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MAY 2024

Living



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By McKenzie Ellis



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WELCOME

MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.



Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.

Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■

SHANE GOODMAN

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



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

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



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COMPETING for TIME

Residents share how relationships are the “win” in sporting together

By Becky Kolosik

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades, personal bests and other

achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it’s always a win.

The Lanning family knows not everyone will love pickleball as much as they do, but there’s no doubt that they are wholly committed to help the sport grow in central Iowa. From left, in front, Lolo, Campbell and Beth Meints; and, back row: Bailey Saal-Lanning, David Lanning and Dr. Kirk Meints.

Not just “dinking” around

Pickleball has exploded in popularity since its humble beginnings in 1965, but even more so in recent years. During COVID, as socializing moved outside, families like the Meints and Lannings found themselves painting pickleball court lines on their driveway and using the extra time for some friendly competition.

How did this multigenerational family become hooked on the sport that combines elements of tennis, badminton and ping-pong using a paddle and plastic ball with holes? Bailey Saal-Lanning credits her mom, Beth Meints.

“When Mom retired, a friend introduced her to pickleball,” Bailey says. “She took pretty quickly to it and started playing regularly at the Pioneer Rec Center.”

Bailey decided to check it out and headed up to the rec center with her two young daughters. The first time she picked up a paddle, the competitive spirit from her high school and college sports days kicked in.

“I’d get beat by these active older adults — many of whom were 30 to 40 years older than me,” she says, laughing. “There was no doubt I wanted to get better so I could compete and win. It was a great experience.”

At Pioneer, they played on a wooden floor with wooden paddles. Bailey’s husband, David, joined in on the fun, too. The couple found a pickleball Facebook group and, through those connections, learned about a pickleball cruise with Engage Pickleball. They decided to take the week-long cruise, and that’s when their love of the sport really took off.

“It was the first ever ship to have a pickleball court, and the clinic Engage Pickleball put on had about 40 people in attendance,” David says. “Bailey and I were, no doubt, the youngest of the group, but it’s where we really learned to play the game. There’s definitely something special about playing on a genuine, professional pickleball surface.”

Pickleball continues to be a sport the Meints and Lanning families like to play together. The Lannings’ daughters, Campbell and Lolo, now ages 12 and 10, have picked up paddles of their own. David plays for Team Engage as a sponsored player, and the couple have made many lifelong friends and traveled all over the U.S for tournaments. In November 2023, Bailey competed in the 5.0 Women’s Doubles Nationals in Texas, and they are looking forward to more opportunities to compete in 2024.



Disc golf connects Pat O'Meara and his son, David, and they encourage families to get outside, explore disc golf and try the two courses in Indianola.

Also in November 2023, the Lannings — along with business partners Bill and Deb Douglass — took their love of pickleball to a whole new level and opened Dinks Pickleball. Located in the old Kohls department store space in Merle Hay Mall, Dinks is the largest dedicated pickleball venue indoors or outdoors in central Iowa. The facility is more than 70,000 square feet and has 13 pickleball courts, dedicated practice/warm up areas and plenty of room to rest and socialize before and after games.

It truly is a family business, and you’ll often find them at Dinks on the weekends playing as well as teaching beginner pickleball lessons. Campbell and Lolo help with the lessons. They enjoy playing together and have even competed in some youth tournaments.

“We had a pickleball unit at school,” says Lolo. “No one else knew how to play or hit the ball, but I did because I’ve played so much with my family.”

Both girls are active in music, tumbling, soccer and other activities but find time to pick up a paddle and play with their grandparents or parents. They hope to get more of their friends interested in pickleball, too.

Dinks opened with a goal of 400 to 500 members. They are currently sitting at 1,400 and still growing. Bailey says they have seen an influx of families coming out to play and a lot of middle school and high school kids taking

beginner lessons.

“We’ve got the Roosevelt tennis team playing pickleball here on a regular basis,” she says. “High schools are trying to organize teams and, on a state and national level, they are working toward pickleball becoming a sanctioned sport.”

The family warns that pickleball can become addicting.

“Once you pick up a paddle, you just might find you’re hooked,” David says. “Pickleball is an all-around fun and easy sport that people of all ages can learn to play.”

A dynamic “disc” duo

As a parent, Pat O’Meara believes time spent with his kids is a blessing — especially now that he and his wife, Vandy, are parents of adult children.

“Time goes so fast,” he says. “One minute, our kids were young and keeping us busy with all their activities. Now, as they are settling into their own lives, that one-on-one time is even more special.”

When Indianola Living magazine met up with Pat and his youngest son, David, they were at one of their favorite places — the disc golf course at Pickard Park. David, a senior at Iowa State University, was home for the day, and the two decided to get a few rounds in.

Despite the strong and gusty wind, 22-year-

old David made throwing a disc look easy.

“I have always been involved in sports,” he says. “I like basketball, table tennis, soccer and volleyball. I played on the tennis team in high school, but, for the past several years, I have primarily focused on disc golf.”

David took an interest in disc golf about 10 years ago. While he loves playing team sports, it was often difficult to get a group of people together. He could play and practice disc golf on his own as much as he liked.

What exactly is disc golf? We’ve seen it become more popular over the last few years — and especially now as Indianola hosts the TruBank Des Moines Challenge in July. Disc golf plays much like traditional golf; however, you reach the target by throwing a Frisbee-like disc. Players use different discs for different distances and degrees of turn. Unlike traditional golf where there is a hole in the ground, a disc golf end target is a standing metal basket. Also, disc golf typically doesn’t cost anything to play.

“The most challenging aspect of disc golf in the beginning is throwing level,” David explains. “New players typically throw too high, which results in poor distance. A level throw creates lift, which is necessary to achieve distance and accuracy.”

Disc golf has been a sport David enjoys sharing with his dad. For Pat, the sport came much easier than traditional golf, and he liked taking the elements of Frisbee and golf and meshing them together.

Since David has been in college, the father-son duo is able to play together about twice a month. David has helped Pat with his game — especially with disc selection on shots as they can vary given the wind direction and conditions.

“David and I have had a lot of fun practicing and playing together,” Pat says. “While he has been a student of the game and willing to seek out assistance from others to hone his craft, he also takes the time to help me become a better player, too.”

David played in his first tournament when he was 12 and has competed in 55 since. His most memorable moment was winning the 2017 PDGA U15 World Championship. Pat was there alongside him as his caddy.

“Disc golf has been a great opportunity to spend time outdoors with my dad,” he says. “We’ve been able to travel to places for tournaments we likely wouldn’t otherwise visit, including Kalamazoo, Michigan; Emporia, Kansas; and Rock Hill, South Carolina.”

After graduation, David will head to Austin, Texas, to work for Amazon Web Services in business development. He will still play disc golf... just not as much with his dad. But Pat will always be there to encourage David, and he will still play occasionally himself.

“David is only 22, so I’m excited to see where the sport continues to take him,” Pat says. “His ability to throw long distances separates him from the majority of players.”

Disc golf is a fun and affordable sport for families. Both Pat and David encourage any aspiring players to pick up some discs and take advantage of the courses in Indianola. Discs typically cost \$8-\$20 and can be found at most sporting goods stores.

Pickard Park is one of the highest-rated courses in the world with four different layouts of varying difficulty, and newer players should check out the newly constructed course at McCord Park, which is more beginner-friendly.

Taking aim on a family tradition

You could say that trap shooting is in Aaron Rasko’s blood.

“My granddad, Kenny, and my dad, Frank, shot trap together before my brother and I were even born,” Aaron says. “Both were active in the Warren County Izaak Walton League, and when Nathan and I turned 18, they handed their trap guns down to us.”

It wasn’t long before Aaron joined the Izaak Walton League himself and started shooting in leagues. Thirty years later, trap is still a big part of his life, and he now shoots alongside his son, Logan.

Logan, who is about to finish his sophomore year at Indianola High School, has been interested in outdoor activities for some time. When he was in seventh grade, he joined the trap team — and the rest is history.

“Trap is very much a family tradition, so it just seemed fitting that he took an interest,” Aaron says. “I’ve also been involved with the team for four years as an assistant coach, new shooter coordinator and board member.”

In American trap, there are three major disciplines — singles, handicap and doubles — all shot on the same field. Each field has five shooting stations in an arch behind an in-ground trap house from which the targets (sometimes called clay birds or clay pigeons) are thrown. The shooting stations are paths radiating out from the house varying from 16 to 27 yards away. A round of singles trap is 25 targets, five from each station from the 16-yard line. Five shooters make up a full squad with



Aaron Rasko and son Logan enjoy trap shooting together. Trap shooting is fun and competitive but also comes with many “life-lesson skills” including firearms safety and awareness, work ethic, teamwork and mental toughness.

one starting at each station and rotating after five shots.

Although trap is a team sport, Logan likes the fact that he is able to compete individually, too.

“I can practice as much as I want on my own, and that helps improve our team performance,” he says. “I typically practice two to three nights a week during the season and compete on Saturday and Sunday.”

Almost anyone can trap shoot. Whether you’re young, old, big or little, it’s an activity people can enjoy their whole life and start at any age. Aaron also says it’s a mental game.

“Most participants have the same physical abilities, but what separates them is their mental toughness and work ethic,” he explains. “I love the mental challenge, and I love watching Logan shoot. He works hard, and to see him succeed makes me proud.”

Aaron enjoys supporting Logan as he works toward his goals.

“I want to steadily improve,” Logan says. “I’m trying to focus more on the process rather than the outcome. If I do everything correctly, success will come.”

Aaron will soon take over as Indianola Trap head coach, and he’s looking forward to not only continuing to help Logan, but also coaching and mentoring the wide array of athletes on the team.

“It’s a family-oriented sport,” he says. “I want to not only instill the value of hard work but, most importantly, of being friendly, encouraging and supportive teammates.” ■

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MUTUAL funds vs. ETFs

The growth of exchange-traded funds (ETFs) has been explosive. In 2005, there were fewer than 500; by the latter half of 2021, there were more than 8,000 investing in a wide range of stocks, bonds and other securities and instruments.¹



At first glance, ETFs have a lot in common with mutual funds. Both offer shares in a pool of investments designed to pursue a specific investment goal. And both manage costs and may offer some degree of diversification, depending on their investment objective. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Structural differences

Mutual funds accumulate a pool of money that is then invested to pursue the objectives stated in the fund's prospectus. The resulting collection of stocks, bonds and other securities is professionally managed by an investment

company.

ETFs work in reverse. An investment company creates a new company, into which it moves a block of shares to pursue a specific investment objective. For example, an investment company may move a block of shares to track the performance of the Standard & Poor's 500. The investment company then sells shares in this new company.²

ETFs trade like stocks and are listed on stock exchanges and sold by broker-dealers. Mutual funds, on the other hand, are not listed on stock exchanges and can be bought and sold through a variety of other channels — including financial professionals, brokerage firms and directly from fund companies.

The price of an ETF is determined continuously throughout the day. It fluctuates based on investor interest in the security and may trade at a "premium" or a "discount" to the underlying assets that comprise the ETF. Most mutual funds are priced at the end of the trading day. So, no matter when you buy a share during the trading day, its price will be determined when most U.S. stock exchanges typically close.

Tax differences

There are tax differences, as well. Since most mutual funds are allowed to trade securities, the fund may incur a capital gain or loss and generate dividend or interest income for its shareholders. With an ETF, you may only owe taxes on any capital gains when you sell the security. (An ETF also may distribute a capital gain if the makeup of the underlying assets is adjusted).³

Determining whether an ETF or a mutual fund is appropriate for your portfolio may require an in-depth knowledge of how both investments operate. In fact, you may benefit from including both investment tools in your portfolio. ■

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TIME for spring planting

Spring planting season is here! And, as many of us have noticed, things are blooming much earlier than usual (our alliums are blooming a month ahead of normal). This may mean you will need to be prepared to take some extra time in the garden this spring and summer, watering and watching to make sure things are doing OK. Now to head to the nursery for those new and special additions for your garden this year. But take a deep breath and put together a plan.



One of the biggest mistakes we, as gardeners, do is to not take stock of our garden before going out to buy more plants. Last summer was brutal with the drought we had, so take a closer look at those plants that seemed to struggle last year. They may be coming back stronger this year with the rains we have been getting. Don't write them off yet. And if they are struggling already with the early spring, maybe it is time to find an alternative. And remember, your hardy hibiscus will be one of the last perennials to emerge, often late in May, once the ground has warmed enough.

If you have lost a perennial, shrub or tree, it is time to think about a replacement or new addition. Do some research and make a plan about what you want to add, and don't be afraid to get ideas from nursery staff. If you find a replacement, take a couple of bamboo stakes out to the garden. Drive one in deep enough to match the height of the mature planting and the other at a distance to mark how wide it will become. This will show you if you need to find something different or move plantings to make room. And remember to use the mature size (and look for that when looking at the nursery) because some perennials, like hostas, take up to five years to attain mature size. That said, don't be afraid to purchase two or three of a perennial, spacing them a little closer so the impact is achieved more quickly then removing one in a few years to make room and offering it to family or a gardening friend.

A good addition could be a container (yes, you can put containers in your garden, not just on the patio), and there are even trees and perennials that can be put in containers to add drama to a garden. A shady garden could use a container of astilbe and hosta. Consider a tree in a container. Japanese maples, dwarf conifers and other dwarf trees are a great place to start. Conifers on a standard and Japanese maples can be under-planted with low growing annuals for a further burst of color. And don't be afraid to make statements with cannas, bananas and elephant ears in containers.

So, go to your local nursery (with your plan in hand) and start filling your cart with new additions for your garden. Don't hesitate to ask questions. That is what those employees are there for. Keep your options open. Remember, you might not find that exact plant you saw in the magazine, but there may be a similar or better alternative. Get ready to liven up your garden this year. ■

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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 Ken's compassion and knowledge was clear right away. I was extremely pleased with the outcome of my case? -Jane C.



The value of a given personal injury case is often subject to debate. Insurance companies (who ultimately pay the damages) are notorious for seeking to pay as little as possible in exchange for a closed file.

Often, the representative for the insurance company will try to settle based on medical expenses plus a small amount for "general damages." Some companies are using computer applications to try to objectify what is actually a very individual inquiry. As a result, persons with an injury claim may find themselves lumped together with others reflected only as a data point in the insurance company's books.

Moreover, many first line adjusters have little authority to make an offer outside a pre-determined range set by the company. Despite what an adjuster might argue, the value of a case is not dependent on what the insurance company wants it to be.

The only way to truly determine the value of a case is by trial to a court or jury under the applicable law. Under Iowa law, the jury is to determine the amount of each element of damages separately. Typically, the jury may be asked to fill out a verdict similar to what is listed below:

State the amount of damages sustained by the plaintiff caused by defendant's fault as to each of the following items of damages. . .

If the plaintiff has failed to prove any item of damage, or has failed to prove that any item of damage was caused by defendant's fault, enter a 0 for that item.

- | | |
|--------------------------------------|----------|
| 1. Past medical expenses | \$ _____ |
| 2. Future medical expenses | \$ _____ |
| 3. Loss of full mind and body-past | \$ _____ |
| 4. Loss of full mind and body-future | \$ _____ |
| 5. Past pain and suffering | \$ _____ |
| 6. Future pain and suffering | \$ _____ |

There may be lines for additional items of damages. Each item has its own definition under Iowa law. Below are a few definitions of what insurance companies try to call "general damages."

Loss of full mind and body (past). Loss of function of the mind and/or body from the date of the injury to the present time. Loss of mind and/or body is the inability of a particular part of the mind and/or body to function in a normal manner.

Pain and suffering (past). Physical and mental pain and suffering from the date of the injury to the present time. Physical pain and suffering may include, but is not limited to, bodily suffering or discomfort. Mental pain and suffering may include, but is not limited to, mental anguish or loss of enjoyment of life.

Conclusion: Every case is unique. A computer cannot determine a personal injury claim value. ■

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

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HOW your biases can affect investment decisions

Traditional economic models are based on the premise that people make rational decisions to maximize economic and financial benefits. In reality, most humans don't make decisions like robots. While logic does guide us, feelings and emotions — such as fear, excitement and a desire to be part of the "in" crowd — are also at work.

Behavioral finance has identified unconscious cognitive biases that can influence even the most stoic investor. Understanding these biases may help you avoid questionable financial decisions.

Can you relate to any of these common biases that can influence financial decision-making?

- **Anchoring** refers to the tendency to become attached to something, even when it may not make sense. In investing, it can refer to the tendency to hold an investment too long or rely too much on a certain piece of data or information.

- **Loss aversion bias** describes the tendency to fear losses more than to celebrate gains. For example, you may experience joy at the chance of becoming \$5,000 richer, but the fear of losing \$5,000 might provoke a far greater anxiety, causing you to take on less investment risk than might be necessary to pursue your long-term goals.

- **Overconfidence** is having so much confidence in your own ability to select investments that you might discount warning signals or the



perspective of more experienced professionals.

- **Confirmation bias** is the tendency to assign more authority to opinions that agree with your own. For example, you might give more credence to an analyst report that favors a stock you recently purchased, in spite of several other reports indicating a neutral or negative outlook.

- **The bandwagon effect**, also known as herd behavior, happens when decisions are made simply because "everyone else is doing it." This can result in buying high and selling low — what most knowledgeable investors strive to avoid.

Emotion-based decisions — shifting in and out of the market due to fear, overconfidence or following the herd, and subsequently missing the best-performing days over a 10-, 20-, 30-year time horizon can have a significant impact on your portfolio over time.

When it comes to our finances, instincts may work against us. Before taking any actions with your portfolio, it might be wise to seek the counsel of a qualified financial professional who can help you identify any unconscious biases at work. ■

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

Welcome!

RYAN WILLIAMS

Please join us in welcoming Ryan Williams to City State Bank!



MEMBER FDIC

Ryan has lived in Indianola for 4 years. His wife Nealey is originally from Indianola and owns CrossFit Undone, which she purchased in 2021, solidifying their roots here. Ryan has been in banking for over a decade, with most of that time spent in the mortgage industry.

We are excited to have Ryan as a Mortgage Lender here at City State Bank. If you are thinking about building or purchasing a new home, please contact him at rwilliams@citystatebank.com.



Ryan Williams

INDIANOLA

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515-803-7782

NMLS #1471728

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Check for cancellations

Contra Dance

May 18, 7-10 p.m.

First United Methodist Fellowship Hall, 307 W. Ashland Ave., Indianola

May brings May flowers but don't be a wallflower. Come to the last contra dance of the season. Put on your dancing shoes and grab a friend or just come. Melon Farmer will be playing and Lonna Natchrigal will be performing. Suggested donation is \$10 for singles and \$20 for families. Snacks to share are welcome. You can bring flowers to share or your best smile.



Paige Clark Memorial Poker Run

Saturday, June 1, registration 9-10 a.m., cruise leaves at 10:15 a.m.
Indianola Middle School, west parking lot

The Two-Lane Cruisers of Iowa is hosting this event. All makes and models are welcome. There will be 50/50 tickets. Cost is \$10 per hand. Stops will be: Armed Forces Park in Lacona, lunch at Williamson Tavern, Alba Armed Forces Memorial, and Jersey Freeze in Monroe. For more information, call Brian, 515-779-0103, or Cliff, 515-419-3824.

Raccoon River Palooza

Saturday, June 8
8 a.m. to 8 p.m.
Raccoon River Park, 2500 Grand Ave., West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.

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.

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.

Free Community Concert

Friday, June 7, 6:30 p.m.
Burkhead Electric, 2714 N. Jefferson Way, Indianola

Blake and Jenna Bolerjack, an award-winning Christian vocal duo from Oklahoma, have entertained and inspired audiences across the country. Now they are putting Indianola on their map. Join this family-friendly evening of uplifting and energetic music while benefiting the local community. A freewill donation is encouraged with proceeds going to Victory Christian Academy. Bring your own lawn chair. Dinner options available from local food trucks, including La Tiendita and Hy-Vee Grill. Dessert options available from Victory Christian Academy.



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.



Tunes & Treats: Opus Taylor

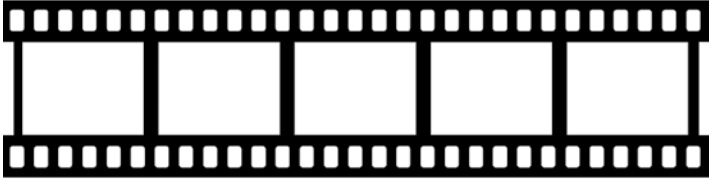
Tuesday, June 11, 1 p.m.
Indianola Activity Center, 2204 W. Second Ave., Indianola

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.

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Check for cancellations



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.



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.

Iowa Take Steps Walk

Saturday, June 22, 9 a.m.
Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn's and Colitis Foundation. The event starts at 9 a.m. to a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org.



Indianola Car Show, Tractor Show and Swap Meet

Aug. 24, 9 a.m. to 4 p.m.
Warren County Fairgrounds, Highway 92, Indianola

The Two-Lane Cruisers of Iowa is hosting this event. To enter or for more information, call Curtis or Cliff, 515-577-2279 or 515-419-3824. ■

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EVENTS IN THE AREA

Check for cancellations

Events at The Brenton Arboretum

Various dates

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

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

TheBrentonArboretum.org/events.

- Nature Club, varying times, register by age group: May 16, June 6 and 20, July 4 and 18, Aug. 1 and 15, Sept. 5 and 19; Oct. 3 and 17, Nov. 7 and 21, Dec. 5 and 19.
- Wednesdays in May, 10-11 a.m., Nature's Healing.
- May 19, 1-4 p.m., Plein Air Art Festival.
- May 20, 10 a.m. to noon, homeschool field trip.
- May 30-31, Animal Odyssey camp.
- June 2, 1-3 p.m., Go Hug a Tree.
- June 3-4, Animal Odyssey camp, 9-11:30 a.m.
- June 6, 6-7 p.m., Outdoor Foraging with Polk County Conservation
- June 8, 7-9 p.m., Wine on the Prairie.

Vietnam War Living History Event

Iowa Gold Star Military Museum, 7105 N.W. 70th Ave., Johnston • Saturday, June 1, 9 a.m. to 5 p.m. and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free. ■

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INDIANOLA INDIANS

SUMMER SPORTS SCHEDULES 2024



SOFTBALL: VARSITY

DATE	TIME	OPPONENT	LOCATION
5/20/24	7:45PM	Carlisle	Indianola High School
5/22/24	7:00PM	Away vs. DM East	Des Moines East High School
5/24/24	7:15PM	Away vs. Southeast Polk	Southeast Polk High School
5/28/24	7:00PM	Away vs. Ballard	Ballard Middle School
5/29/24	5:30PM	Away vs. Pella Christian	Pella Christian High School - DH
5/31/24	7:15PM	Pella Community	Indianola High School
6/1/24	8:45AM	Away vs. Waukee	Greater DM Softball Complex Field 4
6/1/24	10:30 AM	Away vs Johnston	Greater DM Softball Complex Field 4
6/1/24	2:00 PM	Away vs Winterset	Greater DM Softball Complex Field 4
6/3/24	5:30PM	Norwalk	Indianola High School - DH
6/6/24	5:30PM	Away vs. DC-Grimes HS	Dallas Center Softball Field - DH
6/8/24	TBD	Away vs. Xavier	Xavier High School
6/10/24	7:15PM	Oskaloosa	Indianola High School
6/11/24	6:45PM	Away vs. Waukee NW	Waukee Northwest High School
6/12/24	5:30PM	Newton	Indianola High School - DH
6/14/24	7:15PM	Pella Christian	Indianola High School
6/17/24	5:30PM	Away vs. Pella Community	Pella High School - DH
6/19/24	7:15PM	Away vs. Norwalk	Norwalk Baseball/Softball Complex
6/22/24	10:00AM	MSTM	Indianola High School
6/22/24	3:15PM	I-35	Indianola High School
6/24/24	7:15PM	Dallas Center-Grimes HS	Indianola High School
6/26/24	5:30PM	Away vs. Oskaloosa	Jay Harms Field - DH
6/27/24	7:15PM	Away vs. Newton	Newton HA Lynn Field
6/28/24	11:00AM	Away vs. Multiple Schools	DCG BB/SB Complex-Dallas Center
7/1/24	6:30PM	Away vs. Ottumwa	Huston Field - Wildwood School
7/2/24	7:00PM	Away vs. Ames	Ames High School
7/8/24	7:00PM	Away vs. Ankeny	Ankeny High School

BASEBALL: VARSITY

DATE	TIME	OPPONENT	LOCATION
5/15/24	7:00PM	Ottumwa	Indianola High School
5/16/24	5:00PM	Johnston	Indianola High School - DH
5/24/24	7:00PM	Away vs. Ames	Ames High School - DH
5/27/24	7:00PM	Away vs. Carlisle	Carlisle High School
5/29/24	5:30PM	Away vs. Pella Christian	Pella Christian High School - DH
5/30/24	5:00PM	Away vs. Urbandale	Urbandale High School
5/31/24	7:30PM	Pella Community	Indianola High School
6/3/24	5:30PM	Norwalk	Indianola High School - DH
6/4/24	5:00PM	Away vs. WDM Valley	Valley High School - DH
6/7/24	5:30PM	Away vs. DC-Grimes HS	Dallas Center Baseball Field - DH
6/10/24	7:30PM	Oskaloosa	Indianola High School
6/12/24	5:30PM	Newton	Indianola High School - DH
6/14/24	7:30PM	Pella Christian	Indianola High School
6/17/24	5:30PM	Away vs. Pella Comm	Pella High School - DH
6/19/24	7:30PM	Away vs. Norwalk	Norwalk Baseball/Softball Complex
6/21/24	10:00AM	Away vs. Saydel	Saydel High School
6/21/24	2:30PM	Away vs. Waukee	Johnston High School
6/22/24	1:30PM	Away vs Sioux City West	Dowling Catholic High School
6/22/24	4:00 PM	Away vs Dowling	Dowling Catholic High School
6/24/24	7:30PM	Dallas Center-Grimes HS	Indianola High School
6/26/24	5:30PM	Away vs. Oskaloosa	Oskaloosa High School - DH
6/27/24	7:00PM	Mason City	Indianola High School
6/28/24	7:30PM	Away vs. Newton	Newton - Woodland Park
7/1/24	7:00PM	Des Moines Lincoln	Indianola High School
7/2/24	7:00PM	Bettendorf	Indianola High School
7/3/24	3:30PM	Away vs. DM East	Des Moines East High School - DH
7/8/24	7:00PM	Away vs. Ballard	Nite Hawk Field - Slater
7/9/24	7:00PM	Away vs. North Polk	North Polk High School

See www.littlehawkeyeconference.com for most up-to-date schedules.



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CELEBRATE National Speech-Language-Hearing Month with a visit to an audiologist

Along with enjoying nature's soundtrack as we spend more time outdoors, there's another reason to care for your hearing this May. It's been designated as National Speech-Language-Hearing Month, previously known as Better Hearing and Speech Month. Organized by the American Speech-Language-Hearing Association, this month encourages people to seek treatment for hearing loss — particularly the 37.5 million adults who report some trouble hearing.¹



Audiologists play a pivotal role in diagnosing, managing and treating hearing and balance disorders. They use a medical model approach to hearing health care, which not only ensures that any potential issues you may have are identified early but also opens the door to effective management strategies and treatments that can significantly improve your quality of life. Audiologists and their

teams provide everything from comprehensive hearing evaluations to fitting hearing aids and counseling you and your family.

In addition to missed conversations with loved ones, untreated hearing loss can also lead to several serious health issues, including cognitive decline; depression, anxiety and loneliness; and increased risk of falls.

Don't put your wellbeing at risk. Scheduling regular hearing evaluations with an audiologist is a simple yet critical way to ensure optimal hearing health and overall wellbeing, allowing you to stay connected to the world and savor life's special moments to the fullest. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, (515) 416-5990, www.IowaHearingCenter.com. 1 National Institute on Deafness and Other Communication Disorders. (2024). Quick statistics about hearing, balance and dizziness. <https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing#>:

Better Hearing Month

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WHAT is an orthopedic assessment from an acupuncture and chiropractic perspective?

Orthopedics is a specialty that focuses on diseases and injuries of the body's musculoskeletal system. This complex system, which includes your bones, joints, ligaments, tendons, muscles and nerves, allows you to move, work and be active. It is all about function.



Orthopedic medicine, when applied by a chiropractor or licensed acupuncturist, relies on non-surgical means to critically assess and treat the dysfunction. By performing thorough exams of the active and passive range of motions of the joints and muscles, they can determine where a muscle, nerve or joint may be impinging or lacking movement. Improving the function of joints and muscles decreases inflammation and stimulates healing.

Chiropractic care maintains and restores orthopedic function of the spine and movable joints of the body using manual adjustments or tools to loosen joints, which in turn frees

the nerves, tendons, muscles and ligaments. A chiropractic physician will also perform and recommend stretching or specific exercises to correct the underlying imbalance.

Asian Medicine utilizes orthopedic assessment and techniques to disperse ahi points (otherwise known as trigger points) in the neck, back, knee, elbow, shoulder and other joints. Licensed acupuncturists utilize Traditional Asian Medicine needling techniques to disperse the myofascial and muscular trigger points and may also incorporate cupping, gua sha, LED red light, or even moxibustion. Using Asian Medicine diagnosis, they will also determine the underlying cause of the dysfunction by using points on the body to supplement healing.

Orthopedic chiropractic and acupuncture used individually or together is a wonderful option for individuals suffering from the following musculoskeletal issues:

- Torn ligaments
- Overextended muscles
- Bone spurs

- Nerve pain and/or pinched nerves
- Repetitive stress injuries
- Pain caused by joint replacement surgery
- Arthritis
- Poor posture
- Sciatica
- Menstrual pain
- Pelvic floor dysfunction
- Musculoskeletal trauma (whether it's due to an old sports injury or something else)

Musculoskeletal imbalances and injuries often have a domino effect. For example, when you sustain an injury to your knee, you will overtax the opposite leg and hip to compensate. This shifting of weight will affect your spinal alignment and the way your core muscles work. By correcting imbalances, orthopedic chiropractic and acupuncture will provide consistent relief. ■

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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WHAT time is it?

In the Scriptures, we read: “For everything there is a season, and a time for every matter under heaven” (Ecclesiastes 3:1). This is a great reminder that all human works and efforts have certain times dictated by God. Beginnings. Endings. Difficulty. Blessing. Everything comes and goes at the time that God has appointed.



At first blush, that seems like bad news. Why would God assign seasons of breaking down, weeping or mourning? Believe it or not, it’s to strengthen us. Just like the hard work of studying makes us smarter or the hard work in a gym makes us physically stronger, times of difficulty are meant to make us spiritually stronger. Not by teaching us to rely on ourselves, but by reminding us to lean on God. This hard work is done in seasons of sadness.

This is also good news. First, because these are only seasons. I love the way Psalm 30:5 puts it: “Weeping may tarry for the night, but joy comes with the morning.” Just like our earthly calendar moves from winter to spring to summer to fall and back to winter, challenging seasons will give way to hopeful ones.

Most of all, this is good news because, no matter the season, God is with us. He never leaves us or forsakes us. This may be harder to see in difficult times, but it is no less true. ■

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

MEET Amanda Carnes

Pairing learning with laughter and play

Amanda Carnes has experienced the magic of teaching young learners for 15 years.

“Kindergarten is such a magical age,” she says. “There are so many things that are new and amazing to my students, and it’s fun to witness their excitement.”

Teaching is something Carnes knew she would do from an early age. She credits several teachers at Martensdale-St. Mary’s, where she attended school, for playing a significant part in molding her into the person she is today and for encouraging her to make a difference in the lives of children.

Carnes started college at William Penn University but eventually transferred to Simpson College where she graduated with majors in liberal arts and elementary education, along with endorsements in early childhood and reading.

She enjoys living and teaching in Indianola because it allows her to get to know her students and families outside of the classroom — whether out running errands or at community events and activities.

A typical day in her kindergarten classroom at Wilder Elementary includes lots of learning, laughter and fun.

“We learn by doing, using movement as much as possible,” she explains. “Students act out stories or parts of stories, circulate around the room for reading and writing activities, and we use kinesthetic and tactile activities for teaching math skills.”

There’s collaborative learning where students work together in partners/groups and have the chance to explain their thinking and work to their peers. Plus, there is also a lot of play because Carnes says that’s where some of the most important lessons are learned. She’s seen students develop social skills, mathematical concepts, explore their writing abilities, and become tiny engineers when they are allowed to free play.

Carnes likes that kindergartners are not only happy and energetic, but they love their teachers and friends and are eager to learn. And they laugh a lot.

“Most of these little ones are quick to forgive, can find the good in everyone, and are experts in spotting something hilarious,” she says. “If anyone in my class is feeling down, we always find a way to bring on the laughs and make everyone feel better.”

When Carnes is not in the classroom, she’s busy watching her own children in their sports and activities. She also enjoys traveling, hiking, family fun in the summer and reading.

But she says there’s one book you likely won’t find on her reading list.

“It would have to be ‘How to Eat Fried Worms,’ ” she continues, laughing. “As ridiculous as it sounds, I am terrified of worms. Yes... worms!” ■



The best part of Amanda Carnes’ school day is seeing students enter the classroom first thing in the morning, because their big — sometimes toothless — smiles melt her heart and let her know she’s making a difference.

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LIPOTROPICS for weight loss

Lipotropics, known as “metabolism plus” injections, are nutrients that help aid in fat/weight loss. While there are many compounds out there, typical nutrients include: inositol, B12 (cyanocobalamin), B6 (pyridoxine) and choline. Inositol helps insulin work better to regulate blood sugar and can also help regulate the “feel good” hormones in your brain, like dopamine and serotonin. B12 helps red blood cell formation, cell metabolism, DNA formation, and nerve function. Many people feel this boosts their energy. B6 is good for brain health, immune system health, neurological system health, and helps your body metabolize carbohydrates, proteins and fats. Choline is great for brain health, mood regulation, muscle control and fat metabolism. Together, these can aid energy, metabolism and general wellness. Many experience fat loss, less brain fog, better sleep and an overall improvement in their sense of wellbeing. Lipotropics are great tools but always pair better with a healthy lifestyle. Make sure to get plenty of sleep, drink your water, eat whole foods and get regular exercise. Whole food sources are a good way to get these nutrients, but they are also available in a highly absorbable injectable form called “metabolism plus,” along with other options to help your weight-loss journey. ■



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

UNDERSTAND how your roof is covered

Now is a time of change in the insurance industry. One area of change, especially here in the Midwest, is the way insurance companies are covering roofs. Here are some important terms to know:



• **Actual Cash Value (ACV) Roof Coverage.**

This type of coverage means that, if your roof needed to be replaced due to a covered source of damage, your insurance company could pay part, but not all, of the total amount needed to replace it. Many insurance companies have started to require this type of coverage for older roofs or roofs that show visible signs of deterioration.

• **Replacement Cost Roof Coverage.** This type of coverage means that, in the same scenario as above, your policy will pay the full amount needed to replace the roof, after your deductible. Many insurers have started to only offer this type of coverage for buildings with newer roofs that are in excellent condition.

• **Wind/Hail Deductible:** Many insurers have begun to require a higher deductible for damage caused by wind or hail than the deductible for all other sources of damage. This is called a Wind/Hail Deductible. For example, your house may have a \$1,000 deductible for most types of damage but a \$2,500 wind/hail deductible.

If you are not sure which coverage your roof has, talk to your insurance agent. ■

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

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Mike Richey, Agent
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SERVICE above self

Rotary Club shares passion for community service and friendship.



Since 2003, Rotarians have distributed more than 5,000 paperback dictionaries to Indianola third graders. From left: Terry Pauling, Arlen Schrum, Joe Weinman and Ron Heideman.

When Terry Pauling joined Indianola Rotary more than 20 years ago, it was a great way to meet people, network and build relationships. But, soon, he realized the difference he was making.

“It feels good to know I’m doing something to help others,” he says. “We live such fast-paced and busy lives, it’s easy to forget how important it is to give back through community service.”

Rotary is a diverse and inclusive international organization of more than 1.4 million members spanning more than 130 countries. Members participate in local, statewide and international programs and projects focusing on addressing health care, alleviating hunger, reducing poverty, improving literacy, promoting peace and protecting the environment.

Indianola Rotary Club was chartered on Sept. 26, 1922, and has met weekly ever since to network and learn about key topics of community interest, support local organizations improving the community and build community amenities. For its centennial project, the club is sponsoring the development of a disc golf course at McCord Park specifically designed to introduce new entrants to the sport.

The club also sponsors leadership development through the Rotary Youth Leadership Awards, Interact chapter at the Indianola High School, and Rotaract chapter at Simpson College. They are currently sponsoring a local student living in France through the Rotary Youth Exchange.

“Through our youth programs, young leaders build skills, expand education and learn the value of service,” says Rotary President Steve Rose. “The exchange program allows students to immerse themselves in the language and culture of another country and truly become global citizens.”

For more than 30 years, Rotary has been an integral part of the National Balloon Classic as the friendly faces that greet visitors to the event, selling tickets and directing traffic.

McKinley Steig joined Rotary shortly after moving to Indianola so he could learn about the community and get to know more businesspeople.

“I love working the Classic, because often it’s hard to get to meetings, and it’s an event where I can catch up with club members,” he says. “It’s fun to interact with guests. Our goal is to get their night started on a positive note, so they have a blast watching the balloons.”

The Indianola club works with Rotary International and The Rotary Foundation to make lasting change in the community and around the world. But it still comes down to individuals.

“Rotarians are individuals who want to make our world a better place,” says Pauling. “We are willing to travel near and far to help those in need, walk in local parades, collect food items for the food pantry, visit schools and hand out dictionaries, raise funds, provide labor and teach leadership skills.”

Men and women of all ages and backgrounds who live and work in Indianola are welcome in Rotary. Rotary also has a



Brian Adams and Sinikka Waugh lend a hand to build free little libraries.

corporate program that allows multiple employees of a business to participate in Rotary under one primary membership.

“We’re looking for people who want to be a part of our mission of ‘Service Above Self,’” says Rose. “As a Rotarian, you’ll enjoy giving back to the community and also the friendships, fellowship and fun.”

Indianola Rotary meets every Friday at noon at Indianola Country Club for lunch and an informative presentation. For more information, email indianolarotary@gmail.com or call 515-962-5765. ■

Rotary Community Projects & Financial Support

- Rotary Centennial Disc Golf Course
- Summerset Recreational Trailhead Shelter
- Paperback dictionaries for ICSD third graders
- National Balloon Classic Rotary parking
- Gazebo at Buxton Park
- All-inclusive playground
- Little Free Libraries
- Peace Garden
- Food drives
- Brews & Stew
- Coats for Kids
- RYLA (Rotary Youth Leadership Awards)
- Simpson College Scholarships
- Rotaract
- Interact
- Rotary Foundation worldwide water projects (Tanzania and Guatemala)
- Local fire truck to Mexico

RECIPE

A CREAMY pasta delight perfect for dining outdoors

(Family Features) Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at michiganasparagus.org. ■

Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces



- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.

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CRUISING through time

For Alexander, life's too short to drive an ordinary car.



As a car enthusiast, Cliff Alexander takes pride in preserving history for others and keeping alive the memories of his youth.

Cliff Alexander believes the heart and soul of any classic muscle car is not only what lies beneath the hood, but also the stories behind it.

“Modern muscle cars are cool, but they’re just not the same,” he says. “The kids in my generation... we worked hard saving up money to buy our first cars. We had more appreciation for them and what it took to keep them running.”

A southern Iowa farm boy, Alexander grew up riding horses and helping with chores. But a family friend always had something old sitting around, so he also spent much of his time tinkering on tractors, cars and motorcycles. When his cousins introduced him to stock car racing, he was immediately hooked.

“I’ve always owned some type of muscle car or Harley motorcycle,” he explains. “My kids and I did a lot of drag racing when they were young, but now my wife and I simply enjoy owning and restoring cars. Going to shows has become a hobby we can do together.”

Alexander has had many cars over the years, including Chargers, Novas, Mustangs, Camaros and Monte Carlos, just to name a few. However, he’s pretty proud of the three he has in his garage right now: a 1967 Chevelle Big Block 4-speed, a 1932 Ford Hyboy Roadster and a 1968 Chevy C10 Short Box Stepside named “Frankie.”

The truck is his wife’s, and they named it after Frankenstein because it’s made up of several parts — a 1973 Blazer frame, a 1970 cab and a 1968 front clip. The ’32 Ford is a cool, quintessential hot rod and the ’67 Chevelle is considered his “I’m not ready to grow up yet” muscle car.

Alexander says the hobby is about the love of cars, taking pride in what you have, and also the circle of people and friends you meet.

The latter is what sparked the idea to start a car club in Indianola.

“It’s something our community was lacking, so my wife and I enlisted the help of a

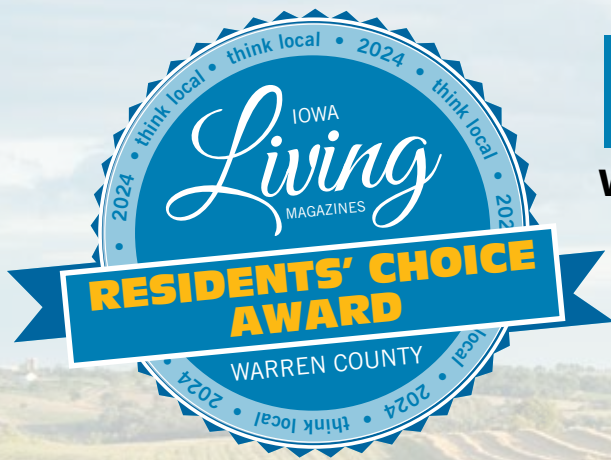
small group of friends who are car enthusiasts, and they were all in.”

Eric Ohnemus came up with the name Two Lane Cruisers of Iowa, and, shortly after, they formed a board and elected officers.

The club hosts two main events each year: the Paige Clark Memorial Poker Run (Saturday, June 1) and its annual car show, which will take on a new look this year and include cars, tractors and a swap meet. It will be at the Warren County Fairgrounds on Aug. 24.

The car show is a major fundraiser for the group, and most of the proceeds are funneled back into the community to organizations such as Kiya Koda, Heal House, Pink Tractor and the local food pantry.

“We’ve got a lot of great people in the club,” says Alexander. “Anyone who is a car enthusiast is welcome. You don’t need a classic car to join in the fun.” ■



IT'S BACK!

Who will be voted favorite in Warren County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2024 Warren County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Indianola and Norwalk August editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES JULY 8, 2024.

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Brewery/Distillery/Winery
- Bakery
- Catering Company
- Server/Bartender (First and last name)

AUTO BODY

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

- Preschool/Daycare
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Florist
- Home Improvement Retail Store
- Appliance Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Event Venue
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym

- Pharmacy
- Hearing Center
- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrician
- Plumber
- Senior Living Facility
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Pest Control
- Tree Service
- Home Building/Remodeling Contractor
- Exterior Contractor (siding, roofing, windows, doors)



Wesley Woods Camp and Retreat Center held a ribbon cutting on April 24.



Rick Peake and Joanne Appenzeller at the Wesley Woods Camp and Retreat Center ribbon cutting on April 24.



Maggie Lewis and Amy Feser at the Northwest Mutual ribbon cutting on April 19 for its new expansion into the Indianola Community.



John Miller and Mikaela Dunn at the Wesley Woods Camp and Retreat Center ribbon cutting on April 24.



Shannon Bardole-Foley and Megan Sievers at the Wesley Woods Camp and Retreat Center ribbon cutting on April 24.



Joe Kotz and Reahna Singleton at the Northwest Mutual ribbon cutting on April 19 for its new expansion into the Indianola Community.



Morgan Singleton and Nealey Webster at the Northwest Mutual ribbon cutting on April 19 for its new expansion into the Indianola Community.



Andrew Swadner and Leslie Held at the Northwest Mutual ribbon cutting on April 19 for its new expansion into the Indianola Community.



Northwest Mutual held a ribbon cutting on April 19 for its new expansion into the Indianola Community.



Cort Singleton and Sam Hofer at the Northwest Mutual ribbon cutting on April 19 for its new expansion into the Indianola Community.

TRACK Meet

A track meet was held at home on April 18.



Jamie Parrott and Connor White



Todd and Renee Little



Cara, Chuck and Sharon Baker



Hailey Fell, Marie DeWall and Diane DeWall



Mike and Deb Moyer



Lyndi and Evelyn Bierman



Art Reisinger and Darrell Till



Paul, Kaden and Erin Kindlespire



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FAITH

By Kevin Mayer

DO you use the portal?

I've spent the week accompanying a family member at a number of medical appointments. A phrase from the staff that's come up a number of times is, "Do you use the portal?" The portal is simply the science fiction-sounding place online where the patient can sign in to access all the communication with this particular medical institution. Want to send and receive messages with medical staff directly? Want to see your visit summaries or test results? Need to refresh your own memory of every medical event you've encountered over the last several years before you meet with the doctor? You guessed it. Head to the portal.



This isn't our first rodeo with this institution, and I've been impressed this week with how, over the years, the expectation by the staff that the patient will use the portal for anything and everything has grown. There's a softly implied, "You know, you really should do this," which we do. We'd be foolish not to.

This reminds me of our relationship with God. At the risk of oversimplifying a spiritual reality, we've been given means to interact with the Lord if we'll but use them. First, we do have a place where we can turn to receive communication from God — Scripture. What does He say about who I am, about my past, even about my future? What does He tell me about Himself, His ways, His thoughts, even His thoughts about me? The answers to this, and so much more, are all there. But I do have to access them.

And lest we think His word is only some dry collection of sayings that may or may not apply to me, listen how Psalm 119:28 describes the depth of love and grace found there. "I am weary from grief; strengthen me through your word." What encouragement!

And, on the flip side, we, of course, are given a means by which to communicate to God as well — prayer. Surprisingly, I've seen many people who are quick to make much of God's word yet make little of prayer, especially given how much He encourages prayer in the words of Scripture. Philippians 4:6-7 — "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus." ■

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

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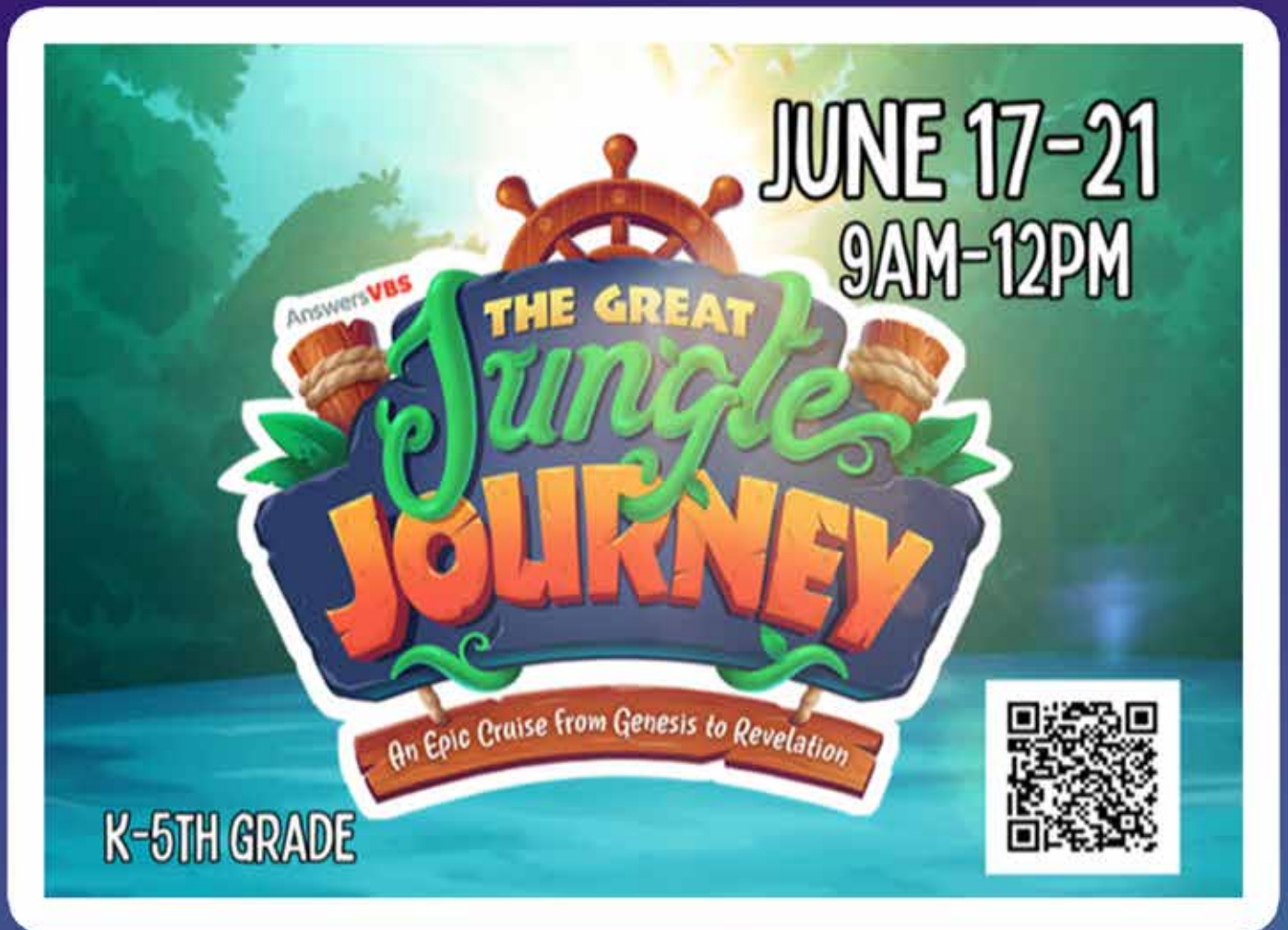
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