  
ONLINE!

We proudly fit  
**oticon**  
life-changing technology



# WHAT IS the Asian Medicine philosophy on health?

When we look at health and wellbeing in Chinese Medicine, we look from the perspective of how we live our lives, as well as the medicines, like acupuncture and Chinese herbal medicines that treat us when needed. From a Western perspective, some would call this holistic. I like to think of it as a “way of being” in life.



One of the questions I often ask a patient is, “What is your idea of health?” The responses are varied, from “I just want to get into my tractor without back pain,” to “How can I enrich my life with stress-reducing activities?” to “How can I successfully manage this disease that I know is progressive?”

Let’s look at activities that can complement and enhance your wellbeing:

• **Acupuncture and Chinese Herbal Medicine** — helps with stress and many

Western diagnoses. Can balance the immune system.

• **Meditation** — quiets the mind, calming blood pressure and heart rate, calming overthinking, trains the mind to cope in stressful situations, helps to manage emotions, releases endorphins that help with healing and our sense of mental wellbeing.

• **Yoga** — quiets the mind and increases strength, endurance, balance and flexibility. Reduces stress and the effects of stress. Yoga was founded in India more than 5,000 years ago.

• **Tai Chi and Qi Gong** — based on traditional Chinese medicine principles that Qi (energy) circulates in the organs and meridians of the body and can be influenced by specific postures and movements to create wellbeing, improve your balance and focus, decrease stress, strengthen, and boost mood and immune system.

• **Chiropractic care** — traditionally in

China they use Tui Na, a body work that adjusts the joints of the body and opens the meridians of energy. In the U.S., chiropractic care developed by BJ Palmer is the care of choice. BJ Palmer traveled extensively in Asia during his life, so you will see tenets of Asian philosophy in his works.

• **Massage** — circulates the Qi and blood, removes stagnations, relaxes, and calms the nervous system, helping reduce stress and improving pain, wellbeing and sleep.

• **Nutrition** — Food is Qi. The quality of food we eat and nutritional content of that food can create healing and recovery in the body.

If you are interested in learning more about each of these activities, there is a vast collection of peer reviewed research online through the NIH, WHO and Pub Med. ■

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.

dedicated  
to your  
*healing*

Chiropractic Care | Acupuncture | Gua Sha  
Chinese Herbal Medicine | Shonishin | Cupping  
Moxibustion | Massage Therapy | Yoga | Meditation



THE LOTUS BLOSSOM

A Community of Healing Professionals

14849 130<sup>th</sup> Ave., Indianola  
thesoaringcrane.com

**The Soaring Crane, LLC**  
Dr. Renee Dalrymple, L.Ac.  
515-962-9093  
Doctor of Acupuncture & Oriental Medicine  
Diplomate in Acupuncture & Chinese Herbal Medicine  
Certified SEED meditation instructor

**Chiropractic Traditions**  
Dr. Nikki Enos, DC  
515-962-2015  
Uses hands-on, specific adjustments to correct your alignment.  
Uses MyoVision Technology to detect where the nerve irritation is located and to what degree the nerve is irritated.

# SS Therapy and Consulting



Taking on life's challenges one step at a time.

[www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com)

Accept Most Insurances  
Offer Free Services Through Interns

**Therapy for All Ages**  
Most insurances accepted.

Neurofeedback Brain Maps and Training Available.

Contact [admin@sstherapyandconsulting.com](mailto:admin@sstherapyandconsulting.com)  
**515-528-8135 to schedule.**

**CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!**

**EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.**

**DES MOINES** | **ANKENY**  
4725 Merle Hay Rd. Ste 205 | 2675 N. Ankeny Blvd, Ste 105

## HEALTH By Jacob Dickey

### MANAGING holiday emotions

Like clockwork, we once again find ourselves in the thick of the holiday season. It's no secret that this time of year is meant to be filled with joy and thankfulness, but often left unsaid is the anxiety and fog that arrives with expectation and uncertainty.



We are currently in a loneliness epidemic. Knowing what those around us are working through is hard unless we reach out. While it can be stressful, don't be afraid to call someone or seek a connection.

Here are some useful tools to remember when interacting with stressors (people) this year:

- **Breathing** – Collect your thoughts, control your reactions.
- **Distancing** – Seek out another room, go for a walk.
- **Communication** – Speak up when in need.
- **Exit strategy** – Come with a plan for a quick exit.

It's important to remember there is no perfect Christmas or Kwanza. There is no perfect Hanukkah, Winter Solstice, Thanksgiving, or New Year Celebration. All we can do is make the best of our situations and laugh off the rest as we work towards tomorrow. ■

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

## HEALTH By Ashley Powell

### ELEVATE your wellness

Unlock the full potential of CBD and THC with the revolutionary water-soluble format. This cutting-edge delivery system maximizes bioavailability, ensuring rapid absorption and heightened effectiveness. Unlike traditional methods, water-soluble cannabinoids offer a more efficient way for the body to absorb these compounds, leading to enhanced therapeutic benefits. CBD, known for its non-psychoactive properties, delivers holistic relief from various conditions such as chronic pain, inflammation, and anxiety. When combined with THC, the psychoactive counterpart, the duo can create a synergistic effect known as the "entourage effect." This collaboration can provide a more comprehensive range of therapeutic benefits, catering to a broader spectrum of wellness needs. The water-soluble formulation takes these advantages a step further, offering a convenient and potent solution. It allows for precise dosing, making it easier to customize and control intake. Moreover, the quicker onset of action ensures faster relief, making it an ideal choice for those seeking immediate results. Additionally, the water-soluble format eliminates the need for carriers like oils or fats, enhancing the product's versatility. Experience a holistic approach that combines efficiency, precision and the powerful benefits of cannabinoids. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036. Sources: Cannabidiol and Cannabidiol Metabolites: Pharmacokinetics, Interaction with Food, and Influence on Liver Function. *Nutrients* 2022, 14, 2152. <https://doi.org/10.3390/nu14102152>

## CBD + THC

### American Shaman

# The gift that keeps on giving.

Relief \* Relaxation \* Recreation

**CBD American Shaman**

[www.cbdshamaniowa.com](http://www.cbdshamaniowa.com)

1709 N Jefferson Way #300, Indianola • 515-962-5099  
3418 8th St SW, #3, Altoona • 515-967-4036  
800 S 50th St, #106, West Des Moines • 515-380-5251

VETERAN & MILITARY DISCOUNT 15% OFF

INDIANOLA LOCATION

N. JEFFERSON WAY

65169

QUALITY INN INDIANOLA

GLADDOCK FLOOR

VETERAN OWNED & OPERATED

## WELLNESS By Jen Penisten

# VITAMIN C – Does it really make a difference?

Vitamin C is talked about more frequently during cold and flu season, which is sure to amp up during the holiday season. But, does it really work? Why does or doesn't it help? What's the best way to get it? Our body doesn't naturally make vitamin C, so it's something we need to get from food or supplementation. The best food sources are fruits and vegetables, with citrus and berries having the highest amounts of vitamin C. Vitamin C can also be received through injections and IV infusions. Vitamin C 100-200mg per day has been shown to give optimal blood/cell levels, but, when one is sick, the body requires a higher dose to compensate for the inflammation and demand of vitamin C to get back to a normal state. It also helps the white blood cells kill the invading infection. This means it truly is beneficial to not only prevent colds and the flu, but to help the body fight off whatever is ailing you. While food is always the best source, oral supplements aren't always the best for your body to absorb. Injections and IV infusions offer superior absorption and more accurate dosing. Next time you're feeling down and out, remember that vitamin C can help. ■



Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk, 515-850-7848, [www.vividlifespaspa.com](http://www.vividlifespaspa.com).

## HOLIDAY SPECIALS!

Buy 40 units of botox at \$10/unit, get

10 Free!

20% off

any Morpheus8 Package!



vivid  
Life Spa



BOOK YOUR APPOINTMENT!

1016 Main St., Norwalk  
Located inside of Haskin Chiropractic Clinic

515-850-7848 [www.vividlifespaspa.com](http://www.vividlifespaspa.com)

Jen Penisten ARNP, Owner

## INSURANCE By Mike Richey

# LIFE insurance for your business

Business owners, this one is for you. Here are some ways that life insurance could benefit your business:

- **Key employee insurance.** Think about the employees of your business who are most key to its financial success — those whose unexpected passing would bring an immediate negative financial impact to the business. A business can purchase life insurance on its key employees to help cover expenses that their unexpected death would bring — expenses such as loss of sales and the costs of recruiting and training someone new.

- **Business succession plan.** Say you co-own a business with somebody else and the two of you agree, should one of you unexpectedly pass away, the other should take over the business. Each of you can take out a life insurance policy on the other and agree to use any life insurance proceeds to fund the purchase of the other's shares. This has the additional benefit of leaving the deceased owner's heirs with cash instead of shares of a business they may not have the ability or desire to manage.

- **Employee benefits.** A business could pay for a life insurance policy for its employees as a way of attracting and retaining talent.

To talk about how life insurance could benefit your business, talk to your insurance agent. ■



## NOW'S THE TIME TO PLAN AHEAD WITH LIFE INSURANCE

Home is where your family belongs.  
Help make sure your family can afford to stay there if you were to pass away.

Let's talk about finding life insurance that fits you.



### Mike Richey, Agent

Mike Richey Agency Inc.  
204 E Detroit Ave  
Indianola, IA 50125  
(515) 961-8889  
[mrichey@amfam.com](mailto:mrichey@amfam.com)



American Family Life Insurance Company,  
6000 American Parkway, Madison, WI 53783 ©2016 011785 - Rev. 8/19 - 15797415



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).

# THE GREAT exchange

What are your Christmas traditions? Do you get new pajamas to wear on Christmas Eve? Are you headed to Grandma's house? Do you have certain movies that you watch on Christmas Day? And let's not forget taking time to exchange some gifts during the week between Christmas and New Year's.

When we use the word "exchange," we usually think of taking something we don't want and trading it for something we do want. Don't like Aunt Linda's taste in sweaters? Exchange it. Did you get two of the same thing? Exchange one of them.

At Christmas, God makes an exchange, too. Except He doesn't go for something better. When Jesus is born, the Son of God exchanges the expanse of eternity for the cramped quarters of a manger. He trades immortality for a human body. And when He grows up, He trades His life for yours on the cross.

No matter who you are, what you've done, what sins you've committed, doubts you carry, or issues you have, Jesus is born for you. And the exchange He makes is for you so you will know eternity, immortality and life with Him forever. ■

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



# MUSCLE memory

Wilber's Chevelle has looks and power.

Jim Wilber likes old cars.

"Growing up, I had hot rods and motorcycles," he says. "I got my first muscle car — a 1968 Firebird — when I was 18."

Wilber bought the Firebird off a friend. It was in good condition, but he did do a little motor work on it.

"Back then, I was a young, dumb teenager," he says. "When the motor eventually blew, I ended up getting rid of it because I didn't have the money to fix it."

Over the years, Wilber has owned a few other classic muscle cars, including a 1973 Charger he got after the Firebird and, eventually, a 1972 Chevelle that ended up getting damaged in an accident.

Today, Wilber's pride and joy is a 1969 Chevelle that came into his life about 10 years ago after many months of looking for something to buy.

"Everything I found back then was expensive, and, quite honestly, junk," he explains.

So, on a Saturday, he told his wife he was going to buy a motorcycle instead.

"Not a minute later, my nephew called me and asked if I was interested in a '69 Chevelle. I guess you could say the rest is history."

The Chevelle was in decent shape. Wilber drove it occasionally and did a little work here and there on it.

Last year, a very good friend and fellow classic car enthusiast, Gary Nolan, offered to help Wilber restore the vehicle.

"Gary used to do bodywork, so, between the two of us, we completely overhauled it, working every night from May to October," says Wilber. "I couldn't have done it without Gary's help."

There was some rust and a lot of body putty to fix before painting it a deep red color. Wilber added new rims and rear end as well as a new automatic transmission. The interior is almost all original and just needed a little TLC.

What makes the Chevelle unique and rare is that it's a "post car." That means it has a solid post between the doors and rear windows.

"It's called a 300 Deluxe (post), and only around 3,000 were built, and less than half of them had this body style," Wilber explains.

Wilber says there are a few finishing touches still to do. While he never planned on having a show car, he does like to showcase it at local car shows, during drives/cruises, and at trunk or treat events and parades.

Wilber says he is proud of the work he and Gary put in. He's not actively looking for other cars, but says, if he ever comes across another '68 Firebird that's not too expensive, he'll no doubt snatch it up and make amends for the one that got away when he was a teen. ■



From mechanicals to paint, Jim Wilber and his friend Gary did nearly everything themselves to bring the muscle, power and good looks back to his 1969 Chevelle.

JOIN US FOR

# Christmas services



**CHRISTMAS EVE**  
5:30PM

**CHRISTMAS DAY**  
10AM



**MT. CALVARY**  
LUTHERAN CHURCH  
INDIANOLA, IOWA

2214 E 2nd Ave, PO Box 174  
**INDIANOLA**  
515-961-4321

**mt-calvary.com**

*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*

# RECIPE

## MAKE 'eggstra' special holiday memories

*(Family Features)* Creating memorable moments and special meals with friends and family during the holiday season doesn't have to be overwhelming. While these festivities are often a favorite moment each year, the planning and preparation can be a bear for hosts. To help take some stress out of hosting duties, start with what you likely already have on hand, like eggs.

Whether it's served as an appetizer or light dessert, this savory-with-a-touch-of-sweet recipe can become part of your family's most cherished traditions, made possible by eggs. Remember, all it takes is the egg carton already in the refrigerator to be the "host or hostess with the most-est" and make memories with those who matter most.

Discover more benefits and recipes that go beyond egg expectations at [IncredibleEgg.org/invaluableegg](http://IncredibleEgg.org/invaluableegg). ■

### Popovers with cranberry butter

*Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board*

Prep time: 10 minutes  
Cook time: 45-50 minutes  
Yield: 6 popovers

#### POPOVERS:

- 1 1/3 cups all-purpose flour
- 1 teaspoon kosher salt
- 1 1/3 cups whole milk
- 4 large eggs
- 2 tablespoons avocado or vegetable oil
- nonstick cooking spray

#### CRANBERRY BUTTER:

- 1/2 cup unsalted butter, softened
- 2 tablespoons cranberry sauce
- 1 pinch salt
- **To make popovers:** In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least six hours, or overnight.
- Heat oven to 375 F.
- Place 6-cup popover pan in oven 10 minutes.



- Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full.
- Bake until puffed high and cooked through, 45-50 minutes.
- **To make cranberry butter:** In medium bowl, mix butter, cranberry sauce and salt until well combined.
- Remove popovers from oven and serve with cranberry butter.

# Enjoy your life. YOU DESERVE IT.

### Feel at home in your new apartment!

Decorate any way you wish with your own furnishings, wall hangings, and things that are special to you.

We have many amenities to make your new home stress-free.

- Daily meals
- Housekeeping
- Activities
- Exercise room
- Craft room

Prices start at  
**\$1200**  
per month

Includes all utilities,  
garbage, internet,  
cable, etc.

Schedule a  
tour today!



To learn more about our services, call (515) 962-2553.

[www.good-sam.com](http://www.good-sam.com)



All faiths or beliefs are welcome.

 Good Samaritan Society®  
INDIANOLA

**CITYVIEW'S WINTER EVENT IS BACK!**

# **FIRE & ICE**

## **AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION**

**SATURDAY, JAN. 20 • 1-4 P.M.**

**BREAK THE WINTER BLUES, GET OUT  
AND HAVE FUN ON A SATURDAY  
AFTERNOON IN VALLEY JUNCTION!**

**FOR \$25 TICKET PRICE,\* YOU GET 10 TICKETS  
TO SAMPLE WINTER SPECIALTY DRINKS!**

\*\$35 AT THE DOOR



**TICKETS AT FIRE-AND-ICE.DMCITYVIEW.COM**

# OUT & ABOUT



Tom and Sue Fross at the Edge of the Woods Raspberry Farms holiday open house on Nov. 17.



Donna Krizmanic and Sandy Wilson at the Edge of the Woods Raspberry Farms holiday open house on Nov. 17.



Marne Sievers at the Edge of the Woods Raspberry Farms holiday open house on Nov. 17.



Indianola Hope Foundation held a ribbon cutting on Nov. 17.



Kris Gaulke and Jackie Ward at the Indianola Hope Foundation ribbon cutting on Nov. 17.



Janis Strong and Linn Cory at the Indianola Hope Foundation ribbon cutting on Nov. 17.



Connee Larsen and Jana Heater at the Indianola Hope Foundation ribbon cutting on Nov. 17.



Doug Shull and Lanny Ward at the Indianola Hope Foundation ribbon cutting on Nov. 17.



Michaela at the Indianola Hy-Vee shares holiday greetings on Nov. 30.



Joe Keller at the Indianola Hy-Vee shares holiday greetings on Nov. 30.



Ella Maydanyuk at the Indianola Hy-Vee shares holiday greetings on Nov. 30.

# HOLIDAY Greetings

Holiday greetings from the Indianola Hy-Vee on Nov. 30.



Nyle Pascascio and Cory Dolecheck



Malinda McCrory



Riley Davidson



Ari McGlade



Jeff Bates



Jasmine Dahl



Theresa Hammarmeister



Austin Parker



Hannah Miller



Laura Hagenow



Vanessa Price and Simone Rosales Ide



Riley Ayala and Amanda Clingman



Sierra Torres and Shelby Cook



**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

## AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-877-978-2510. (mcn)

GOT AN UNWANTED CAR?? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Make a tax-savvy move this holiday season and year-end! Donate your car, truck, boat, RV, and more to champion our veterans. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax deduction. Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

FREE high-speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-443-3789. (mcn)

DIRECTV Sports Pack. 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Switch to DISH and get up to a \$300 gift card! Plus get the Multisport pack included for a limited time! Hurry, call for details: 1-855-434-0020. (mcn)

## FARM

Chippewa Valley Dairy Supply Farm & animal health supplies, hardware, shop tools, barn tools, Tingley, Muck, Quatro boots, Steel Blue leather work shoes. We ship UPS & SpeeDee. 715-644-2350 (mcn)

## FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards, Medical Bills, Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

## FOR SALE

Give a GREAT GIFT this Season. Send 100% guaranteed, delivered-to-the-door Omaha Steaks! This package comes with 8 FREE PureGround Filet Mignon Burgers! Order The Butcher's Deluxe Package! ONLY \$99.99. Call 1-888-673-1224 and mention code 74222DRL or visit [www.omahasteaks.com/Deluxe8465](http://www.omahasteaks.com/Deluxe8465). (mcn)

## HEALTH & MEDICAL

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 [www.dental50plus.com/https://www.dental50plus.com/midwest#6258](http://www.dental50plus.com/https://www.dental50plus.com/midwest#6258) (mcn)

DIAGNOSED WITH LUNG CANCER and 65+? You may qualify for a substantial cash award. NO obligation! We've recovered millions. Let us help! Call 24/7, 1-866-533-1701. (mcn)

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

LOW-COST HEALTH COVERAGE. Government subsidies available for families earning \$111,000 or less a year. See if you qualify. Call for your free quote! 1-888-772-8454 (mcn)

## HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025(mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage and mold in your home. If you have water damage and your home, call for a free estimate for complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574(mcn)

## MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

NEED NEW FLOORING? Call Empire Today\* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 844-316-8181. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit [dorranceinfo.com/](http://dorranceinfo.com/) Midwest (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Trouble hearing your TV? Try TV EARS Voice

Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-455-0505. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-680-3016 to get a free quote or visit [mfcp.com](http://mfcp.com) (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798(mcn)

## PETS/PUPPIES FOR SALE

AKC Registered Chesapeake Bay Retriever puppies. 8 weeks old. Health Clearance & DNA tested. Have both parents. Excellent upland & water fowl hunters. 870-484-1257 (mcn)

## WANT TO BUY

Buying and selling silver bars, silver dollars, rare coins, gold coins, gold jewelry, any gold-silver items, collector coins, currency. Kuehl's Coins, Fairmont, MN, 507-235-3886. (mcn)

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

## HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental Insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 [www.dental50plus.com/ads#6258](http://www.dental50plus.com/ads#6258) (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

## HOME SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809 (ACP)

## MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit [dorranceinfo.com/ads](http://dorranceinfo.com/ads) (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-479-1516 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936 (ACP)

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/one-time \$20 copay. Free shipping. Call Maxsip Telecom! 1-833-758-3892 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Are you a pet owner? Do you want to get up to 100% back on vet bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-844-774-0206 to get a free quote or visit [insurebarkmeow.com/ads](http://insurebarkmeow.com/ads) (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. Limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 12/31/23 Call 1-844-501-3208 (ACP)

# MEET Jodi Ricketts

She's back in the classroom and still singing.

When it comes to singing in school, most of us think of music class. But that's not the case at Irving Elementary in Jodi Ricketts' classroom.

Ricketts, who recently returned to teaching after taking 20 years off to raise her family, was known as the "singing teacher" back in the day, and it's one thing that hasn't changed.

"I sing directions, expectations, or when I want to get my students' attention," she says, laughing. "Some songs are the same every day, but most are made up on the spot. Instead of raising my voice, I sing... and I love it when students make up their own songs, too."

Ricketts knew she wanted to be a teacher from an early age. She had a chalkboard and would play school in her room with dolls and stuffed animals as her students. In high school, she participated in a program called Cadet Teaching and says she enjoyed every minute. After graduation, she earned her teaching degree from the University of South Dakota.

Ricketts joined the Indianola district in 1995 and taught kindergarten at Irving. She was one of the first to teach the year-round calendar and liked the schedule almost immediately.

"Kids are ready to head back to school in July and look forward to a break in the fall," she says. "Our winter and spring breaks are also longer, and having that time throughout the year allows students and teachers to step away for a bit and re-energize for learning."

Ricketts was out of the classroom from 2003-2023 and says that, while it was hard to pull away from teaching, she will never regret her choice to be with her boys. She started an in-home daycare business that allowed her to help working friends with their childcare needs.

But Ricketts couldn't wait to get back to school and says she enjoys all the things that come with having her own class — including preparing lesson plans, getting her classroom ready, and seeing students each day.

Her philosophy is to create a classroom environment that gives students a place where they feel safe and loved.

One of the biggest adjustments has been in technology and learning to use so many new and wonderful tools to facilitate learning. In the end, it's about giving her students the best she can every day.

"My students give me their love, joy, humor, and their honesty," she says, smiling. "We are a family. We celebrate the little things, the big things, and everything in between."

In her spare time, Ricketts enjoys spending time with family and friends, as well as hiking, biking and playing with their two dogs. ■



Jodi Ricketts wants students to come to school knowing that her class is a place where they belong... a place where they can grow in confidence and believe in themselves.

# WHAT'S in His name?

When I was young, my grandfather shared a strange fact from when he was a young person growing up in rural Missouri. Everyone in his circle of friends went by nicknames rather than their given name. Harold went by Bill. Arnold was Pete, Lawrence was Mike, and Carl was Davey. (It's been a long time, so I've had to supply names here, but trust me, I'm doing it justice.) These weren't the typical shortened form of a name, like Mike for Michael or Jim for James. Nor were the names from some obvious physical trait like my grandfather calling his friend Lefty because he was left-handed or maybe Stinky because, well you get the idea. So, I asked Grandpa how they came up with each of these names. Why call Harold, Bill? He had no idea. He didn't even know how he'd gotten his own nickname.



This issue of "Indianola Living" should be arriving in your home a couple of weeks before Christmas, during the weeks often referred to as Advent because Christians are focusing on the arrival (the advent) of Jesus on Earth. In several biblical stories connected with His birth, much is made of the fact that He is to be named Jesus. But, unlike with my grandfather's circle of friends, there is a reason to His name. The passages make it clear:

An angel tells Joseph, before Jesus is born — "She [Mary] will give birth to a son, and you are to name him Jesus, because he will save his people from their sins" (Matthew 1:21).

Separately, an angel tells Mary, before she is even pregnant — "You will conceive and give birth to a son, and you will name him Jesus. He will be great and will be called the Son of the Most High" (Luke 1:31-32).

And, after His birth, we read — "When the eight days were completed for his circumcision, he was named Jesus — the name given by the angel before he was conceived" (Luke 2:21).

The word "Jesus" literally means "The Lord Is Salvation." The name of Jesus points us to the work of Jesus, which is salvation. But there's more. Christ is not His last name, as if He is the son of parents named Joseph and Mary Christ. It's His special title, meaning "Messiah" or "Anointed One." In other words, the name Jesus Christ literally means "the Lord provides salvation through His anointed one."

And that's whose birth we focus on at this time of year. What a wonderful gift. ■

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

# Happy Holidays!

THINK LOCAL  
THIS WINTER!

❄️ ❄️ ❄️ HAVE A SAFE AND FUN HOLIDAYS! ❄️ ❄️ ❄️

**WE CAN FIX THAT!**

*Details Plus*  
**COLLISION CENTER**

807 W 2nd Avenue, Indianola | 515-961-0984 | [detailspluscollisioncenteria.com](http://detailspluscollisioncenteria.com)

*Thank you for all the Lula Love  
in 2023!* We wish you and your family a very  
Merry Christmas and a Happy New Year.



114 W Ashland Ave, Indianola  
Thur. 10-6, Fri. 10-5, Sat. 10-2

**THE STITCHING PLACE**



**BABY LOCK SALES AND SERVICE**

(515) 961-5162  
127 N BUXTON STREET  
INDIANOLA, ON THE SQUARE  
[WWW.THESTITCHINGPLACE.COM](http://WWW.THESTITCHINGPLACE.COM)

MAKE YOUR BUSINESS  
**KNOWN!**

ADVERTISE HERE  
AS LITTLE AS

**2¢**  
per  
household

Contact Gina Chandler Today!  
[gina@iowalivingmagazines.com](mailto:gina@iowalivingmagazines.com)





**New Heights Church**  
at 5:00 pm



**SUNDAY MORNINGS**  
**ONE SERVICE 9:00AM**

Live Stream at 9:00 am  
[newheightschurch.org](http://newheightschurch.org)

200 E. 1st Ave.  
515-442-5111