

INDIANOLA

MARCH 2024

Living MAGAZINE *Trip* OF A *lifetime*

Residents share stories of their
dreams-come-true vacations

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RECIPE

Meet Natalie Gordon
EDUCATION

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ESTATE PLANNING

Last month, we talked about incapacity planning. We will now discuss some estate planning tools. This will be a very elementary introduction. There are many factors that go into deciding what type of plan is best for you. You should always speak to an experienced attorney and consult with tax advisors when choosing your estate plan.

WILLS AND TRUSTS

Both Wills and Trusts are documents or mechanisms to state how your assets will pass upon your death. A will takes effect upon the individual's death. A will must be submitted to the court upon death, at which time the court will appoint an executor. The executor is tasked with distributing the assets according to the will and paying all necessary debts. This is called the Probate Process.

A trust will distribute only the assets which have been placed in trust. The assets must be transferred into the trust. This is usually done during your lifetime. If all your assets have been transferred into the trust, it will allow you to avoid the Probate Process. There are different types of trusts that can be used to accomplish various goals.

Both wills and trusts are effective methods of transferring your assets, upon your death. You should thoroughly discuss your wishes with an experienced attorney to determine which method might be best for you.

WELCOME

104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may differ, I am happy to be along for the ride.

Thanks for reading. ■



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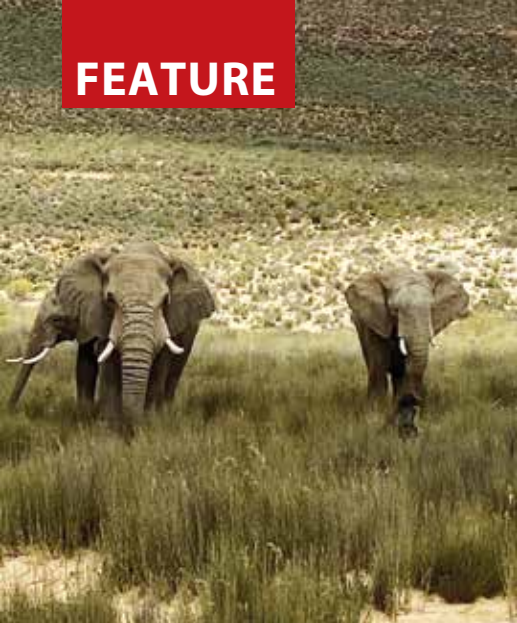
Trip OF A lifetime

Residents share stories of their dreams-come-true vacations

By Becky Kolosik

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.

Linda and Loren Meyer are grateful for their German heritage, the opportunities they had to host foreign exchange students, and their travels to Germany to meet the families of their “adopted kids.”



Some of the Clarks' favorite adventures were getting up close and personal with amazing wildlife at the Safari Rescue Farm and also enjoying delicious South African cuisine.

A Christmas safari

The word "safari" is Swahili for "journey." For Mark and Mary Clark, there's nothing they enjoy more than spending the holidays with family. However, as their kids have grown and now have families of their own, it's easy to get caught up in the stress and busyness of it all. Last December, the Clarks, along with their daughter, Megan's, family, traded their traditional Christmas celebration for an unforgettable journey to one of the most beautiful cities in the world — Cape Town, South Africa.

Big family vacations are not something Mark or Mary experienced growing up. During summer breaks, Mark usually chose to stay home and work on the farm. Mary mostly took shorter trips to visit grandparents or other extended family.

"We didn't raise our kids much differently," says Mark. "Vacations consisted of weekend camping or road trips to visit family. The first 'big' trip we took our kids on was Disney World after they were in college."

If there's one thing the Clarks admire about their son-in-law, Nate, is that he's a dreamer... and a planner. Earlier in 2023, he started researching the best places to travel at Christmas.



Mark and Mary Clark, along with granddaughters Livvy and Gracie, fell in love with South Africa not only for its culture and hospitality, but also the wildlife, adventure activities, wine regions and breathtaking views.

"When Nate asked what we thought about South Africa, I wasn't sure," says Mary. "Maybe it was simply the fear of the unknown, or that Africa is often viewed in a negative light. Either way, it took a little convincing for me."

But they soon discovered many things that made South Africa a bucket-list destination, including beautiful coastlines and mountains, lakes, waterfalls, wine country, colorful plants and vegetation, and, of course, exotic, wild animals.

Once everyone was on board, Nate got busy planning. Mark and Mary watched an episode of "Somebody Feed Phil" on Netflix, where Phil Rosenthal traveled to Cape Town, exploring its people, culture and foods. Two destinations from the episode they particularly took note of were Honest Chocolate and Truth Coffee, but they also stopped at nearly every place Rosenthal featured on the show.

"Truth Coffee is rated the best coffee by a popular UK magazine, and it definitely lived up to that," says Mary.

Each morning after breakfast, the family hit the ground running, getting most of their tours and sightseeing done so that, by early afternoon, they could head back to the house and relax while granddaughters, Livvy and

Gracie rested.

They saw the penguins at Boulders Beach, explored the Cape of Good Hope and walked the stairs to see the lighthouse, and also visited wine country.

Another highlight of the trip was a tour of a safari rescue farm. They rode in an open truck and got up close and personal with lions, rhinos and zebras as they walked right next to the vehicle. The giraffe and elephants kept their distance about 100 yards away.

The Clarks also immersed themselves in the people and culture. They feasted on traditional South African cuisine. The Safari Platter at Carne Restaurant included a selection of perfectly cooked wild game: filet of ostrich, kudu (antelope), black wildebeest, impala and blesbok. For breakfast, they often enjoyed streaky bacon and delicious, thick pancakes served with ice cream.

Throughout the two-week trip, the Clarks took in the beauty and richness of Cape Town and the surrounding area, but also saw the poverty.

"Experiences like this push you out of your comfort zone and open your eyes to a whole new world," Mary says. "When we returned home, we couldn't help but feel grateful and blessed."

A family reunion... Deutschland style

Family is important to Loren and Linda Meyer. Having two children of their own, little did they know they would have the opportunity to gain four “bonus” kids through their involvement with the Youth for Understanding Program (YFU) as hosts of Indianola High School foreign exchange students from Germany.

Starting with the 2003-2004 school year, and every three years after that until 2013, the Meyers welcomed students into their home and helped them become involved at IHS, as well as the community of Indianola.

“They were all good kids, and we developed lasting relationships with each of them,” says Loren. “They became ‘our kids’ in the 10 months they were here.”

Loren and Linda are almost full German heritage, and both wanted to visit the country. In 2018, they decided to take their dream trip to Germany, where they visited all four of their “kids,” met their families, experienced their homes, and, of course, did a lot of sightseeing along the way.

When the Meyers started preparing for their 24-day adventure, the exchange families wanted to know the couple’s “wish list” of things they wanted to do and see.

While their main priority was spending time with the kids and their families, the couple also wanted to see and experience as many things as possible. Paul, their first exchange student, was a huge help in planning.

“We couldn’t have asked for anything better because we had true local tour guides,” says Linda, smiling. “The families were extremely welcoming, and three had room for us to stay in their homes. They treated us like family.”

The Meyers’ daughter, Kirsten, also had a friend from college who was an exchange student from Germany, and his parents opened up their home and showed them many sights.

The couple traveled to 15 of the 16 states, exploring cities including Rothenburg, Frankfurt, Dresden, Hannover, Bremerhaven, Berlin, Bamberg, Nürnberg and Munich — just to name a few. They toured many of their ancestral churches, as well as beautiful castles, museums and so much more.

Bremerhaven’s German Emigration Museum allowed them to look back on the history of more than seven million people who emigrated to the New World. They followed in the footsteps of people leaving, learning about the conditions on the journey and the start of a new life upon arrival in the U.S.

“The re-creations, mementos and exhibits were so realistic,” says Linda. “It was a humbling experience and very revealing of what some of our ancestors went through.”

In addition, the Meyers enjoyed a cruise on the Rhein River and also crossed the border into Austria to visit Salzburg. They did The Sound of Music Tour and visited the original shooting locations from “The Sound of Music” movie, including Mirabell Garden, Pegasus Fountain, and Schloss Leopoldskron, where the von Trapp family lived, which is now a luxury hotel.

The Meyers immersed themselves in the German people, culture and food. Whether eating with the families in their homes or in restaurants, they enjoyed all different kinds of sausages and breads, as well as schnitzel and spaetzle. They even tried tuna pizza.

“The boys always talked about it when they were here with us and insisted we had to try it,” Linda says. “It wasn’t my favorite, but it’s always good to try something new.”

Touring Germany and getting the opportunity to meet the parents who placed their trust in them to care for their children was truly a gift.

“They shared their lives and homes, their food and their surroundings... we couldn’t have asked for anything more,” says Loren. “They are family, and we’ll be connected for the rest of our lives.”

Cheers to 25 years

“To all the days here and after, may they be filled with fond memories, happiness and laughter.” – an Irish toast

The first time Kristen Graham saw Ireland was from a plane as a college student.

“The Emerald Isle seemed to glow green,” she says. “It turned out to be as magical on the ground as it looked in the air. I’ll never forget climbing around bronze age forts and prehistoric standing stones or walking through monostatic ruins and then going to a local pub



While at The Lake Hotel, the Grahams explored the bike trails and hiked into the forest that was full of yews, beautiful old oaks and moss.

to warm up in front of peat fire with a pint.”

Those memories have stuck with her, as have memories of traveling across the United States visiting family or for vacations when she was growing up. Her husband, Alex, also grew up traveling with his family for vacations, sporting events and ski trips. They’ve tried over the years to give their kids some of those same experiences.

The Grahams recently marked their 25th wedding anniversary. While many of those years have been spent raising their kids, they have also placed a priority on spending time together as a couple. The idea of celebrating milestone wedding anniversaries started with their 20th.

“We were actually surprised we had been married so long,” the couple says, laughing. “It’s one of those moments when you realize life is happening, so why wait?”

They decided on visiting Scotland, and it was an epic trip as they traveled from Edinburgh to Inverness, saw Loch Ness, and traveled through the Gap of Dunloe.

For their 25th anniversary, they set their sights on Ireland. It would be special not only because Kristen could re-live those memories of her college days, but also for Alex because his father’s family is from there.



Alex and Kristen Graham took in breathtaking views at the Gap of Dunloe, which was created naturally 25,000 years ago during the last ice age of Ireland.

Kristen enjoys planning, researching and spending time getting to know places before visiting. She enjoys Rick Steves' Travel Guide and won't leave home without it. She also uses Google maps to confirm travel times to destinations, locations of hotels, and an AI app for itinerary suggestions. They decided to spend time in Dublin and road trip through Ireland to the west coast.

After arriving in Dublin, the couple visited Trinity College's Library and walked around Stephen's Green. They enjoyed the sights and people watching and explored the new Jervis Shopping Centre, Moore Street Mall and, of course, the many pubs. Alex blended in so well that many people stopped and asked which part of Ireland he was from.

Their destinations included Glendalough Valley, Rock of Cashel, the Kenmare Stone

Circle, Killarney National Park and the Dingle Peninsula, where "Star Wars: The Last Jedi" was filmed. Kristen also wanted to include a stay at The Lake Hotel, which is set along Muckross Lake with views of The Torc Mountains — the place Ireland's last herd of Red Deer call home. The forests are full of yews, old oaks and moss.

"It was a place I had only seen from the outside when I previously visited, so very much a bucket list item for me," she says. "It's a really special place. There are bike trails connecting visitors to Killarney, Torc Waterfall, Muckross Abbey and Ross Castle, making it an amazingly fun and beautiful destination packed with history, heritage and Celtic culture."

Everywhere they went, it underscored how great the Irish are... from welcoming and cheerful to musical, naughty and fun. They

also enjoyed the food, including pub fare, fresh seafood and amazing five-course dinners, and would highly recommend the blood pudding for breakfast.

During the 10-day trip, Alex easily earned the title "World's Best Driver" for his uncanny ability to skillfully navigate one-lane country roads, any and all roundabouts, foreign four-lane highways during pouring rain, not to mention rush hour outside Dublin — with only signs in Gaelic — on a Friday after driving across Ireland all day on the "wrong side" of the road.

The Grahams say that waiting to take such an amazing trip made it extra special.

"It was a reminder to us of how far we've come and a chance to celebrate the future," Alex says. "Ireland was the perfect place to commemorate this milestone in our lives." ■

A TAXING STORY: capital gains and losses

Chris Rock once remarked, “You don’t pay taxes — they take taxes.” That applies not only to income but also to capital gains.

Capital gains result when an individual sells an investment for an amount greater than the purchase price. Capital gains are categorized as short-term gains (a gain realized on an asset held one year or less) or long-term gains (a gain realized on an asset held longer than one year).

Keep in mind that the information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation.

Long-term vs. short-term gains

Short-term capital gains are taxed at ordinary income tax rates. Long-term capital gains are taxed according to different ranges (shown below).¹

Long Term Capital Gains Tax Brackets (for 2024)

Tax Bracket/ Rate	Single	Married Filing Jointly	Head of Household
0%	\$0 - \$47,025	\$0 - \$94,050	\$0 - \$63,000
15%	\$47,026 - \$518,900	\$94,051 - \$583,750	\$63,001 - \$551,350
20%	\$518,900+	\$583,750+	\$551,350+



It should also be noted that taxpayers whose adjusted gross income is in excess of \$200,000 (single filers or heads of household) or \$250,000 (joint filers) may be subject to an additional 3.8% tax as a net investment income tax.²

Also, keep in mind that the long-term capital gains rate for collectibles and precious metals remains at a maximum of 28%.³

Rules for capital losses

Capital losses may be used to offset capital gains. If the losses exceed the gains, up to \$3,000 of those losses may be used to offset the taxes on other kinds of income. Should you have more than \$3,000 in such capital losses, you may be able to carry the losses forward. You can continue to carry forward these losses until such time that future realized gains exhaust them. Under current law, the ability to carry these losses forward is lost only on death.⁴

Finally, for some assets, the calculation of a capital gain or loss may not be as simple and straightforward as it sounds. As with any matter dealing with taxes, individuals are encouraged to seek the counsel of a tax professional before making any tax-related decisions. ■

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TIME to start outdoor garden chores

If cabin fever has you bouncing off the walls, now is the time to start some outdoor garden chores. Though the warmer daytime temps are giving us a push to get out and start digging, there are still cautions that need to be heeded. But, we can still start to get our hands dirty with some digging.

First things first. If you haven't already, find all your tools and get them ready for spring. Locate pruners, trowels, gloves, shovels, saws, garden twine and wire, vegetable cages and other assorted garden necessities. Take time to sharpen your pruners, shovels and saws. Doing so now will keep you from looking for them when you need them, and they will be ready for this garden season.

Starting seeds? Check for new, unique or tried and true varieties you can find. Then to know when to start those seeds, a good seed starting chart is at johnnyseeds.com, and be sure to use May 15 as last frost date, even with the unusual temps we have had this year.

Grab your sharpened pruners and prune back the red and yellow twig dogwoods, if you haven't already. Pruning heavy now will promote growth that will brighten next winter's gray days. Take a look at the hydrangea paniculata and prune back and shape while you can see the structure of the bush. If you have a Japanese maple, take a look and see what it looks like, and if you would like to shape it, now is the time.

Now is also the time to start cleaning up your garden beds. Trim back your ornamental grasses, any perennials that you didn't last fall, and those annuals you didn't get out should be removed now. But, often those hollow stems will be the winter homes of several beneficial insects, so don't destroy or put them in the compost pile yet. Just let them lay in an out-of-the-way part of the garden until later in April or May. Take time to dress the beds with compost, working it in to be ready for those new perennials. Work your vegetable garden beds up, incorporating compost and manure fertilizer into the soil so you will be ready for seed and plants later in the spring. Here is one of the cautions though: Only work dried beds. Working them while wet will leave you with clumps and clods that will make working in the garden harder this summer.

The end of the month is the perfect time to put in lily bulbs, asparagus crowns, and bare root peonies. Canna tubers, elephant ear bulbs and dahlias can be started indoors, then plant out mid to late May after the chance of frost has passed and the soil is close to 70 degrees.

To get a jump on the gardening season, be sure to check out garden shows, garden seminars, and other talks in the next couple of months. You may find that one new and unique bulb, plant or shrub to add to your landscape. And what better way to get inspiration than listening to gardeners or nursery personnel talk about new and different plants to put in your garden.

Get your tools ready, grab some sunshine and start getting your gardens ready for the spring and summer. ■

Information provided by Barry Laws, co-owner, Quilted Gardens Nursery and Landscaping, 19635 130th Ave., Indianola, 515-720-3089, www.quiltedgardens.com.





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LEGAL By Ken Winjum

COMPARATIVE fault

Under common law, a claimant might be precluded from recovery if it was found that he or she was contributorily negligent to any degree. This changed in 1982 when the Iowa Supreme Court adopted what was known as "pure comparative fault."



Later, in 1985, the Iowa legislature passed the Comparative Fault Act which is found at Iowa Code Chapter 668 and is now the current law. Pursuant to the act, "fault" means one or more acts or omissions that are in any measure negligent or reckless toward the person or property of the actor or others, or that subject a person to strict tort liability. The act also applies to breach of warranty as well as fault on the part of the claimant such as assumption of risk, misuse of a product, unreasonable failure to avoid injury or mitigate damages.

Section 668.3 provides that contributory fault shall not bar recovery in an action by a claimant to recover damages for fault resulting in death or in injury to person or property unless the claimant bears a greater percentage of fault than the combined percentage of fault attributed to the defendants. The act further provides that any damages allowed shall be reduced or diminished in proportion to the amount of fault attributable to the claimant.

In other words, if the plaintiff or claimant is found to be more than 50% at fault, there is no recovery. If the claimant is found, for example, to be 30% at fault, the claimant may only recover 70% of his or her damages.

One of the key roles of the jury in a case tried to it, is to determine the percentage of fault attributable to each party. Chapter 668 provides that, in the trial of a claim involving the possible fault of more than one party, the court is required to instruct the jury to answer special interrogatories toward that end.

In practice, a typical verdict form may contain numbered questions which seek a determination of whether a party was at fault, whether the fault was a cause of damages, the specific percentage of fault for each party and the determination of damages, if any.

The act also provides rules concerning joint and several liability as well as contribution among defendants.

Interestingly, the legislature included language in 668.9 that it shall be an unfair trade practice, if an insurer assigns a percentage of fault to a claimant, for the purpose of reducing a settlement, when there exists no reasonable evidence upon which the assigned percentage of fault could be based.

Comparative fault is now a foundational part of our civil justice system and meshes well with our traditional jury-based determination of facts. ■

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THERE'S STILL time to fund an IRA for 2023

The tax filing deadline is fast approaching, which means time is running out to fund an IRA for 2023. If you had earned income last year, you may be able to contribute up to \$6,500 for 2023 (\$7,500 for those age 50 or older by Dec. 31, 2023) up until your tax return due date, excluding extensions. For most people, that date is Monday, April 15, 2024.

You can contribute to a traditional IRA, a Roth IRA, or both. Total contributions cannot exceed the annual limit or 100% of your taxable compensation, whichever is less. You may also be able to contribute to an IRA for your spouse for 2023, even if your spouse had no earned income.

Traditional IRA contributions may be deductible

If you and your spouse were not covered by a work-based retirement plan in 2023, your traditional IRA contributions are fully tax



deductible. If you were covered by a work-based plan, you can take a full deduction if you're single and had a 2023 modified adjusted gross income (MAGI) of \$73,000 or less, or married filing jointly with a 2023 MAGI of \$116,000 or less.

If you were not covered by a work-based plan but your spouse was, you can take a full deduction if your joint MAGI was \$218,000 or less, a partial deduction if your MAGI fell between \$218,000 and \$228,000, and no deduction if your MAGI was \$228,000 or more.

Consider Roth IRAs as an alternative

If you can't make a deductible traditional IRA contribution, a Roth IRA may be a more appropriate alternative. Although Roth IRA contributions are not tax-deductible, qualified distributions are tax-free. You can make a full Roth IRA contribution for 2023 if you're single and your MAGI was \$138,000 or less or married filing jointly with a 2023 MAGI of \$218,000 or less.

Tip: If you can't make an annual

contribution to a Roth IRA because of the income limits, there is a workaround. You can make a nondeductible contribution to a traditional IRA and then immediately convert that traditional IRA contribution to a Roth IRA. (This is sometimes called a backdoor Roth IRA.) Keep in mind, however, that you'll need to aggregate all traditional IRAs and SEP/SIMPLE IRAs you own — other than IRAs you've inherited — when you calculate the taxable portion of your conversion.

Feel free to contact us to discuss your current situation and see if the above can apply to you and your household for added retirement funding for 2023. ■

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Lenten Fish Fries are being offered at a cost of \$13 for adults and take-outs and \$6 for children.



Friends of the Library Trivia Night

Saturday, March 23, 7-10 p.m.
SkyView Vineyard and Event
Venue, 15110 Iowa 92,
Indianola

Support the library and enjoy a fun night of trivia. This is an adults-only program. Cash bar and 50/50 raffle included. All proceeds will directly benefit the library by funding Summer Reading prizes and events, High School Book Club, To Be Read (monthly book selection service), family events such as Trunk or Treat and the Elephant & Piggie Party, and much more. Registrations are \$160 for a table of eight and are open now. Shared transportation to the venue is recommended. A snack table will be provided, but outside food is welcome. Register online at <https://forms.gle/eXB3SmGhb6CJgeUz9> or stop into the library for a paper form. Payment is required to confirm your reserved table.

Powerful Tools for Caregivers

Do you help take care of an adult with chronic conditions? If so, you are not alone. More than 43.5 million family caregivers in America provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or an intermittent basis.

Powerful Tools for Caregivers is an educational series designed to provide tools you need to take care of yourself. If you take good care of yourself, you will be better prepared to take good care of your loved one. As a participant, you will learn how to: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions and locate helpful resources.

Iowa State University Extension is sponsoring Powerful Tools for Caregivers in Indianola this March/April. Classes consist of six, 90-minute sessions held once a week every Friday beginning on March 22. Classes will be held at the Indianola Wellness Campus from 10-11:30 a.m. There is a \$40 fee for the program. To register, contact the Warren County Extension office at 515-961-6237 or Karie Foster at 641-660-2725. You can also register online at <https://go.iastate.edu/QH3TVO>

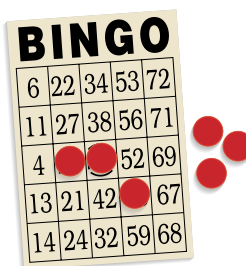
Recurring Library Events

• **Storytimes:** Tuesdays, Thursdays and Saturdays, 10:30 a.m. Join Janis and Kelsey for stories, songs and shakers with free-play time after.

• **Club Mondays,** for school-aged kids, 3:30-4:30 p.m. First Mondays: LEGO Club for students who have finished kindergarten through fifth grade. Second Mondays: Pokemon Club for students who have finished third through fifth grade. Third Mondays: Book Adventures Club for students who have finished third through fifth grades. Fourth Mondays: Minecraft Club for students who have finished kindergarten through fifth grade.

• **Teen Hangout,** Wednesdays, 2:30-4:30 p.m. Play board games and video games, do crafts, watch movies, eat and hang out. For students who have finished grades 6-12 only.

• **Bingo,** first Tuesdays, 6:30-7:30 p.m. Play to win prizes, BYOB, beer and wine. For adults 18 and older only.



Talking Taxidermy

Thursday, March 31, 6:30-7:30 p.m.
Room AB, Indianola Public Library,
207 N. B St.

In this program for adults, local business owner Tiffany Scovel, of Scovel Taxidermy, will talk through how a tanned cape is prepared to be mounted. Come to this presentation to see tools of the trade and ask an expert anything you'd like to know about taxidermy.



Tunes & Treats: Flying Silos Duo

Tuesday, March 26, 1 p.m.
Indianola Activity Center, 2204 W.
Second Ave., Indianola

The Flying Silos are a fun and entertaining duo who perform blues, rock, pop and country, with their set list spanning Adele to Zeppelin charts. The free concert is hosted by Indianola Parks & Recreation, with dessert provided by Indianola Hy-Vee.



People's 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.

Check for cancellations

Events at The Brenton Arboretum

The Brenton Arboretum, 25141
260th St., Dallas Center

For more information or to register, visit www.thebrentonarborium.org/events.

- Wednesdays, March 20, 27, 10-11 a.m., Nature's Healing.
- March 21 and April 4 and 18, Nature Club, varying times. Register by age group.
- April 21, noon to 3 p.m., Earth Day Celebrations; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels.

All Iowa Auto Show

March 15-17
730 Third St., Des Moines
usatventures.com/expos/auto/iowa/#

The All Iowa Auto Show features dozens of manufacturers and auto dealers displaying brand new makes and models under one roof.



St. Patrick's Day Parade

March 16, noon
Grand Avenue, downtown Des Moines
www.friendlysonsiowa.com

The Friendly Sons of St. Patrick brings Des Moines its St. Patrick's Day parade, this year with a new route. The parade will proceed south on Robert D. Ray Drive to Grand Avenue and then west to Eighth Street with the parade officially ending at Eighth and Grand Avenue.



Des Moines St. Paddy's Marathon

March 16
E. Locust Street and Pennsylvania Avenue,
Des Moines
iowaruns.com/desmoinesstpaddys5k

A marathon, half-marathon and 5K will be offered. All finishers will receive a 2024 pint glass, a finisher medal for all half-marathon and marathon runners, and the chance to celebrate eight years of the Des Moines St. Paddy's Race.

Des Moines Comic and Toy Show

March 23-24
Merle Hay Mall, 3800 Merle Hay Road, Des Moines
quadcitycon.com

This free event will be inside Merle Hay Mall. Quadcon is planning on having 100 vendor and artist spots, so get ready to get your steps in to see the available cards, comics, posters, toys, games and art. ■

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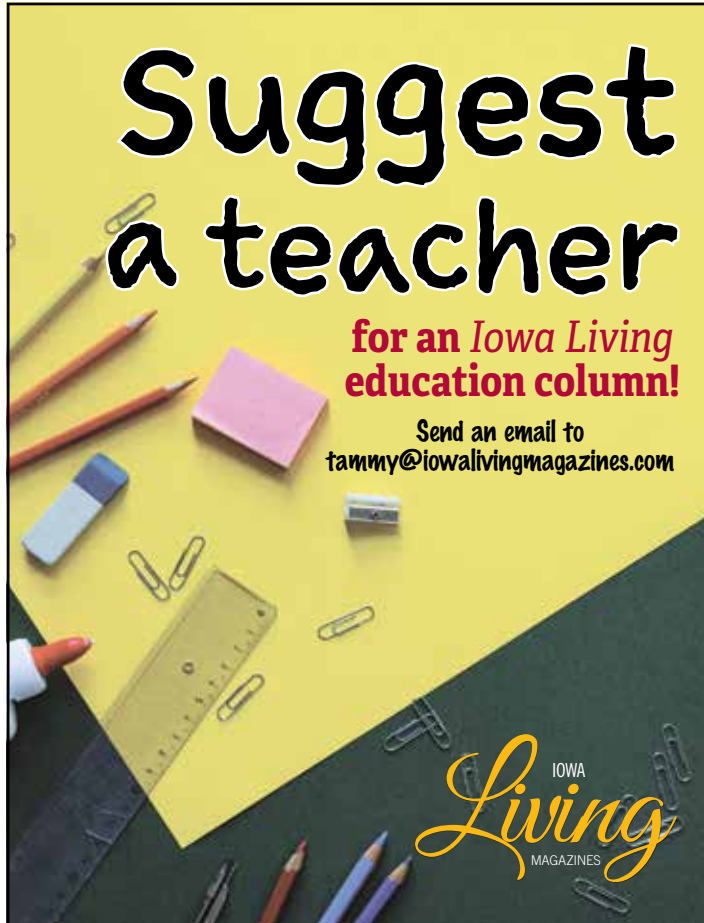


Rep. Brooke Boden (R-Indianola) recently welcomed members of the Southeast Warren and Indianola FFA chapters to the Iowa House during the FFA Legislative Symposium. ■

Suggest a teacher

for an Iowa Living
education column!

Send an email to
tammy@iowalivingmagazines.com



IOWA
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MAGAZINES

CALL for volunteers

One of the treasures of Warren County is the museum in Indianola. We exist to preserve the history of all of Warren County, not just Indianola. Plans are beginning for the 2024 Log Cabin Festival



sponsored by the Warren County Historical Society on Sept. 28. The theme this year is Warren County Railroads, and we are featuring the Warren County Model Railroaders who have an exhibit on the lower level of the museum. Log Cabin Festival is our major fundraising event of the year, so the event is essential to preserving the history of our county and to honor the ways pioneers learned to live off the grid. This is also a good opportunity for high school students who need silver cord hours.

We are looking for people who have skills in some of the lost arts practiced by pioneers and who would be willing to demonstrate and/or teach those skills. Examples might be candle-making, butter-making, weaving or spinning, corn shelling, rope-making, blacksmithing, carpenter/woodworking, foraging for food, beekeeping, collecting and making maple syrup, making soap, making herbal medicine, etc.

We also need people to help monitor and supervise other activities. Scarecrow making is always a popular activity. We have several children's games that the kids (and adults) love to test. Twisting twine into rope is fascinating. Help in the kitchen with our chicken noodle dinner is always welcome.

Each building needs a volunteer. You don't need to know anything about the building; just sit and listen to the exclamations of amazement as visitors tour the building or the museum. Listen for the sentences that begin with "I remember..." or "My grandfather used to..." Heritage village includes a General Store and Post Office, newly restored Log Cabin, Country Church, Mt. Hope School, Quaker Meeting House, George Washington Carver Museum, and two levels of museum exhibits in the main building.

Opportunities for photographs abound throughout the day. There will be a rack of period clothing and hats that will need a volunteer to assist.

Helping set up for the day and take down at the end of the day is an experience you won't regret. You begin the day with the joyous anticipation of all the fun visitors will have, and you end the day with a sigh of relief that it's finally over.

Another volunteer opportunity comes in May when the fifth-grade students from Indianola spend a day enjoying pioneer activities for Pioneer School Days. Activities include making a quilt square, dipping candles, making butter, watching a blacksmith, shelling corn, cutting a log using a two-person saw and touring the museum.

Your help will be greatly appreciated, whether it's for an hour or two or for the entire day. If you are available to assist in any way, we can be contacted at 515-961-8085, contact@warrencountyhistory.org or through our Facebook page <https://www.facebook.com/wchs.iowa>. Better yet, come visit the museum at 1300 W. Second Ave., Indianola, on the east side of the county fairgrounds (Thursdays 9 a.m. to 4 p.m. or Saturdays 9 a.m. to noon). ■

THE STORIES treasures tell

Clark enjoys adventures in buying, collecting and selling antiques.



For Shirley Clark, antiques isn't just a hobby; it's a way of preserving history and bringing memories or untold stories of the past to life.

Shirley Clark's first recollections of bargaining and buying were with her dad.

"He took me to farm auctions early on," she says. "Those are memories that have stuck with me, and antiques ultimately became a lifelong hobby."

It wasn't unusual to find Clark and her husband, Duane, at auctions on the weekends. The couple often stayed local, but also traveled to places like Omaha, Cedar Rapids and beyond. Every Thursday or Friday, they would review the local papers searching for their next adventure.

"Duane was interested in the list of items for sale, and I really only cared about the location and the auctioneer," she says. "I didn't focus on what was for sale because I knew there would always be something unusual to buy."

Clark recalls the fun they had traveling to Missouri with friends to visit antique malls. It was a day of bargaining and buying, stopping for lunch, then spending the evening admiring

their finds.

After many years, Clark realized she could only collect so much. It was time to let go of some things.

"In 1999, I decided to try and sell all the boxes of collectibles that accumulated," she says. "I started by renting a case at The Brass Armadillo. It was a way to begin reducing items in storage and identify the things I wanted to keep."

Clark personally collects carnival glass, pottery and artwork. She also loves ephemera — collectible paper-based memorabilia — and has a large collection of autograph albums from the 1800s. She finds items at tag sales, flea markets, vendor shows, auctions, and from friends who are downsizing. Live auctions are rare these days, and it's something she misses.

Clark collects most items for eventual resale unless it's something with which she simply can't part. Her one case back in 1999 has now grown to multiple cases and booths.

"Peoples' interests are much different these days," she says, laughing. "Today they are looking for decorating items, things from their past, grandma's old dishes, games, as well as useful items to store things in. Cookbooks are also popular."

Clark is passing the tradition down much like her father did. Her son enjoys working on old sewing machines and has a great eye for pulling together items for wall displays. Her daughter has also been a great asset, helping her with placement of items and displays within her cases and booths.

"Family often find that, when their parents pass, it's common to throw away things of value without knowing it," she explains. "Don't overlook paper items such as farm service manuals, letters, old receipts, old photos or Civil War items. I can't promise that everything ephemera will have value, but don't just think it is wasted space." ■

HOW UNTREATED hearing loss affects overall health

The average hearing loss patient waits seven years before seeking help, which can take a toll on their quality of life.¹ Hearing loss is linked to several common health conditions and, the longer someone puts off getting treatment, the more likely they are to face negative consequences.



The impact on your health

Your brain makes sense of the sound your ears take in, allowing you to hear. Untreated hearing loss causes your brain to process fewer sounds. Some neural pathways atrophy or are used for other functions when this change occurs and may contribute to health problems.

People with hearing loss:

- Have three times the risk of falling²
- Are up to five times more likely to develop

dementia³

- Are at a greater risk of experiencing depression and social anxiety⁴
- Can struggle to communicate and become socially isolated

Financial health can also be affected; research shows that untreated hearing loss can decrease one's annual income by up to \$30,000.⁵

How to cope: Get an annual hearing test

Hearing loss usually develops gradually, making it difficult to notice for many. That's why scheduling an annual hearing test with an audiologist is crucial. Early support from a professional is vital.

Annual testing will help detect any hearing loss as soon as possible, and early detection allows an audiologist to treat your hearing loss more efficiently and effectively.

The role of hearing aids and communication strategies

If your audiologist determines you have

hearing loss, hearing aids can help you communicate, connect and even improve your health. Evidence shows that wearing hearing aids can enhance balance,⁶ slow cognitive decline⁷ and reduce depression in patients.⁸

Using communication strategies is another way to make living with hearing loss easier. Turning on your TVs closed captions, ensuring you can see a person's face when they are talking and moving to a quieter location to speak together are all examples of communication-enhancing techniques.

Now's the time to take control of your hearing — and your health. Call your local audiologist to schedule your hearing evaluation. ■

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



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ACUPUNCTURE and the treatment of trigger points

Acupuncture is an effective treatment for releasing trigger points in muscles and relieving pain naturally and, in addition, for treating the underlying causes.



Many people live with pain daily. Pain continues to be the No. 1 reason why a person may consider acupuncture treatment. According to the "Journal of Pain," more than 11% of Americans suffer from daily pain, while more than 126 million Americans reported feeling pain in the past three months. It was also reported that the time it takes to diagnose many chronic pain conditions could range from six months to four years.

We know through research and quality of life assessment tools that pain can interfere with our quality of life, our ability to be socially active, our emotional state, our ability to work, and many other factors.

When we hear the term "trigger point," we think skeletal muscle. Dr. Janet Travell was one of the first physicians to identify and treat these trigger points and to develop a theory about how they occur, how to evaluate and treat them, and how to look at factors that were contributing to them and correcting them for long-term correction and resolution. Her definition of a trigger point is a "localized spot of tenderness that can create spasms or limited movement. Patients recognize pain when pressure is applied to the tender spot(s)."

So how do licensed acupuncturists treat trigger points? When evaluating patients with pain syndromes, both acute and chronic, an acupuncturist will diagnose using Asian Medicine diagnosis to determine the underlying cause of the pain. Pain may be caused by liver qi stagnation, kidney deficiency, cold damp invasion, blood stagnation, or spleen qi deficiency, etc. Each of these would have different pain presentations and slightly

different treatment methods for each individual. Then the acupuncturist will evaluate if there may be trigger points in the painful area that may also be contributing to the pain pattern.

In traditional Asian Medicine theory, a trigger point is referred to as an "ashi," or "tender" point. Acupuncturists are trained to evaluate if the trigger point is excess or deficient, hot or cold, tense or soft. This information, along with their previous diagnosis of the underlying cause, determines the technique they will use. Acupuncturists are trained in hundreds of hours of various needle techniques they may use to clear a trigger point.

*Acupuncture is not dry needling; dry needling is not acupuncture. ■

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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FAITH

By Tom Vanderbilt

IN LIKE a lamb; out like a lion

In elementary school, I learned a proverb: March comes in like a lion and goes out like a lamb. With Easter falling on March 31 this year, the Church will see that Jesus does the opposite of this old saw. He will come in like a Lamb and go out like a Lion.

As we begin this month of March, we see Jesus as a Lamb. When the crowd called for His crucifixion, He didn't say a word. His only words from the cross are words to commend His mother to John's care and to ask for something to drink. As Isaiah foretells: "He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth" (Isaiah 53:7). Jesus begins this March as a Lamb.

But He will end this March like a Lion. Like a lion devouring his prey, Jesus gobbles up His enemies, namely sin, death and the devil. As St. John writes in Revelation: "Weep no more; behold, the Lion of the tribe of Judah, the Root of David, has conquered..." (Revelation 5:5). On Easter, March 31, we remember that Jesus leaves this March as a conquering Lion. ■



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

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INSURANCE

By Mike Richey

LIFE insurance facts

Here are some things you might not be aware of
when it comes to life insurance.

The purpose of life insurance is to provide relief. In the event of my unexpected passing, the loved ones I leave behind will take on certain financial burdens. Such burdens could include the loss of the income I had been earning, the debt (such as a mortgage) that I had been paying, or simply the expenses of my funeral and burial or cremation. Luckily, my life insurance policy will provide them with the money to help relieve those burdens.

Your life insurance could pay you before you die. Many life insurance policies include what is called an Accelerated Death Benefit. Depending on the language of your policy, if you are terminally ill with just a short time left, your life insurance could pay out a significant portion of your death benefit before you die to use as you see fit.

You may not have to pay for your life insurance if you become disabled. Another provision that many policies include is called a Waiver of Premium. If you become totally disabled, you can keep your life insurance and not have to pay premiums.

To ensure that you are up to speed with your life insurance policy, make an appointment with your insurance agent today. ■



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

WEIGHT loss injections and muscle loss

Weight loss injections have become a hot topic in the mainstream media, social media friends sharing experiences, medical spas, and the medical community. They can be life changing, prevent chronic illness, and help people find freedom from food. Unfortunately, another thing that can happen is loss of muscle. How can we combat this? Lifestyle changes such as increased protein intake and resistance training can combat the loss of muscle, but there are also tools that can help build muscle mass, help increase your metabolic rate, and even decrease dangerous visceral fat. Visceral fat reduction can help decrease the risk of heart attack, stroke, type 2 diabetes, heart disease, certain cancers, and Alzheimer's disease. Emsculpt NEO is a machine that can help with targeted muscle gain in just four 30-minute sessions. Clients see a 25% muscle mass increase and 30% fat reduction in targeted areas. Common areas include abs, glutes, inner thighs, biceps, triceps, calves and quadriceps. It is the equivalent of doing 14-16 weeks of high intensity interval training in a fourth of the time, fitting your busy lifestyle. Some people see tangible results in only one session, and results continue to be shown several weeks after the treatment, with the client's metabolic rate being increased for 6-12 months due to the increase in muscle mass. Talk to experts to see if this machine is a right fit for you. ■



Information provided by Jen Penisten, MSN, RN, NP-C, CEO/owner, Vivid Life Spa, 1016 Main St., Norwalk. Call 515-850-7848 to book your first session today or scan QR code in ad right to schedule online. <https://livin-vivid.com/life-spa>.

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EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging "I was mad" isn't likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: "I felt disrespected because I had previously explained why I didn't want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn't trust them to respect my feelings going forward." Lisa Feldman Barrett explains this phenomenon in her book "How Emotions Are Made," and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



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

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MAKING a difference, one diaper at a time

Diaper bank addresses important community need.

As program manager of the Short Years Diaper Bank, Erin Paugh can't help but smile when she reads impact statements from families expressing gratitude for the help they receive from the diaper bank.

"Clients tell us the difference it makes for them not having to worry about whether or not they will have enough money for diapers," she says. "Those burdens are very real for many families, and, if we can help, that only makes them and our community stronger."

The Diaper Bank was started in 2021 after Ricki Schroeder, a Parent as Teachers (PAT) educator recognized a need in the families she was serving.

Paugh started with Short Years in 2021 as a program associate for the PAT program. She wore many hats, including working with the Diaper Bank, which didn't have a physical location at the time. As it continued to grow, a space was secured, and Paugh took over as program manager in 2023.

The Diaper Bank provides supplemental diapers (50 per child) each month to any eligible Warren County family as well as eligible participants in the PAT program in Warren, Madison, Dallas, Jasper and Marion counties.

Last year, the diaper bank served 156 kids from 108 families and distributed more than 42,000 diapers — 32% of those being served in Warren County. Paugh expects this number to jump significantly in the coming year.

"We have grown our efforts gradually and intentionally, distributing more than 120,000 diapers in the past three years," says Paugh. "We would not have been able to do this without the support of our amazing community."

Volunteers like Cheryl Geurts (now a board member) and Carson Forst are essential to the program. They both pick up diapers from drop off points and deliver them to the main office.

"Parenting is the hardest job there is, and this is one small way I can make a difference," Geurts says. "It really does take a village, and donating diapers is any easy way to help families in need."



As program manager of the Short Years Diaper Bank, Erin Paugh knows the impact that donations have on the lives of those in need.

Forst learned about the Diaper Bank through Norwalk's 100 Men Who Care.

"A parent of a young one in diapers myself, I know how expensive diapers can be," Forst says. "The education and services that Short Years provides is vital to new parents who are in need and changes lives."

Paugh hopes to expand and serve more families by purchasing in bulk at a discount from the National Diaper Bank Network (NDBN).

"We don't have a receiving dock and are looking to partner with an Indianola business that would donate their dock to receive several pallets at one time," explains Paugh. "We are also in the process of writing for funding to purchase shelving and supplies to be able to store bulk diapers in our current office building."

Sponsors are vital to the program's mission as well as individual donations. They accept new and open packages of diapers sizes newborn to seven as well as soft pack baby wipes, diaper cream and training pants.

How can you help?

Host a diaper drive or drop off donations at Short Years' main office, 515 N. Jefferson Way, Indianola, or at the public libraries in Indianola, Norwalk, Carlisle and Milo.

If you want to help or you're a family in need of diapers, find more information at www.shortyears.org/diaper-bank or email diaperbank@shortyears.org ■

Balloons for Brighter Futures

"Fly high" and help Short Years care for kids from the "bottom up!" In recognition of Child Abuse Prevention Month, Short Years Partnership is hosting a raffle for a hot air balloon ride for two. Proceeds benefit child abuse prevention programs in Warren County, including the diaper bank. Tickets are \$5 each or five for \$20. Follow the QR Code for more information.



RECIPE

EASY Easter eats

(Family Features) Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.



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POTLUCK Thursday

Potluck Thursday was held at Connect 55+ Senior Living on Feb. 22, while also celebrating February birthdays.



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Arlene Peters and Sonja Johannes



Steve Johannes and Bruce Peters



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RIBBON Cutting

La Tiendita hosted a ribbon cutting on Feb. 26.



Iana, Alondra and Moises Valdivia



La Tiendita hosted a ribbon cutting on Feb. 26.



Amanda and Joe Ripperger



Paula Chew and Bobbi Gladson



Natalie Guardado, Denise Alvarado Lopez, Elizabeth Garcia and Lupe Contreras



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MEET Natalie Gordon

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"It's an intrinsic part of life and one that connects us all," says Emerson Elementary music teacher Natalie Gordon. "Music helps students use their imagination, learn to listen and find their voice. And music is fun."

For seven years, Gordon has been sharing her love of music in the Indianola School District. She student-taught with Rita Bresnan and then worked at Laura Ingalls Wilder and Whittier Elementary before moving to Emerson in 2019.

Music has been a part of her life since childhood. In elementary school, Gordon took an interest in piano and community theatre. As she continued through middle school and high school, she joined in band, choir, show choir, theatre and speech.

"I knew in middle school that I wanted to be a music teacher," she says. "I couldn't think of anything better than singing and sharing what I love with students and putting on performances."

After graduating from Emmetsburg High School, Gordon headed to Simpson College and never looked back. She earned her bachelor's degree there and went on to get her master's from Grand View University with additional endorsements in Instructional Coaching and K-12 English Language Learners.

Gordon believes in instilling a value beyond school for the music education classroom and is grateful that ICSD is so supportive of the arts. Her students have enjoyed field trips and performances at the elementary buildings by the Indianola High School marching band, jazz band and orchestra, as well as Opera Iowa.

"Culture Day at Emerson always includes a variety of music experiences from around the world," she explains. "Our grades 3-5 students loved when RJ Hernandez came and presented the Music of Mexico."

Their 2023 holiday concert celebrated a "Season of Giving," and, as a school, they collected canned food items for Helping Hand and sang songs about the importance of giving. As a music teacher, Gordon loves that she gets to teach every student in the school and make lasting connections.

"Being a part of the community and school district for seven years has allowed me to see students who loved to sing and perform in elementary school continue on in high school and beyond," she says. "It's rewarding to watch many of them grow into musicians and performers."

When she's not teaching, Gordon likes to read, spend time with her dogs, and practice speaking Spanish. She also enjoys live music and theater performances, especially having season tickets to the Civic Center. ■



Natalie Gordon and her students are observing "Music in Our Schools Month" with several activities, including singing songs and talking about what the month-long celebration means across the nation.

THE OTHER time Jesus wept

When this issue of "Indianola Living" arrives, Palm Sunday will not be far off. The day may not ring a bell with you. Or maybe you're not sure you could actually explain what it is all about, but rest assured, it's truly an amazing mixture of victory and grief, of joy and despair.

In the original events, this day took place less than a week before Jesus would be crucified. That Sunday was as hopeful as that coming Friday would be grief-filled. Much happens as Jesus arrives in Jerusalem in what is referred to as the triumphal entry, and a great deal of it can be hard for us to understand because we aren't familiar with the religious significance of the actions described — Jesus riding a donkey's colt, people spreading their cloaks and the branches of palm trees on the road ahead of Him, shouts of Hosanna! ("Save us!") These things can seem strange to us, or at least confusing.

But there is something recorded on that day that likely anyone from any culture in any time period can comprehend. And I have to confess, it's an event from that day that I often fail to recall when Palm Sunday rolls around. In Luke 19:41-42 we're told, "As he approached and saw the city, he wept for it, saying, 'If you knew this day what would bring peace — but now it is hidden from your eyes.'" In the middle of this great festive, chaotic throng, Jesus is weeping.

The shortest verse in the Bible can be quoted by a great many people because you only have to remember two words: "Jesus wept." He did so shortly before he raised his friend Lazarus from the dead. But here we see another time when Jesus weeps, and this time it's over an entire city. Why? He goes on to describe the catastrophic future the city will face because of their very rejection of Him. He says it is "...because you did not recognize the time when God visited you."

Oh, may that not be said of any of us — that God revealed his Son to us and we didn't see it. This coming Palm Sunday, Good Friday and Easter Sunday, attend a church where the Savior that the crowds called out to that day is plainly and clearly proclaimed. May we all likewise call out, "Hosanna!" ■



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



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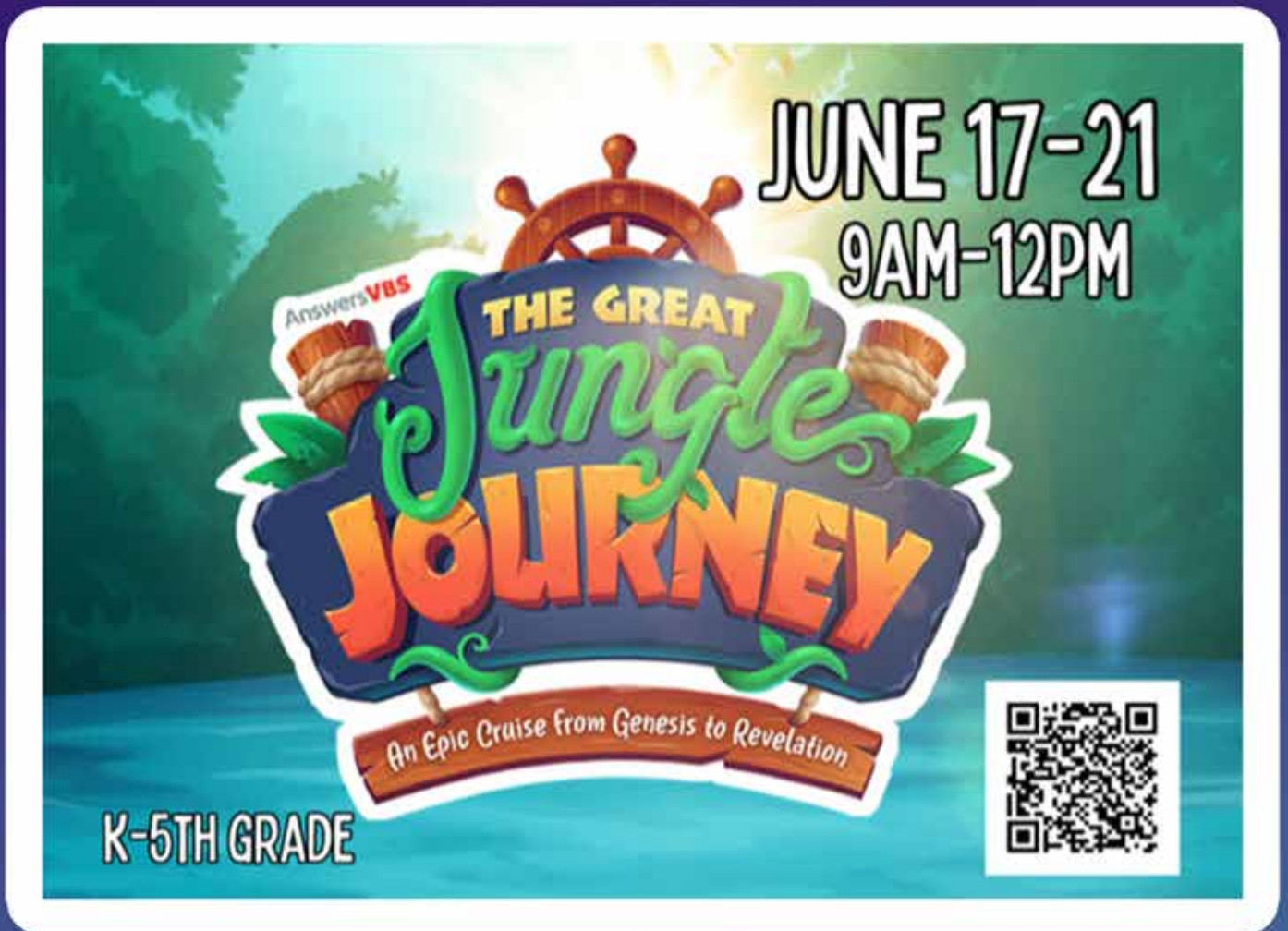


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