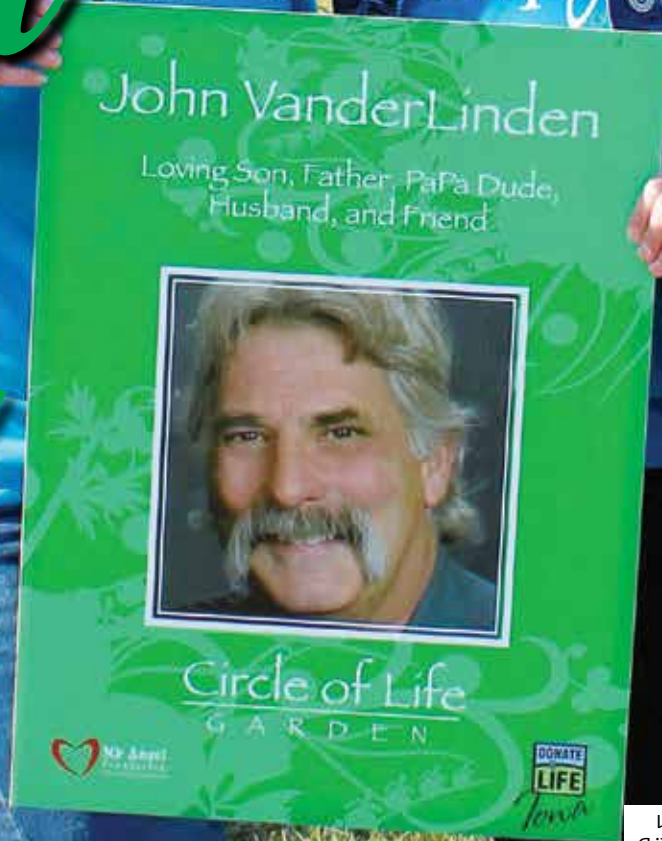


# Living

MAGAZINE

## The gift of a future

Residents share  
their stories of  
organ transplants



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EDUCATION

**Mexican cactus pork stew**  
RECIPE

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In December we held our annual hat & glove drive. As part of our drive, we match dollar for item to be donated to Unravel. We are excited to announce that we met our goal of collecting 2000 items. Along with donating 2,000 hats/gloves to the children of Warren County and to the Necessity Pantry, we can now make our donation to Unravel for \$2,000.00. We began the dollar for item match to honor our good friend, Janine Jensen, who succumbed to cancer in 2020.

We were honored to present a check to Lucy, the chair of the Iowa Unravel branch. The Iowa branch was founded in memory of Lucy's precious daughter, Elayna.

Unravel is a non-profit organization that funds pediatric cancer research. It provides unrestricted funding to researchers to allow them to turn their ideas into new therapies and to find more effective and less toxic treatments for children affected by cancer.

It is a cause that is very close to our hearts as, like many in the community, our office has been affected by childhood cancer. We are proud to stand and fight against childhood cancer. If you would like to learn more about Unravel, you can go to their website at [www.unravelpediatriccancer.org](http://www.unravelpediatriccancer.org).

Scan to find out more about Unravel



Together we can **#makeadifference**. Thank you to our friends, family and community for your donations and continued support.

**WELCOME**

# IF YOU have a heart...

Like most of you reading this, I have not had to deal with organ failure or the need for organ transplants. I am quite thankful for that.

Like many of you reading this, I agreed to be an organ donor when I renewed my driver's license several years ago. I had to pull my license out of my wallet and check it to be sure. You should do so right now, too.

I have some friends who have put great thought into this and how their organs can help others live longer lives. I have other friends who are also organ donors but have not thought about it much at all, having the attitude that they will be dead and don't really care. Regardless of how you feel, those who benefit from your organ donations will be forever grateful, as will their family members and friends.

Mothers will be able to bear children. Fathers will be able to walk their daughters down the wedding aisle. Grandparents will be able to hug their grandkids. And young children can learn to smile, knowing their lives won't likely end anytime soon.

As a regular reader of this magazine, you know we cover a variety of subjects and themes in our cover stories. In the past few months alone, we have written about the benefits of hiring senior employees, dream vacations for local families, ongoing educational opportunities, Christmas card traditions, early risers and more. Some topics have been light-hearted while others have had more serious tones.

As you have likely figured out by now, this month's cover features the stories of local residents and the positive impact of organ donations. I got choked up while reading it, and I found the stories to be incredibly touching. I think you will, too.

If you are not an organ donor, I hope these stories change your mind and have you consider becoming one. We share details on how you can do so, along with the heart-warming stories of local residents who are deeply grateful for those who already have. Be sure to read the story, but grab some tissues first.

Thanks for reading. ■



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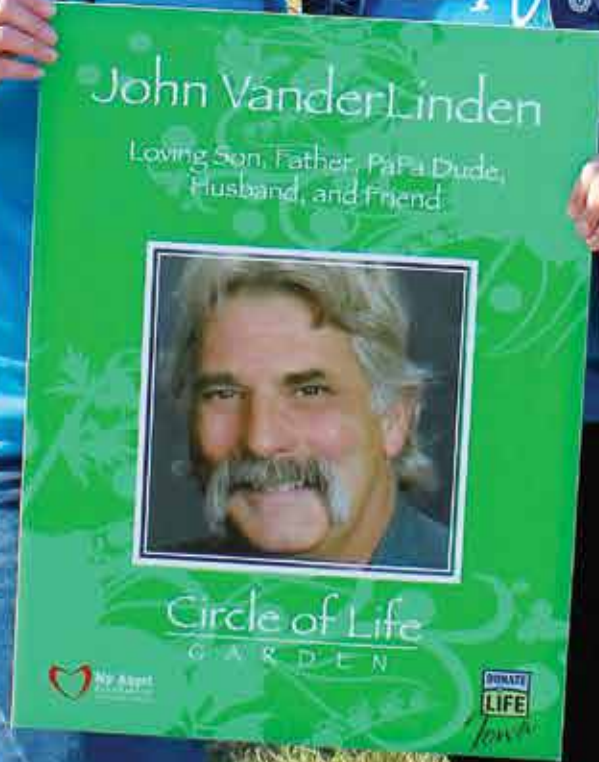
# The gift of a future

**Residents share  
their stories of  
organ transplants**

**By Becky Kolosik**

For many people with organ failure, a transplant is their one hope for a return to good health. In the U.S., more than 100,000 people are waiting for an organ donation — and, for many, the wait can be five or more years. For 17 people each day, time runs out before a match can be found ([organdonor.gov](http://organdonor.gov)). Those fortunate enough to receive a transplant are given not only a gift of health, but of hope — and a future to enjoy.

Meet two Indianola families who have been touched by organ donation — either as donors or recipients. Because of these experiences, both families have made it their mission to share their stories, start conversations about the importance of organ donation and, ultimately, inspire people to register as organ donors so that, someday, they may be able to help others in need.



Sisters Mallory Wells and Emily VanderLinden support the mission of Iowa Donor Network by working with the staff and other donor families to promote awareness and transform lives through organ and tissue donation.

## The future is bright

Joseph Carlson is a fun and energetic third grader at Whittier Elementary. He enjoys gaming, cats, and his favorite Sunbelt Bakery granola bars. He enjoys talking about coding and things he wants to do in the future.

Joe (as friends and family call him) is almost 10 years old, but he has taught not only his parents and siblings, but everyone around him, that life is meant to be lived... that laughter and love are a gift, especially when obstacles are placed in front of you.

Joe's family is also painfully aware of the losses two other families experienced. Little did they know that Joe's eyesight would depend on organ donation.

When Andrea and her husband, John, found out they were expecting Joe, it was her sixth pregnancy. Having lost a baby girl due to a stillbirth nine years prior, Andrea's subsequent pregnancies were monitored closely.

"They found some congenital conditions within Joe's brain during an ultrasound," explains Andrea. "We knew he likely would have some delays due to missing his corpus callosum."

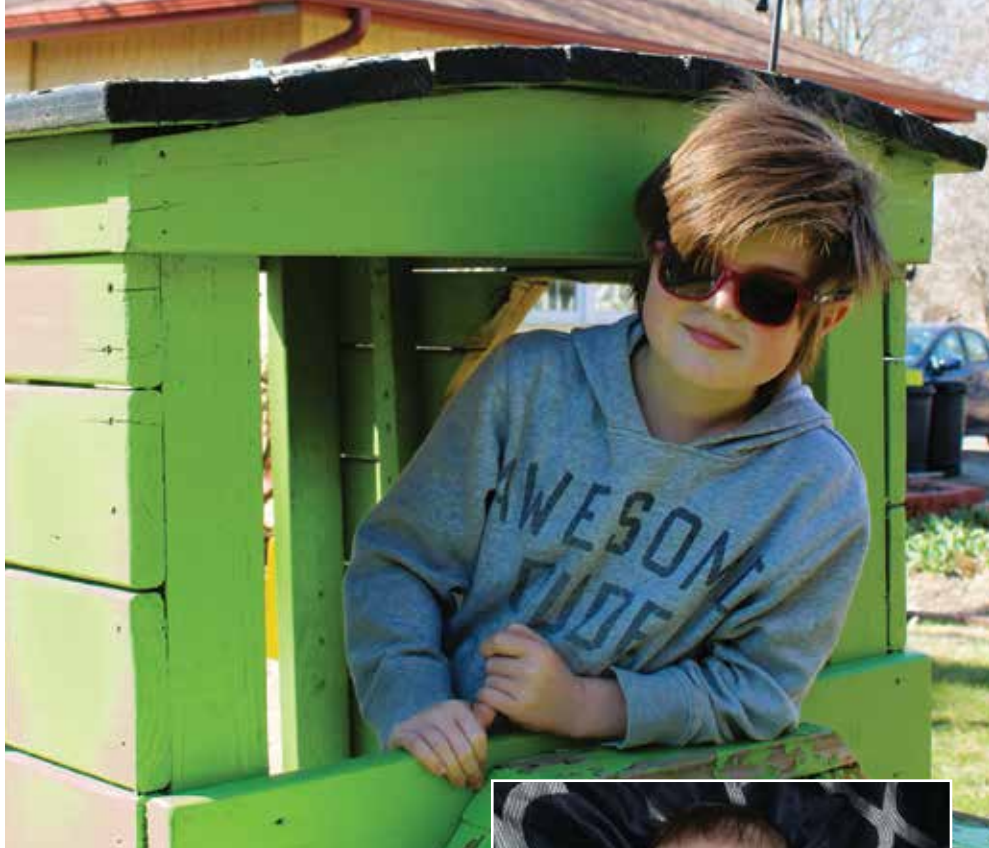
But when Joe was born and opened his eyes for the first time, Andrea knew something else was wrong. Three days later, he was diagnosed with agenesis of the corpus callosum, complete, and a rare eye condition called Peters Anomaly. Peters Anomaly is a disorder of the eye which involves thinning and clouding of the cornea and attachment of the iris to the cornea, which causes blurred vision.

Joe's corneas were completely covered with an opaque white film, making him blind in both eyes.

The Carlsons knew from that first appointment and diagnosis that, if there was any chance to improve Joe's vision, a human cornea transplant would be necessary. Both his cornea surgeon and pediatric ophthalmologist in Iowa City performed many tests and determined Joe was a prime candidate for a transplant in both of his eyes.

When children have Peter's Anomaly, the brain can often shut off connections to the eye, and a transplant might not work if it's not done soon enough. Time was of the essence. Unlike other organs that need transplanted within hours or a day or two, cornea tissue can be preserved a little longer. They set a date for surgery, barring any shortages in donor tissue that would result in rescheduling.

Joe's first transplant was done on one of his



Joseph Carlson, now a fun-loving, active third grader, was born blind due to a disorder called Peter's Anomaly. His family is grateful he gained the ability to see because of two corneal transplants when he was a baby.

eyes when he was 3 months old. Andrea says, going into the procedure that day, there were a lot of nerves, as well as some sadness, because she and John both acknowledged that this transplant was possible because someone else at that same moment was grieving their loved one.

The procedure went as planned. Doctors didn't know how long it would take for his brain to get signals from his eye, but, the day after surgery, they took Joe home and hoped for the best. Joe required eye drops six to eight times a day, and his transplanted cornea also needed to be covered by a plastic eye shield taped to his face.

About a week before receiving his transplant for the other eye at four months of age, Andrea noticed Joe playing with his hands in front of his eyes. It was the sign they needed that the transplant was working and gave them more hope for the second procedure. At 9 months old, Joe got his first pair of prescription glasses. At first, his vision steadily grew worse, but his eyes have stayed stable the past few years. He can still see, and although he has his limitations, the Carlsons are hopeful for his future.

Joe is autistic and has ADHD in addition to his vision challenges, but the family is grateful to his amazing teachers and associates at school



Joseph Carlson, pictured at 3 months old, wears a plastic protective eye patch after receiving his first cornea transplant. A second was done on his other eye a month later.

who have helped him adapt and succeed along the way. He also consults with a teacher for the visually impaired once a month. A couple of years post-transplant, the Carlsons were connected with the family of the donor for his second transplanted cornea. The donor family shared information about their son and the story of his passing.

The Carlsons have since become advocates for organ donation and volunteer regularly with the Iowa Donor Network.

"Joe would no doubt still be living an absolutely wonderful life if he were blind," says Andrea. "But, he now has two gifts that he can open every single morning because two people chose to donate."

## How to become an organ donor

Register with the DMV or register online at the Iowa Donor Network website, [www.iowadonornetwork.org](http://www.iowadonornetwork.org).

- 637 lowans are waiting for an organ transplant.
- 103,388 people are on the National Organ Waiting List.
- 16 lowans are waiting for a heart
- 559 lowans are waiting for a kidney
- 347 organs were transplanted in Iowa in 2022.

## His story continues

Nothing can prepare you for the death of a loved one — especially when it is unexpected. For Mallory Wells and her sister, Emily VanderLinden, even after 12 years, it's still hard to believe that their dad is gone.

However, since his death, the sisters have been able to introduce their dad to many people and share his impact on others.

"I love that his story continues to be written," says Mallory. "His legacy lives on because our family chose organ donation."

From a young age, John VanderLinden was interested in how things worked... always taking stuff apart and putting it back together. He eventually went to school to become a mechanic. Growing up, Mallory enjoyed watching her dad work and spent a lot of time in his shop.

"Looking back, I wish I had tried to learn more from him," she says. "My favorite was when he would work on race cars or hook a motor up to the engine stand. To this day, I love the sound of a race car being fired up."

On Feb. 26, 2012, life changed forever when John suffered a stroke. While he was able to make it to the hospital for treatment, a brain aneurysm in the early morning of the 27th further complicated his condition. Medical staff did all they could but determined that John would never recover.

The hospital made the referral to the Iowa Donor Network (IDN), and the family came together to discuss options. A nurse named Kelly shared her personal story with them about how she had witnessed a second chance at life given through the gift of a kidney donation to her relative, not to mention other examples through her job in the ICU.

"Her story made such an impact," says



John VanderLinden's family with NASCAR driver Joey Gase's car featuring John on the hood. Joey's mom was also an organ donor. Joey honored John at a race at the Iowa Speedway in July of 2016.

Emily. "We all agreed that Dad would be a donor. Honestly, it was the easiest decision we could make during such a devastating time."

Their stepmom, Julie, summed it up perfectly when she said, "If we aren't going to get our miracle, then why not give someone else theirs?"

John was able to donate both of his kidneys, his corneas and skin tissue. One of his corneas went to a 65-year-old man and the other to a 67-year-old man.

His right kidney went to a 61-year-old wife and mother of seven. She had been on dialysis three times a week for three years and on the transplant waiting list for two years.

John's left kidney went to a 64-year-old father of two who had been undergoing dialysis three times a week for three years. John's skin and connective tissues were used in a variety of ways for people of all ages.

Despite knowing that their dad helped so many people, Mallory says she still felt angry, broken and lost. It's the natural grieving process. However, as time passed, the sisters became involved with Iowa Donor Network as volunteers.

"The more I volunteered and got to know the staff, other donor families, and recipients, I was slowly being pulled out of the darkness of my grief," Mallory explains. "It helped me process my thoughts and feelings and showed me I was not alone."

After Mallory participated in a donor family letter writing workshop, they were able to meet the family of the female kidney recipient. She had passed away the previous summer, but Mallory says it was great to

## Iowa Donor Network (IDN)

The Iowa Donor Network is a non-profit organization that serves as the primary contact for organ, tissue and eye donation services for the state of Iowa. IDN coordinates organ recovery, educates healthcare professionals and communities and provides support to donor families. IDN collaborates with healthcare partners, organizations and volunteers to honor the gift of life and inspire others to donate.

IDN is celebrating 30 years of donation support in 2024. Over the past 30 years, IDN has worked with more than 1,900 organ donors, 6,000 organ recipients, and 15,000 tissue donors, giving an average of 75 tissues for transplant, impacting healing among more than 1 million people.

**For more information on IDN, visit [www.iowadonornetwork.org](http://www.iowadonornetwork.org).**

see the faces of her husband, daughter and granddaughter, give them hugs and hear how grateful they were for the eight additional years they had with her.

Mallory and Emily hope that, through their work with IDN, their personal story will help people understand more about the organ donation process. They say that people should never think they are "too old" or "don't have anything useful that would help someone."

"When you die, you aren't taking your physical body with you," says Emily. "Dad spent his life helping others by keeping them on the road, so it only made sense to have his final gift be the gift of life." ■

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# A LOOK at diversification

Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss. The key to diversification is to identify investments that may perform differently under various market conditions.



a computer company, a drug manufacturer and an oil service firm, however, may be considered more diversified.

Similarly, a bond portfolio that invests exclusively in long-term U.S. Treasuries may have limited diversification. A bond fund that invests in short-term and long-term U.S. Treasuries, plus a variety of corporate bonds, may offer more diversification.

**Mutual funds and ETFs:**

The concept of diversification is one reason why mutual funds and Exchange Traded Funds (ETFs) are so popular among investors. Mutual funds accumulate a pool of money that is invested to pursue the objectives stated in the fund’s prospectus. The fund may have a narrow objective, such as the auto sector, or it may have a broader objective, such as large-cap stocks. ETFs also can have a narrow or broader investment objective. Keep in mind, though, the more narrow an investment objective, the more limited the diversification. Furthermore, a narrow investment objective may result in more volatility and additional risks associated with a

particular industry or sector.

The concept of diversification is critical to understand when you are evaluating a portfolio. If you want more information on diversification or have questions about how your money is invested, call your financial professional for a review.

Mutual funds and exchange-traded funds are sold only by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money. Shares, when redeemed, may be worth more or less than their original cost. ■

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On one level, a diversified portfolio should be diversified between asset classes, such as stocks, bonds and cash alternatives. On another level, a diversified portfolio also should be diversified within asset classes, such as a diverse basket of stocks.

**A diversified approach:**

For example, let’s say a stock portfolio included a computer company, a software developer and an internet service provider. Although the portfolio has spread its risk among three companies, it may not be considered well diversified, as all the firms are connected to the technology industry. A portfolio that includes

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# FINISH those spring garden chores

It seems like spring has been here since February. We need moisture to stem the drought from last year, but don't be afraid to start getting some gardening done this month. Spring blooms are blooming, snowdrops and crocus have bloomed, daffodils and tulips are already blooming. Take a few moments to mark where this first color is with a garden map or flag them, this will help you plant your summer perennials without digging up these established bulbs. While doing this, think about adding some lily bulbs or peonies to sunny areas. When they begin to emerge, they will hide the leaves of the spring bulbs. Now is the time to plant those lily bulbs and peony bareroot stock.



Indoors, you've got your tomatoes and peppers started, along with other veggies and flowers to plant out when the threat of frost is over. But, outside, you can start your cool season veggies: radish, leaf lettuce, spinach, onion sets and potatoes. Have your kids or grandkids help you with this, making and marking the rows, planting the seeds (even use seed tape if the seeds are small or you are working with younger kids) and then tending to them through harvest. And while you are considering that bountiful produce this summer, consider entering it in the Warren County and/or the Iowa State Fair. Premium books are online.

We are anxious to clean gardens off, getting rid of perennials and annuals we missed last fall, but delay as long as possible. Wait until days are consistently above 50 degrees. Beneficial bees and insects are using these hollow stems and refuse to overwinter and hide until warmer temps bring blooms and food sources. Once we can clean up, trim Annabelle hydrangeas and spirea close to the ground, cut grasses back before new growth emerges, and cut paniculata hydrangeas back to the highest bud. Kids can help you here as well, moving refuse to the compost bin and other tasks.

If you are moving daylilies, hosta or monarda (or sharing with family and friends), now is the time to dig and split. Doing so now will allow them to fill out while coming out of dormancy and form a symmetrical mound, instead of looking chopped up. It is also a great time to thin out your trumpet and Oriental lilies. Remember to do this after the soil can be easily worked and not wet, otherwise you will have a clumpy mess all summer long.

Now is the time to design and determine what tropicals and annuals you want in your containers. Even have your kids design and then care for one all summer so they can enter it in the Warren County or Iowa State Fair. If you are using elephant ears, cannas or caladiums, consider purchasing them now, potting up and putting them in a sunny window to get started, and you will have growing plants to put into the gardens and containers.

Finally, keep feeding and watering your bird friends. Food and water will attract the migrating birds to your garden and help to keep them there through the summer as food sources become plentiful with nectar and seeds from the flower garden and trees.

Planting season is almost here. Finish your spring chores and get ready to plant for summer blooms. ■

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



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The right to a trial by jury in criminal cases is well established and constitutionally protected by the Sixth Amendment as well as the state constitution. The rules relating to trial by jury in civil cases is less clear and have an interesting history. The founders of the United States believed that trial by jury in civil cases was a fundamental right. Because of this, the Seventh Amendment to the Constitution provides:

“In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by jury, shall be otherwise reexamined in any court of the United States, than according to the rules of the common law.”

It is notable that, under the Seventh Amendment, only cases at common law (mostly seeking money damages), were required to have a jury. Cases in equity, such as probate, dissolution of marriage, injunctive relief and actions seeking decrees are not included.

When Iowa became a state, it had a similar recognition of the importance of the right to trial by jury. However, it did allow for a change in the number of jurors in non-criminal cases. Article I, Section 9 of the Iowa Constitution states:

“The right of trial by jury shall remain inviolate; but the general assembly may authorize trial by a jury of a less number than twelve men in inferior courts; but no person shall be deprived of life, liberty, or property, without due process of law.”

In accordance with the above language, most Iowa civil cases are tried to eight jurors as opposed to 12 in criminal cases.

An interesting question confronted the Iowa Supreme Court concerning whether a party had a right to a jury in a small claims case. In *Iowa National Mutual Insurance Co. v. Mitchell*, 305 N.W.2d 724 (Iowa 1981), the Court provided a history of the Seventh Amendment, English Common Law and Iowa’s Article I, Section 9.

At the time of the case, the small claims jurisdictional limit was \$1,000 or less (it is now \$6,500). The Court observed that the Seventh Amendment’s provisions have no application to state court proceedings. Nevertheless, for background, the Court observed that, in federal cases, the right to trial by jury is the right which existed under the English Common Law in 1791 (when the Seventh Amendment was adopted).

In applying the tenants of English Common Law, the Court determined that the constitutional direction that “the right of trial by jury shall be inviolate” carries with it the common-law concept that minor claims may be adjudicated without a jury.

The fundamental right to a civil jury trial is not absolute. ■

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



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# WHO LIKES a planner?

We all have that one friend or family member who shows up for a trip or even a short weekend with a detailed itinerary. The “planner” is made fun of and laughed at by all...and then the trip goes swimmingly with everyone able to relax — or able to pivot when the unexpected occurs. All thanks to the base plan and the lowly “planner.”



Planning in the financial world is too often viewed as intimidating or only for the wealthy. The uncertainty of the future or not being able to lay the “perfect plan” are also often excuses used to have no plan. The one guarantee you get from any plan is that it will not go exactly as forecasted, but having the plan in the first place allows you to define and shift when those deviations occur.

**We all need to have plans for:**

- **Budgeting:** We are a quarter into 2024, and it is a great time to review your cash inflows and outflows for the first three months of the year. Managing your lifestyle is vital to the remaining parts of your comprehensive plan.
- **Financials:** Whether you are focused on retirement, college, or another large purchase or change in life, financial planning allows you to visualize how you can meet or adjust those goals.
- **Taxes:** Taxes play a major role in long-term planning. Efficiently

utilizing the appropriate savings vehicles and distribution strategies can make reaching your goals easier.

- **Investments:** You will want to use different investment vehicles for your varied goals and time horizons — and they may adjust based on your stage in life. There is no single solution to meet all your needs. When selecting investments, focus on your personal situation and tolerances for risk rather than the current news cycle.
- **Insurance:** Assets you have gathered, and your expected income, should be protected against the unexpected.
- **Estate:** The first step is having the right plan in place given your current situation. Reviewing and adjusting that plan as life changes is necessary to have a prudent estate plan.

Each of the plans above needs to work in concert with one another. Without one, the others are less effective. You also need to accept that you are not going to get them all in place this weekend. Pick one, start there, and then move on to the next, adjusting the previous plan as needed. ■

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## Afternoon Adventures: Iowa's Lost History from the Titanic

Tuesday, April 16, 1 p.m.  
Indianola Activity Center,  
2204 W. Second Ave., Indianola

Iowa author Darcy Daughter Maulsby narrates captivating tales of individuals with roots in Iowa whose lives were forever changed by the tragic sinking of the Titanic. Her stories transport audiences back in time to experience the human side of the Titanic disaster. This free speaker series is sponsored by Community 1st Credit Union and hosted by Indianola Parks & Recreation.

## Keeping Your Private Well Water Safe

May 9, 6-7 p.m.  
Warren County Extension  
Office, 200 W. Second Ave.,  
Indianola

This is a free learning session for private well owners. RSVP to Bethany Cecot, 515-961-6237 or [bcecot@iastate.edu](mailto:bcecot@iastate.edu).



## Bike Fest 2024:

### Pedal for the Pantry!

Saturday, June 8, 10 a.m. to noon  
Indianola Stadium, 608 S. 15th  
St. (Rain location: Indianola  
Activity Center)

Free, family-friendly community event to promote bike safety. Indianola Mayor's Youth Council will be collecting donations for Indianola Schools Food Pantry. Obstacle course, dunk tank, helmet giveaway, games and more. Sponsored by Indianola Elks No. 2814 and the Indianola Independent Advocate.

## Local Author Fair

Saturday, April 20, 1-4 p.m.  
Indianola Activity Center,  
2204 W. Second Ave., Indianola

Authors Jamie Ogle, Ann Hanigan Kotz and Joseph LeValley will speak throughout the afternoon. Additional local authors will be available to answer your questions and showcase their books.

Shopping, treats and raffle prizes will also be available. Hosted by Indianola Public Library and Indianola Parks & Recreation.



## ServSafe Certified Food Protection Manager Course

May 30  
Warren County Extension Office, 200  
W. Second Ave., Indianola

Registration deadline is three weeks prior to class date. Class size is limited. Cost is \$160 or \$110 for Iowa Restaurant Association members. Test-only options start at \$60. To register, visit [extension.iastate.edu/humansciences/servsafe](http://extension.iastate.edu/humansciences/servsafe).

## Free Welcome to Medicare Seminar

Tuesday, May 21, 5:30-7 p.m.  
Indianola Activity Center,  
2204 W. Second Ave., Indianola

The Senior Health Insurance Information Program (SHIIP) provides assistance with understanding and navigating Medicare. SHIIP services are free, unbiased and confidential. The seminar covers all parts of Medicare (A through D). To attend, RSVP by calling (515) 962-5375.



## Tunes & Treats: Opus Taylor

Tuesday, June 11, 1 p.m.  
Indianola Activity Center, 2204 W.  
Second Ave., Indianola

Opus Taylor has entertained audiences across the Midwest with their sizzling blend of classic rock and blues since 2012. The free concert is sponsored by Indianola Parks and Recreation. Dessert provided by Indianola Hy-Vee.



## Tunes & Treats: The Drama Kings

Tuesday, May 7, 1 p.m.  
Indianola Activity Center,  
2204 W. Second Ave., Indianola

Meet the Drama Kings: Scott Davis, John Mattingly and Bob Brown. They play a variety of musical styles, including light jazz, older pop tunes, blues and originals. The free concert is hosted by Indianola Parks and Recreation and is sponsored by The Village, a WesleyLife Community. Dessert provided by Indianola Hy-Vee.

## Afternoon Adventures: In the Kitchen with Laura

Tuesday, May 28, 1 p.m.  
Indianola Activity Center,  
2204 W. Second Ave., Indianola

This free program is presented by Sarah Uthoff and mixes stories and information about Laura Ingalls Wilder's life with food history and hands-on cooking. It is funded in part by Humanities Iowa, a private, non-profit state affiliate of the National Endowment for the Humanities. The Afternoon Adventures Speaker Series is sponsored by Community 1st Credit Union and hosted by Indianola Parks and Recreation.



## Night at the Drive-In Movies

Friday, June 14, early show 7-9 p.m.,  
late show 9-11 p.m.  
Pickard Park, 2205 E. Second Ave.,  
Indianola

Pile into the car and bring the family for two free movies you can watch from the comfort of your car or in your lawn chairs. A food truck will be available all evening. Sponsored by City State Bank, Overton Funeral Home, Haus Roofing & Construction and Indianola Independent Advocate. Hosted by Indianola Parks & Recreation.

# EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Check for cancellations



## Gardens Galore in 2024

Saturday, June 22, 9 a.m. to 2 p.m.  
rain or shine

Tour Indianola-area gardens and visit with Master Gardeners who will be present at all of them. Tickets are \$10 with proceeds to benefit horticultural programs in Warren County. Tickets are available the day of the event at the ISU Extension and Outreach office, 200 W. Second Ave., Indianola.

## 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.

## 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. ■

## You Can Grow Orchids

Saturday, April 13, 10 a.m. to 3 p.m.  
Canoyer Garden Center, 3355 S.E. Gateway  
Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.



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Gary Noland's twin brother, Larry, left behind many lasting memories for his family, but his 1951 Chevy 3100 truck will always be a memorial to him.

## FROM HEARTBREAK to healing

Noland keeps 1951 Chevy rolling in his brother's memory.

Gary Noland's passion for cars started at a young age.

"The faster they could go, the more I liked them," he says, laughing. "The first car I drove was my dad's 1967 Olds Toronado. I liked that car because it was sporty, fun to drive and fast."

At 17, Noland bought his first car — a 1960 Buick LeSabre. After graduation in 1969, he bought a new Camaro Rally Sport. He drove it five years before selling it and buying a Chevy Nova SS.

For 20 years, Noland made a living working on cars, eventually owning an auto shop in West Des Moines and then in Carlisle. In 1989, he took a job at Armstrong Tire (later known as Titan Tire) and continued to work on cars part-time.

Noland has owned and restored many cars over the years, including a 1947 International pickup, a 1967 440 GTX convertible, '63 Buick Riviera, '67 Camaro RS convertible, '76 Jaguar XJS, and a rare 1971 GTO Judge — just to

name a few.

But it's a 1951 Chevy 3100 truck that holds special meaning. His twin brother, Larry, found the truck on a property in Nebraska that had been bought by family friends and knew he had to have it. After connecting with the previous owners, he purchased it and hauled it back to Iowa. When he moved to Texas, it went into storage. But he almost didn't get it back.

After several attempts to contact the storage facility owner during that time, Noland decided to drive out to the property.

"The neighbors informed me that the owner passed away, and the property was sold," says Noland. "I was a little panicked, but they had heard about the truck and were surprised to learn I was the mysterious owner's brother. After talking with the new property owners, we were able to get it back."

Larry had plans to restore the truck when he retired. Unfortunately, just two months after his official retirement in February 2015, he was

diagnosed with brain cancer and passed away a few months later.

Feeling an urgency to fulfill his brother's wishes, Noland brought it home. He replaced the engine with a small block Chevy V8 and automatic transmission. Over the course of a year, he restored it from top to bottom, doing all the work himself with the exception of hiring Westside Muffler to install a complete exhaust system.

"I was so focused on getting the truck finished, I didn't realize the healing it brought," explains Noland. "That year was the therapy I needed to help me grieve the loss of my brother."

These days, Noland is retired and always looking for his next car project. As for the '51 Chevy, he has fun showing it off at local car club events and car shows, but it will eventually go to his niece, Larry's daughter, Kim. ■

# IT'S ALL about the 'greens'

Butler is growing Helping Hand's hydroponic garden.



Leah Butler has experimented with vegetables like mini-peppers and cherry tomatoes but has found that lettuce is the most time-efficient to grow.



With two hydroponic units, Lisa Butler says Helping Hand now has the capacity to grow \$700 worth of leafy greens every five to six weeks with an average operational cost of about \$600 for the entire year.

When Leah Butler was given the gift of time after her youngest started kindergarten about five years ago, she wanted to find a way to give back. Drawn to Warren County Helping Hand, she soon became part of the volunteer crew in the food pantry. On Thursdays, Butler shops with clients, stocks shelves and is back up for food recovery.

But she's also taken on a significant role managing the pantry's "vertical garden."

The pantry has been utilizing a hydroponic garden for the past couple of years funded in part by donations from local service clubs as well as individual donations.

Butler says that hydroponics is simple and efficient.

"Plants are grown in a nutrient solution with a grow light," she adds. "Our particular unit uses 98% less water than traditional gardening. It also uses 98% less space than a traditional garden."

Helping Hand Executive Director Rachel

Klein appreciates that the system gives the pantry a unique capability. Fresh vegetables are often out of reach to families the pantry serves, and being able to grow romaine lettuce, basil and bok choy year-round is just one way they can better serve the community.

Butler became interested in learning more when the crew that was operating the garden were all heading south for the winter. Although she personally grows flowers, herbs and a few containers of vegetables in the summer, she had zero knowledge of hydroponics.

"I have always loved everything about food — growing food, meal planning, trying new recipes, and even grocery shopping," she says. "When no one else stepped up, I figured I'd try it. People always ask if I have a green thumb, and I respond with, 'No, but luckily hydroponics is science not gardening.'"

Butler has spent the past year learning by doing, experimenting with different varieties and figuring out what works best. The Fork

Farms unit is designed to grow leafy greens, and it takes about one week to get seeds germinated, followed by five to six weeks from transplant to harvest.

She grew mini yellow and orange peppers as well as cherry tomatoes, and found they were labor intensive due to pollinating them by hand with a paintbrush. Overall, the pantry gets more bang for their buck with leafy greens and can grow 144 heads of lettuce in one harvest.

Butler is excited about a second unit that was recently installed — thanks again to funds raised by local service organizations and other individual donations.

"I follow several hydroponic growers' forums and am continually learning more efficient processes/techniques through online resources and education from Fork Farms," says Butler. "My goal is to stagger the growing cycles, so we are able to harvest 72 heads of lettuce most weeks." ■

# THE IMPORTANCE of custom hearing device counseling and fitting

Selecting a hearing aid is just the beginning of your hearing health care journey. Equally important are the custom counseling and fitting steps, which are crucial for your long-term hearing success.



## What is hearing device counseling?

Before you ever start using hearing devices, you'll receive counseling from your audiologist to prepare you for this change in your lifestyle. While hearing devices will undoubtedly improve your communication abilities, it is essential to understand they are not a cure for hearing loss and have certain limitations. Learning what to expect beforehand helps you achieve the maximum benefit from your devices.

## What is a hearing device fitting?

During a fitting, your audiologist will check the physical fit to make sure your hearing devices are comfortable. They will then be programmed and adjusted based on your unique hearing loss and lifestyle needs. The hearing aids will be placed in your ears and turned on, which allows your audiologist to measure the volume levels to ensure that you hear the full

range of sounds correctly.

Your audiologist will then discuss the care and maintenance of your hearing aids. You will learn how to use them correctly, adjust them for different hearing environments, insert and remove them, change the batteries and clean and care for them properly. You will also learn tips and strategies for better communication.

## What kind of follow-up care can I expect?

Your audiologist will schedule a follow-up appointment a few weeks after your initial fitting. During this appointment, your audiologist will fine-tune and adjust your hearing aids as needed and answer any questions you may have. It may take a while to adjust your hearing aids to their maximum effectiveness, so additional appointments for adjustments may be needed.

Though getting used to your hearing aids may take time, receiving top-quality audiological care ensures that you don't miss another moment of your life because of hearing loss. ■

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

## The Importance of Custom Hearing Device Counseling & Fitting



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# HOLISTIC management of seasonal allergies and sinusitis

It is estimated that about 30% of Americans suffer from allergies, while about 15% of Americans also have sinusitis related to allergies. Chronic sinusitis is one of the top reasons for medical visits in the U.S., with 18-22 million visits per year.



immune system and clearing mucus and phlegm from the sinuses and digestive system. Acupuncture has been shown in research studies to reduce mast cell and cytokine numbers, which create the allergic response. Acupuncture has also been shown to reduce inflammatory responses such as pain and swelling in the mucus membranes. Often, the licensed acupuncturist will also make dietary recommendations to help promote healing, decrease inflammation and reduce mucus. Each patient has a complete evaluation and diagnosis from an Asian Medicine perspective to determine the underlying causes of the issues.

What are some of the ways a person can manage seasonal allergies and sinusitis?

- Chiropractic care can help the function of the sinuses to drain and stimulate the immune responses needed to promote healing. Many chiropractors practice by evaluating and treating the underlying condition and recommending dietary changes to assist in managing immune responses.

- Exercise can help to regulate our immune systems and promote circulation, which in turn helps to stimulate the lymphatic system.

- Acupuncture helps by regulating the

- Massage therapy can promote “clean up” by the lymphatic system, which carries the specialized cells, white blood cells, moves fluids throughout the body, cleans up fats from the digestive system, and cleans up cellular debris from the muscles and organs.

- Teas, herbal formulas and supplements can also be helpful in the management and care

of allergies and sinuses. Professionals trained in this can help you determine which will be best for your individual situation and what medications you may be using.

- Drink plenty of fluids. Water especially helps to cleanse the digestive system and, in turn, the lymphatic system.

- If you have been outside on high pollen days, take a shower before bedtime to wash away pollens that may have stuck in your hair or on the skin. If you have pets go outside, it is best to have them sleep outside your bedroom or bathe them often.

- Place an air cleaner in your bedroom. Most people are in their bedroom for 7-8 hours, so breathing air that pollens and dust particles have been removed from definitely helps. ■

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

## FAITH

By Tom Vanderbilt

# HE KNOWS the way out

I heard this story on the television show, “The West Wing”:

This guy's walking down the street when he falls in a hole. The walls are so steep he can't get out. A doctor passes by, and the guy shouts up, “Hey you. Can you help me out?” The doctor writes a prescription, throws it down in the hole and moves on. Then a priest comes along and the guy shouts up, “Father, I'm down in this hole, can you help me out?” The priest writes out a prayer, throws it down in the hole and moves on. Then a friend walks by, “Hey, Joe, it's me, can you help me out?” And the friend jumps in the hole. Our guy says, “Are you stupid? Now we're both down here.” The friend says, “Yeah, but I've been down here before, and I know the way out.”

What makes this story so memorable to me is that it reminds me of Jesus. At His birth, Jesus “jumps down into the hole” with us, being conceived and born into our world. A few weeks ago, the Church celebrated Easter, the day when Jesus paved the way out for us.

Whatever you're going through, know that Jesus is with you, and He knows the way out. ■



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

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

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## INSURANCE

By Mike Richey

# 5 SIGNS you may not have enough life insurance

In a post on their website, [lifehappens.org](http://lifehappens.org), the life insurance nonprofit Life Happens has compiled the following list of five signs you may be underinsured.

- 1. Your only life insurance is through your employer.** It is rare that the life insurance you get through work is enough to meet all your needs.
- 2. Your income went up.** A higher income often means more expenses, which means more life insurance is needed to cover those expenses in the event of your unexpected death.
- 3. Your stay-at-home spouse doesn't have life insurance.** Consider taking out a policy on your stay-at-home spouse. If they die unexpectedly, you will incur additional expenses such as child care.
- 4. You had a child.** The birth of a child is the perfect time to review your life insurance coverage to ensure that you have enough to meet all of your dependents' financial needs.
- 5. You bought a new home.** If your income pays the mortgage, make sure that your loved ones will be able to keep the house.

To find out if you have enough life insurance to meet your needs, visit [lifehappens.org](http://lifehappens.org) or call your insurance agent. ■



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

## WELLNESS

By Chelsea Taggart, L.E.

### LET'S talk SPF

Sunscreen comes in various types, including chemical and physical, each offering unique benefits. Chemical sunscreens contain organic compounds that absorb UV rays and convert them into heat, while physical sunscreens contain mineral ingredients like zinc oxide or titanium dioxide that create a protective barrier on the skin, reflecting and scattering UV rays.

Regardless of the type, sunscreen is essential for daily use year-round to protect the skin from the harmful effects of UV rays. This is true even when your exposure to the sun is limited, such as during your daily commute. UV rays can penetrate the skin even on cloudy days and during winter months, leading to premature aging, sunburn and an increased risk of skin cancer. By applying sunscreen daily, regardless of the weather, we can help prevent sun damage, maintain skin health, and reduce the risk of developing skin cancer over time. Incorporating sunscreen into our daily skincare routine is crucial for maintaining healthy, protected skin and minimizing the long-term effects of UV exposure.

When choosing a sunscreen, prioritize broad-spectrum protection to shield against both UVA and UVB rays. Look for a minimum SPF of 30, something suitable for your skin type, safe ingredients like zinc oxide, and easy application.

We have a wide variety of sunscreen available, including lotion, gel and mineral powder for every skin type, sourced from Obagi and ZO Skin Health. ■

Information provided by Chelsea Taggart, L.E., Vivid Life Spa, 1016 Main St., Norwalk. Call 515-850-7848. Living-vivid.com/life-spa.



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## HEALTH

By Shelly Stewart-Sandusky, MS, LMFT

### LIVING with an anxiety disorder

Anxiety is a common emotion everyone experiences at some point, generally when there is a situation or stressor that warrants an anxious response, after which, unhealthy levels of anxiety will go away as the situation is resolved. Problematic anxiety doesn't go away. People who suffer from anxiety disorders often experience anxiety in a chronic way, resulting in thought patterns and physical symptoms that are a constant part of their life. For instance, racing thoughts that can't seem to be stopped or deflected, constant worry or fear of something bad happening, and physical symptoms such as fatigue, muscle tension or nausea, among others. For a person with an anxiety disorder, it can be hard to imagine not having to constantly battle your own mind to be functional throughout the day or to always be worried about something even when there doesn't seem to be a reason to worry. But there are different things you can do to help.



- Therapy can be a helpful way to process through anxiety and learn about coping strategies to better manage it and to learn about triggers and patterns associated with your anxiety.

- Medication management with a psychiatrist or psychiatric nurse practitioner can be helpful for some people.

- Meditation can help calm the central nervous system and help give your mind a reset that helps alleviate some anxiety. ■

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

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# PUT a traditional spin on Cinco de Mayo

*(Family Features)* Whether Cinco de Mayo means an opportunity to celebrate your family's heritage or it's simply an excuse to gather with the ones you love, every holiday truly is about the same thing: special moments together.

Take this year's festivities the traditional route with recipes that combine familiar favorites with ingredients you normally may not use otherwise, such as cactus. This Mexican Cactus Pork Stew makes Cinco de Mayo a cinch with the use of a Dutch oven.

Visit [Culinary.net](http://Culinary.net) to find more family-friendly recipes perfect for celebrating holidays throughout the year. ■

## Mexican cactus pork stew

- 1 pound pork shoulder (leftover or fresh)
- 1 medium onion, chopped
- 1 jalapeno pepper, chopped
- 3 cups beef broth
- 1 can (28 ounces) diced tomatoes
- 2 cans (15 ounces each) mild chili beans
- 1 cup chopped cactus (nopales)
- 1 tablespoon garlic powder
- 2 tablespoons smoked paprika
- 1 teaspoon cayenne pepper
- salt, to taste
- pepper, to taste
- 4 green onions, chopped, for garnish
- 1/4 cup chopped cilantro, for garnish

- If using fresh pork, in Dutch oven, cube and brown it with onion and jalapeno pepper. If using leftover pork, reheat in Dutch oven with onion and jalapeno pepper.
- Add beef broth, diced tomatoes, chili beans, cactus, garlic powder, smoked paprika, cayenne pepper and salt and pepper, to taste.
- Simmer 25 minutes then garnish with green onions and cilantro.





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## Kid-friendly Mexican cinnamon cookies

Recipe courtesy of "Cookin' Savvy"

- 4 sticks butter, at room temperature
- 4 cups self-rising flour, plus additional for coating workspace
- 2 teaspoons cinnamon
- 1 egg
- 3/4 cup sugar

**Topping:**

- 2/3 cup sugar
- 4 teaspoons cinnamon

- Preheat oven to 375 F.
- In bowl, combine butter, 4 cups flour and cinnamon. Add egg and sugar then knead into ball.
- Spread additional flour on counter and cut ball into six sections. Roll each section into 24-inch ropes then cut into 1-inch pieces and place on cookie sheet.
- Bake 10 minutes.
- To make topping: In bowl, combine sugar and cinnamon.
- Roll warm cookies in mixture and let cool on rack. ■



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# WARREN COUNTY program honored with Master Gardener award

Five county programs with Iowa State University Extension and Outreach's Master Gardener program, including Warren County, have been awarded the Search for Excellence Award for their commitment to gardening education in local communities. The counties and categories in which they were honored are:

- Jasper County, Demonstration Garden
- Linn County, Workshop/Presentation
- Scott County, Youth/School Garden
- Story County, Innovative Project
- Warren County, Community Service Project

For Warren County's project, 17 Master Gardeners worked together to create a new donation garden in Warren County that would provide fresh produce for residents experiencing food insecurity. The Growing Together Iowa Community Donation Garden started as an idea in the winter of 2022 and has since produced 858 pounds of produce for the Helping Hands Food Pantry. The garden was mindfully designed to include 10 raised beds that would make it accessible to all potential participants, including those with mobility impairments. Master Gardeners offered hands-on educational programming for food pantry clients that allowed them to take home tomato transplants in five-gallon ISU Extension and Outreach buckets to produce food from the comfort



Warren County Master Gardeners tend to their Growing Together Iowa Donation Garden that produces food for the Helping Hands Food Pantry in Indianola.

of their own homes. This project leveraged support from 11 community members, 12 youth volunteers, the Growing Together Iowa Mini-Grant program, United Way of Central Iowa, Farm Credit Services, City of Indianola, Ted Lare Garden Center, Boy Scout Group 122, Crouse's Tree Service and a local individual donor. ■

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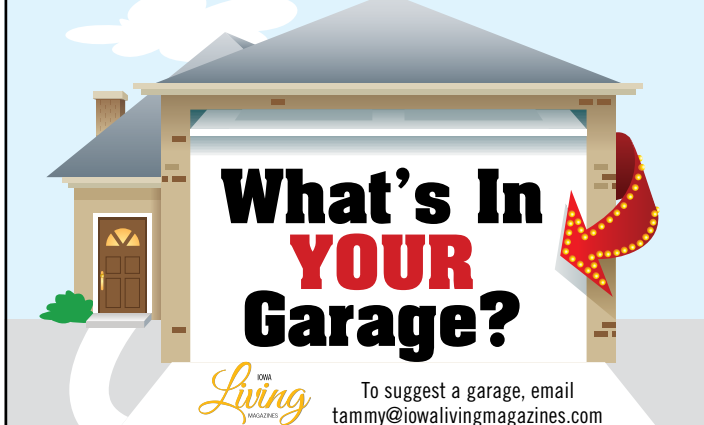
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Photo by Mark Davitt



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# GIRLS Soccer

Indianola JV Girls  
Soccer team played  
at home on March 28.



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Kathy and Art Reisinger



Abby, Jason and Ann Fantz



Rylee Burns, Maci Darr and Lake Martin



McKenzie and Samantha Schooler



Lauren Burk and Remy Siversten



Jovie Wilson and Ella Trotter



Aubrey Edgington and Sylvia Rainey



Bri Cornell and Angelika Miller



Makayla Cunningham and Josie Lathrop

# GIRLS Soccer

Indianola JV Girls  
Soccer team played  
at home on March 28.



Isabelle Crookes, Rylee Burns and Camden Palmer



Lydianna Navarro and Leila Gilliland



Matt and Nikki Gideon



Debbie, Lindsay and Richard Graham



Karlee and Joe Stuart



Jaci and Addie Philippi



Amy and Garry Cunningham



Wendy and Scott Lathrop



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# MEET Chelsea Cataldo

Bridging the language barrier for ESOL students

Chelsea Cataldo has a passion for learning about other people, cultures and languages. While she was growing up, her family hosted foreign exchange students. In college, she majored in international studies and Spanish and studied abroad.

“Having studied abroad, I know what it’s like to be a language learner while living in a culture different from my own,” she says.

Cataldo has been working with English Speakers of Other Languages (ESOL) students in the Indianola district for 12 years. But her path to becoming a teacher was anything but traditional. After earning her degree from the University of Iowa in international studies and Spanish, she worked for the state’s New Iowan Center where she helped newcomers connect with resources they needed to be successful living in Iowa.

“As part of my role, I taught citizenship classes to adult English learners and absolutely loved it,” she says. “That sparked my desire to go into education, and I went back to school for my master’s in teaching and later took classes to obtain my endorsement in English as a second language.”

Cataldo was the only ESOL teacher for the district until five years ago, but now enjoys having another teacher to partner with. As ESOL teachers, the two work not only with students in all grades on acquiring English, but they also collaborate with classroom teachers.

Aside from the language barrier, Cataldo says English learners face a multitude of challenges including social acceptance, building relationships, finding jobs, participating in sports and clubs, and finding where they fit in.

“As teachers, we do our best to advocate for our students, but it’s critical to help them find their own voices and advocate for themselves,” she explains. “When students walk into my classroom, they know they are safe, valued and accepted for who they are.”

Building positive relationships is key so that her students have at least one adult in their school day whom they feel comfortable coming to for anything. Cataldo models the type of behavior and respect that is expected from them towards adults and one another. She helps students not only acquire the English language but also mature and gain the skills to navigate the difficulties of education while living in a place that may not culturally match their own.

“I love my students and their families,” she says. “I hope I am just one small piece of the puzzle in their journey to be successful, contributing members of our community and beyond.”

Cataldo is a wife and busy mom of three young children who are just getting started in sports and other activities. When she is not teaching, you can find her reading, working out and spending time with her family. ■



As a K-12 ESOL teacher, Chelsea Cataldo enjoys seeing her students’ academic and social development from the time they enter the ESOL program to when they exit or graduate.

# WEATHER, science and authority

Is spring here? It’s a simple question, but the answer is potentially elusive. Is it a matter of opinion, or a groundhog, or are there higher authorities to consider? How can we determine if spring has arrived? Will you base it on your opinion, your observations or will you go to the agreed-upon authority?

OK then, I must ask, what is the authority for weather and seasons? The calendar or the temperature gauges? Or maybe those are second to your opinion.

For a moment, please consider what you accept as authoritative and true. My opinion of the weather is subjective and influenced by many things. Going a step further, I need to ask, how does faith in science or the Bible influence perception of the world? It won’t change the temperature gauge one way or the other, but it can influence whether you enjoy the next rainy day or not.

I believe God’s Word is the highest authority. Therefore, even a day I don’t like the weather is still a day God has made with purpose and intention for me to acknowledge Him (Psalm 118, Prov. 3:6).

Every year since 2012, New Heights Church has dedicated a week each summer to Science VBS, which aims to explain to children what science is and how it can be used to know and understand our Creator and his creation.

By definition, science is “the systematic study of the structure and behavior of the physical and natural world through observation, experimentation, and testing theories against the evidence obtained.” (Oxford Dictionary)

At Science VBS, we will take children through five days of activities, science experiments, songs and games. This year’s theme is the Great Jungle Journey, which runs Monday through Friday, June 17-21, from 9 a.m. to noon for children going into kindergarten through fifth grade. Please sign up using the QR Code on the back of the magazine to get to the registration website.

I choose to believe none of us were created by accident, random chance or as a mistake. You are intentionally and specially made with wonder by God’s power (Psalm 139:13-14). I hope you are enjoying a pleasant season when you read this, whether it feels like spring or not. ■



Information provided by Pastor Jeremy Weeks, New Heights Church, 200 E. First Ave., Indianola, 515-442-5111.



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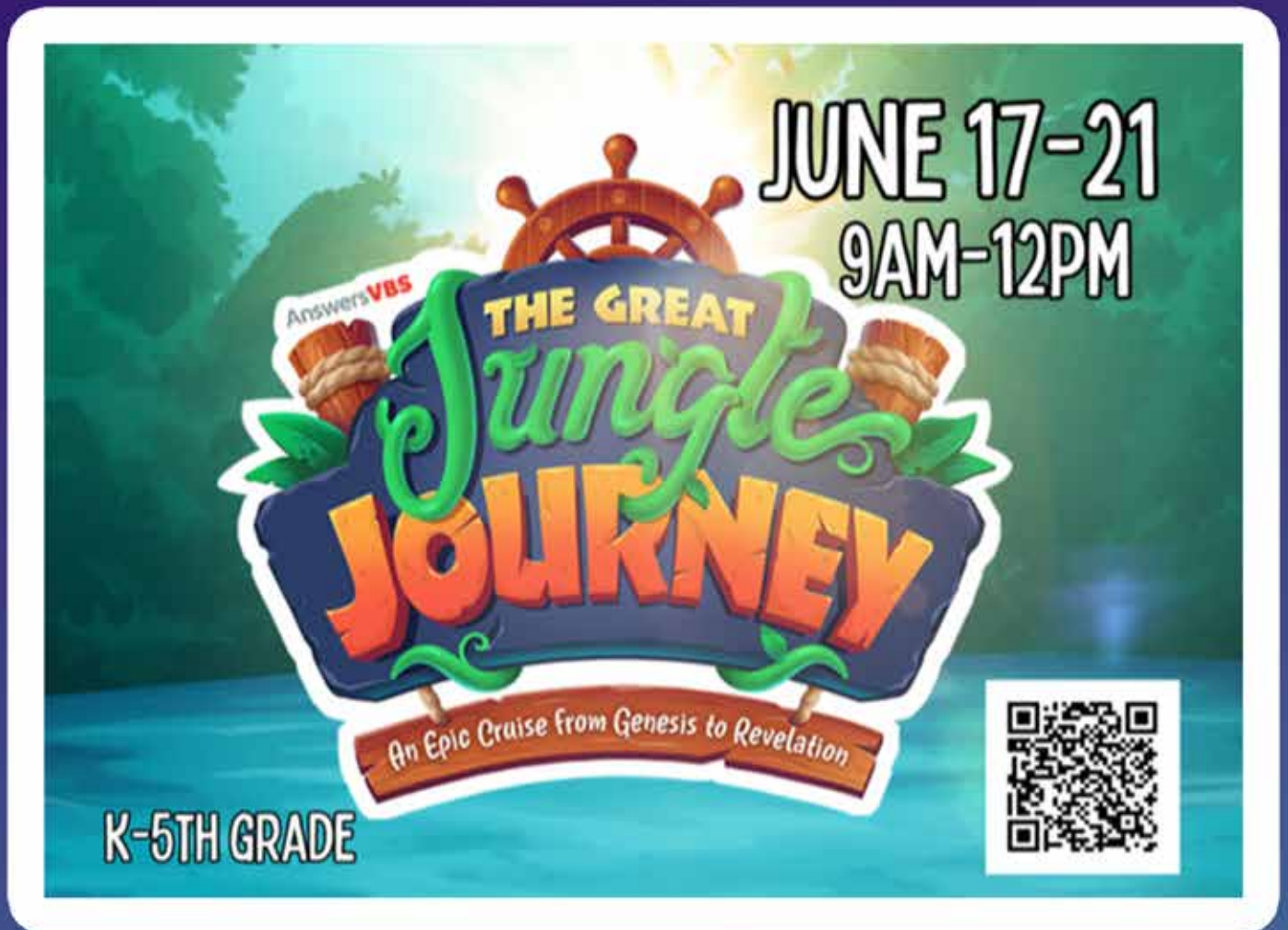
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