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AUGUST 2024

Living

MAGAZINE



RESIDENTS' CHOICE AWARDS

Warren County residents
share their favorites



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SCHOOL BUS TRAFFIC LAWS

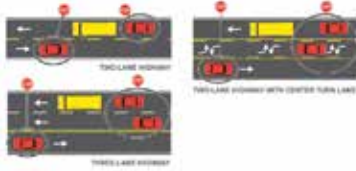
With the kids going back to school this month, there will be more school buses hitting the roads! It's important to be aware of Iowa's school bus traffic laws and the serious penalties that may result if found to be in violation.

When are you required to stop for a school bus?

If you're on a 2 or 3 lane roadway...

If you're approaching the bus from behind, you must stop when you see the flashing red or amber warning lights. This stop must be no closer than 15 feet from the rear of the school bus. You must remain stopped until the stop arm is fully retracted, and the bus begins to move.

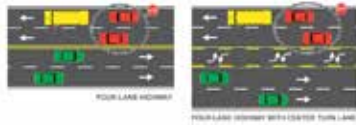
If you're approaching the bus from the front, you must slow your vehicle to 20 mph or below and be prepared to come to a complete stop when the amber warning lights are flashing. If the stop arm is extended, you must stop your vehicle and remain stopped until the arm has been retracted again.



If you're in a roadway with 2 or more lanes in either direction...

If you're approaching the bus from behind, it is the same rules as on a 2 or 3 lane roadway. You must stop when you see the flashing red or amber warning lights, this stop must be no closer than 15 feet from the rear of the school bus, and you must remain stopped until the stop arm is fully retracted, and the bus begins to move.

If you're approaching the bus from the front and you are in one of the opposite two or more lanes, you do not need to stop, even if the bus's lights are flashing and the stop arm is extended. This is the only time you may pass a school bus that has stopped and has its stop arm extended.



What happens if I pass a school bus with the amber lights on or the stop arm extended?

In March of 2012, Iowa Governor Terry Branstad signed into law Senate File 2218, the "Keep Aware Driving – Youth Need School Safety Act," often referred to as "Kadyn's Law." This law increased criminal penalties

and administrative sanctions, if convicted. It is considered a serious moving violation.

FIRST OFFENSE:

- A criminal citation in violation of Iowa Code 321.372(5)(b)(2), a Simple Misdemeanor;
- A fine of at least \$345, but no more than \$930;
- Up to 30 days of imprisonment, in lieu of or in addition to the fine; and
- The Iowa Department of Transportation will impose a 30-day suspension*.
 - *In lieu of the suspension, you may have the opportunity to complete a driver improvement program upon request.

SECOND OFFENSE:

- A criminal citation in violation of Iowa Code 321.372(5)(b)(2), a Serious Misdemeanor;
- A fine of at least \$430, but no more than \$2,560;
- Imprisonment not to exceed one year, at the Court's discretion; and
- A 90-day suspension for driving privileges with the Iowa Department of Transportation.

THIRD OR SUBSEQUENT OFFENSE:

- A criminal citation in violation of Iowa Code 321.372(5)(b)(2), a Serious Misdemeanor;
- A fine of at least \$430, but not exceeding \$2,560
- Imprisonment of up to one year, at the Court's discretion; and
- A 180-day suspension to your driving privileges with the Iowa Department of Transportation.

If the violation results in injury, you will also have additional penalties regardless of how many prior offenses you have. You would have an additional fine of \$500.00 and the court may order the Department of Transportation to suspend your driving privileges for a period of 90 days in place of or in addition to the fine.

If the violation results in a death or serious injury, you may be subject to other violations of the Iowa Code, such as homicide or serious injury by vehicle, both of which are felonies. These crimes carry much more serious penalties.

In general, always use caution when approaching a school bus or in a school zone and have a safe and fun school year from Ellis Law! If you or someone you know needs legal help, please contact our office at (515) 962-9080.



THANK YOU VOTERS!

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WELCOME

RESIDENTS choose favorites again

Welcome to our annual compilation of residents' choices in Warren County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online ballot.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Warren County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Warren County.

As always, thank you for reading, and thank you for voting, too. ■

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Owner Emmalee Bowlin was excited to open Whip It Good's new location just off the square in early August, where she'll be whipping up delicious freezer meals and also expand her catering capabilities. Photo by Becky Kolosik

RESIDENTS' CHOICE AWARDS

Warren County residents share their favorites



August has rolled around again, which means it is time to recognize the Residents' Choice Award winners for Warren County.

As we continue to improve our poll and respond to what readers say is important to them, we have added categories. This year, look for favorites you haven't seen before in the categories of Tree Service, Homebuilding/Remodeling Contractor and Exterior Contractor.

Also new this year, note the repeat winners designated by an asterisk by their name. See who is merging as our "perennial favorites." These favorites are doing it right — building loyalty in their customers.

As always, remember that these favorites were chosen by Warren County residents. You are likely to agree with some choices and disagree with others, but the results

were determined by your area neighbors.

If you voted in this year's poll, thank you for participating. And, if you didn't, be sure to look for notices in this magazine of next year's poll opening and cast your vote! With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it's important to note that all those listed are winners, and we congratulate them all.

Warren County residents share their favorites ...

(Runners up in alphabetical order. * Denotes a repeat winner)

Restaurant

* Winn's Pizza and Steakhouse

Runners Up: Brickhouse Tavern; Crouse Cafe

Restaurant for Breakfast

* Crouse Cafe

Runners Up: Maid Rite; Savor the Rise

Restaurant for Lunch

Winn's Pizza and Steakhouse

Runners Up: Crouse Cafe; Mishmash Eats & Sweets

Restaurant for Dinner

* Winn's Pizza and Steakhouse

Runners Up: Brickhouse Tavern; Z's Eatery & Draught Haus

Restaurant for Dessert

Wendy's Ice Cream Shop

Runners Up: Crouse Cafe; The Outside Scoop

Place for Ice Cream

* Wendy's Ice Cream Shop

Runners Up: DQ Grill & Chill Restaurant; The Outside Scoop

Pizza Establishment

* Pete's Pizza

Runners Up: Pyra Pizzeria; Winn's Pizza and Steakhouse

Bar

The Zoo

Runners Up: 804 Main Bar & Grill; The Hide Out

Coffee Shop

Scooter's Coffee

Runners Up: Savor the Rise; Uncommon Grounds Coffee House



In 2018, Lisa Dowson bought, then remodeled and opened, The Cottage with the help of her fiancé, Scott Tudor, who is also a wedding DJ. It has become a favorite venue for intimate weddings, bridal and baby showers and other celebrations, as well as meetings and seminars. Photo by Becky Kolosik

Brewery/Distillery/Winery

* West Hill Brewing Company

Runners Up: Iowa Distilling Company; Summerset Winery

Bakery

* Savor the Rise

Runners Up: Hy-Vee; Mishmash Eats & Sweets

Catering Company

* Whip It Good Catering

Runners Up: Hy-Vee; Mishmash Eats & Sweets

Server / Bartender

Hannah Rasmussen - Iowa Distilling Company

Runners Up: Heidi Crouse - Crouse Cafe; Jesse Forbes - The Zoo

Auto Service

Chumbley's Auto Care

Runners Up: Downey Tire Pros; Keller's Garage

Auto Body Shop

* Smith's Collision Center

Runners Up: Details Plus Collision Center; Miller Auto Body & Paint

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FEATURE

Car Dealership

DeYarman Ford Indianola

Runners Up: Gregg Young Chevrolet of Norwalk; Southtown Chrysler Dodge Jeep Ram

Auto Parts Store

* O'Reilly Auto Parts

Runners Up: Carquest Auto Parts - Harvey's Automotive; NAPA Auto Parts

Preschool/Daycare

Crayons 2 Pencils Early Learning Center

Runners Up: Lil' Hands Big Dreams Child Development and Preschool; Purple & Gold Preschool

School

* Irving Elementary School

Runners Up: Lakewood Elementary School; Norwalk High School

Park

* Buxton Park

Runners Up: Lake Ahquabi State Park; Moats Park

Community Festival or Event

* National Balloon Classic

Runners Up: Norwalk Fourth of July; Warren County Fair

Church

* Indianola Community Church

Runners Up: Indianola First Assembly of God; St. John The Apostle Catholic Church

Pastor

* Jon Duey, Indianola Community Church

Runners Up: Barry Hill, Indianola First Church; Dan Kirby, St. John the Apostle Catholic Church

Chamber of Commerce

* Indianola Chamber of Commerce

Runners Up: Carlisle Chamber of Commerce; Norwalk Area Chamber of Commerce

Grocery Store

* Fareway Meat & Grocery

Runners Up: Hy-Vee; Walmart

Boutique

* Lula Belle Designs

Runners Up: Little Children's Boutique; Roots

Retail Store

Lula Belle Designs

Runners Up: Roots; Walmart

Florist

* Bellflower Florist & Gifts, LLC

Runners Up: Busy Bee Garden Center; Hy-Vee Floral

Home Improvement Retail Store

* Cappel's Ace Hardware Norwalk

Runners Up: Circle B Home Center; McCoy True Value Hardware

Appliance Store

* Circle B Home Center

Runners Up: Cappel's Ace Hardware Norwalk; Kappelman Appliance

Liquor Store

* Hy-Vee Wine & Spirits

Runners Up: Fareway Meat & Grocery; Iowa Distilling Company

Nursery or Garden Center

* Busy Bee Garden Center

Runners Up: Bedwell Gardens; Ted Lare Design + Build & Garden Center

Place to Purchase a Gift for a Man

* Theisen's Home Farm Auto of Indianola

Runners Up: Cappel's Ace Hardware Norwalk; Lula Belle Designs

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FEATURE

*** Lula Belle Designs**

Dad/Child Date Spot

Runners Up: The Corner Sundry; Indianola - Paramount 7

* The Corner Sundry

Place to Take Your Mom and Dad

Runners Up: National Balloon Classic; Winn's Pizza & Steakhouse

Warren County Fair

Place for Children's Birthday Parties

Runners Up: Crayons 2 Pencils Recreation Center; Indianola Tumbling Center

The Cottage

Indianola Country Club

Runners Up: Deer Run Golf Club; Shady Oaks Golf Course



When it comes to chiropractic care for the entire family, Warren County residents say their favorite is Dr. Cory Drees and Dr. Jordan Droegmiller, as well as the entire staff at Drees Family & Sports Chiropractic. Photo by Becky Kolosik

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FEATURE

Hair Salon

* **Copper + Fringe Beauty Co.**

Runners Up: Pure Salon Aveda; Young & Co. Beauty

Health Clinic

* **UnityPoint Clinic Family Medicine**

Runners Up: MercyOne Family Medicine; The Iowa Clinic

Dental Office

* **Norwalk Family Dentistry**

Runners Up: Dental Professionals; Indianola Family Dentistry

Orthodontist Office

* **Central Iowa Orthodontics**

Runners Up: Johnson Orthodontics; Jones Family Dental

Mental Health Services

Wilkins Counseling Services

Runners Up: Patti Campidilli; Magnolia Connection

Chiropractor

Drees Family & Sports Chiropractic

Runners Up: Norwalk Chiropractic; True Roots Chiropractic

Vision Care

* **Optometric Associates**

Runners Up: Elite Eye Care; Indianola Vision Center

Health Club or Gym

* **Indianola Wellness Campus**

Runners Up: Anytime Fitness; CrossFit Undone

Pharmacy

* **Medicap Pharmacy**

Runners Up: Hy-Vee Pharmacy; Walgreens

Hearing Center

* **Iowa Hearing Center**

Runners Up: Miracle-Ear Hearing Aid Center; Woodard Hearing Centers

Cosmetic Services

vIVid Life Spa

Runners Up: Copper + Fringe Beauty Co.; FFC Beauty

Physical Therapy

* **Athletico Physical Therapy**

Runners Up: 21st Century Rehab; Indianola Physical Therapy

Dance Studio

* **The Dance Factory**

Runners Up: Dance 2 Xtreme; Superstars Performing Arts

Gymnastics Studio

* **Indianola Tumbling Center**

Runners Up: Dance 2 Xtreme; Superstars Performing Arts

Tumbling Studio

Dance 2 Xtreme

Runners Up: Indianola Tumbling Center; Superstars Performing Arts

Financial Planner

* **Seth Lampman**

Runners Up: Kim Guilford; Chad Stevens

Law Firm

* **Ellis Law Offices, P.C.**

Runners Up: Ouderkirk Law Firm; Stuyvesant, Strong, Krapfl & Carda, PLLC

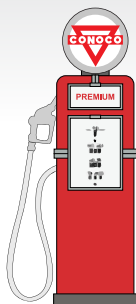
Accounting Firm

* **Accounting Associates of Indianola**

Runners Up: Gray Financial Solutions, Inc.; Shull, Schrum, McClaflin and Co., Inc.

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FEATURE

Veterinarian

* Indianola Veterinary Clinic

Runners Up: All Creatures Small Animal Hospital; Norwalk Veterinary Clinic

Dog Groomer

* Amore Pets

Runners Up: A Dog's Day Out; Tammy's Tailwaggers

Pet Care

* Amore Pets

Runners Up: All Creatures Small Animal Hospital; Indianola Veterinary Clinic

Lawn Care Business

* Warren Lawn Services

Runners Up: Central Iowa Outdoor Services Co.; Woosley Landscaping & Mowing

Landscaping Company

Central Iowa Outdoor Services Co.

Runners Up: Ted Lare Design + Build & Garden Center; Woosley Landscaping & Mowing

Heating and Cooling Business

* Indianola Mechanical

Runners Up: Bussanmas Heating & Cooling; Vanderpool Plumbing, Heating, Air Conditioning & Electrical

Electrician

* Miller Electric

Runners Up: Burkhead Electric; Integra Electric Solutions

Plumber

* Indianola Mechanical

Runners Up: Chew Plumbing Company, LLC; Vanderpool Plumbing, Heating, Air Conditioning & Electrical

Senior Living Facility

* The Village

Runners Up: Holland Farms Senior Living; Westview of Indianola Care Center

Insurance Company

Gretchen Schrock - Country Financial

Runners Up: Chad Kuehl - State Farm Insurance; Lane Insurance Agency

Realtor

* Jon Niemeyer

Runners Up: Karey Bishop; Emily Keller-Lampman

Bank/Credit Union

* City State Bank

Runners Up: Peoples Savings Bank; TruBank

Photographer

Abbi Garling Portrait Studio

Runners Up: Lena Rita Photography; Tim McConnell Photography

Place for Guests to Stay

Hotel Pommier

Runners Up: Country Inn and Suites Indianola; The Corn Crib Bed and Breakfast

Pest Control

Perfection Pest Management

Runners Up: Davidson Pest Control; Rhoades Pest Control

Tree Service

Crouse Tree Service

Runners Up: 515 Tree Service; Turnbull's Tree Service

Homebuilding/Remodeling Contractor

D.R. Horton

Runners Up: Hildreth Construction Services; Ohnemus Construction

Exterior Contractor

All American Exteriors

Runners Up: Bengard Roofing; Whitey Exteriors ■

RECIPE

TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at SuccessRice.com. ■

Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



- cook time, 10-12 minutes, or until chicken is golden brown and cooked through.
- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
 - Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
 - Garnish with toasted sesame seeds and green onions, if desired.

WHEN farm animals escape

It is expected that those who raise farm animals will keep such animals fenced in and away from the public. When cows, horses or other animals escape, they can present a danger to motorists, adjoining property owners or others.

When damage is caused by a loose farm animal, a question arises as to whether the owner of the farm animal is liable for that damage. Iowa has an interesting history on this question, and a recent Iowa Supreme Court case appears to make it more difficult to successfully make a claim against the animal owner.

In 1924, the Iowa legislature enacted what was known as the "fencing in" act. Under this act, "All animals shall be restrained by the owners thereof from running at large." Applying this statute, Iowa courts held that evidence that an animal was at large on the highway was prima facie evidence that the animal owner was negligent.

In 1994, the legislature repealed the "fencing in" act. The Supreme Court of Iowa was presented with the question of how this affected an animal owner's duty in the case of *Klobnak v. Wildwood Hills*, 688 N.W.2d 799 (2004). In that case, the plaintiffs were injured when their car collided with two horses that were running free on the highway.

The Supreme Court observed that it was true the horse owners had no statutory duty to restrain their horses because the "fencing in" statute had been repealed. The Court also noted that no specific duty to restrain livestock exists in common law.

Nevertheless, the Court recognized that an owner still has a duty to use ordinary care when harboring animals and may be liable if he could reasonably anticipate that injury may occur if they roam at large.

In the recent case of *Singh v. McDermott*, 2 NW3d 422 (Iowa 2024) a long-haul trucker was injured when his truck struck a cow that was on the interstate. The owner of the cow had property that abutted the highway with fences and gates for the confinement of cattle.

It was not disputed that the cow strayed onto the interstate in the middle of the night and was unattended at the time of the collision. Nevertheless, the Court determined that the plaintiff had a duty to provide evidence that the owner was negligent. The Court explicitly rejected any claim that the cow's mere presence on the interstate provided sufficient evidence of negligence. Instead, the case was one in which expert testimony was necessary.

Conclusion: Animal owners have a duty of ordinary care to the public. However, the mere fact that an animal is loose, without proof of negligence, is not enough to recover damages. ■

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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GARDENING

By Barry Laws

FALL planting can help prepare for spring

August is here, and it has been an interesting summer so far, with rains to keep the gardens growing but also a couple of heat waves. So now, as we sit back this month and enjoy the garden, it is time to start thinking about next year's garden. Why? Fall is the next best time to plant perennials, shrubs and trees. Planting in September and October will give plantings a chance to establish while they are dormant and not growing above ground.



Some great additions are shrubs like Rose of Sharon. These mid-summer to late fall bloomers come in a variety of sizes and flower colors. Many are familiar with the large 8- to 10-foot varieties, but there is a smaller, just as showy variety, Polly Petite, a 2-foot by 2-foot garden powerhouse.

A couple of great perennials that are late bloomers are helenium and rose mallow (hardy hibiscus). In the nursery, helenium is often overlooked, but it is a dynamic addition. It will bloom mid-summer and bloom into the fall with colors of yellow, orange and red. The best part is that it is a food source for butterflies. It is that show of color when not much else is blooming that makes it a great addition to your containers and your gardens, waiting to burst with color as your annuals and other perennials are fading.

Need an outstanding addition to your pollinator garden or to attract hummingbirds? Hardy hibiscus is the answer. A late emerging perennial, often not emerging until late May or June, these impressive perennials begin blooming late July and last into the fall. They are a nectar pot for pollinators and hummingbirds who drink deeply from the huge blooms of red, pink, white and combinations of these colors. The leaves are impressive themselves — variegated shades of green and shades of red/purple. A couple of examples are Midnight Marvel, deep red flowers with maple-shaped leaves of purple, and Cookies and Cream, an almost black leaf with white flowers.

Now is also the time to plant peonies, either plants or bareroot, in addition to ornamental grasses, lilies and countless other shrubs. And remember those bulbs for spring blooms: tulips, daffodils, crocus and alliums. There are hundreds if not thousands of varieties out there. Mixes and unusual varieties are a great place to start, giving you something different than the gardens in the neighborhood.

Want a standout garden next summer? Plant foxtail lilies. These incredible perennials have an unusual form, kind of like an octopus. They need well drained soil and will reward you with incredible blooms in full-sun gardens. The flowerscapes bloom from the bottom to the top and continue to grow while blooming, getting to be 4 to 8 feet tall. They are also pollinator friendly, including attracting hummingbirds. Deer and rabbits avoid them, so plant them on the edge of your vegetable garden to attract pollinators and repel pests.

Check in with your favorite nursery early fall, find some plant treasures, and get a start on having a great garden next spring. ■

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

Check for cancellations

Farewell to Summer

Sunday, Aug. 18
Aquatic Center, 714 W.
Detroit Ave., Indianola

Enjoy one last swim at the pool before it closes for the summer. Free admission during open swim, 1-3:30 p.m., followed by Cardboard Boat Races at 4 p.m. Make a boat from cardboard and duct tape only, then race against others to see who will rule the pool. Free to participate. Spectators welcomed to cheer on our mariners.

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.

Line Dancing for ages 50 and older

Tuesday, Aug. 13, 20, 27, 8:30-10:30 a.m.
Buxton Room, 2204 W. Second Ave.

This group of active men and women enjoy dancing to a variety of musical styles and will be glad to help newcomers learn the routines. Free.



Tuesday Tunes and Treats:

Robert Deitch

Tuesday, Aug. 13 at 1 p.m.

Indianola Activity Center, 2204 W. Second Ave.

Country music singer/songwriter Robert Deitch is a Nashville music row staff writer, with more than 20 songs that have been recorded by other artists. His voice can be described as blue collar smooth, yet gritty... like a fine bourbon with a hint of gravel dust. The free concert is hosted by Indianola Parks and Recreation and is sponsored by American Republic Insurance Services. Dessert provided by Indianola Hy-Vee.



Afternoon Adventures: Suffrage and WWI Through the Eyes of Iowa

Tuesday, Aug. 27 at 1 p.m.

Indianola Activity Center, 2204 W. Second Ave.

Iowa author Ann Hanigan Kotz will share research she conducted while working on her latest novel. Her presentation highlights Iowans' experiences with World War I and the suffrage movement. At the conclusion, she will answer questions and sign her books, "The Journey of Karoline Olsen" and its sequel, "Sons and Daughters." The free speaker series is sponsored by Community 1st Credit Union and hosted by Indianola Parks & Recreation.



Tuesday Tunes & Treats: Been There, Done That

Tuesday, Sept. 10 at 1 p.m.
Indianola Activity Center, 2204 W. Second Ave.



Adel Sweet Corn Festival

Aug. 10

Downtown Adel

www.adelpartners.org

Corn is one of the many things Iowa is known for. What better way to celebrate it than the all-day Adel Sweet Corn Festival featuring entertainment for the whole family from 7:30 a.m. to midnight.



Ingersoll Live

Aug. 24, 3-10 p.m.

2300 Ingersoll Ave.

www.theavenuesdsm.com

Ingersoll's annual block party returns with vendors of all kinds, live music and plenty of family-friendly fun.

World Food and Music Festival

Aug. 23-25

Western Gateway Park,
1205 Locust St., Des Moines
www.dsmpartnership.com/worldfoodandmusicfestival

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards.

Wine and Cider Festival

Aug. 24

Jasper Winery, 2400
George Flagg Parkway,
Des Moines
www.jasperwinery.com

Jasper Winery, located just outside of downtown Des Moines, brings back its Wine and Cider Festival where aficionados can get a taste of Iowa's grape and apple harvests from more than 20 Iowa wineries and cideries.



Iowa State Fair

Aug. 8-18

Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines
www.iowastatefairgrounds.org

World-renowned artists performing at the grandstand, prized farm animals showing their stuff, a giant slide and 82 new mouth-watering foods at every turn. Spanning 10 days and bringing in visitors from all over the state and country, Iowa's state fair is one of the best in the nation. ■



INDIAN IND

V. FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Urbandale	Urbandale High School
Sep 6	7:30PM	Norwalk	Indianola Stadium
Sep 13	7:30PM	Pella Community	Central College
Sep 20	7:30PM	Carlisle	Indianola Stadium
Sep 27	7:00PM	Ballard	Ballard High School
Oct 4	7:00PM	Boone	Boone Goepfing Field/Track
Oct 11	7:00PM	North Polk	Indianola Stadium
Oct 18	7:00PM	ADM CSD	ADM High School
Oct 25	7:00PM	Des Moines North	Indianola Stadium

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Sep 2	6:00PM	Urbandale	Urbandale High School
Sep 9	6:00PM	Norwalk	Norwalk High School
Sep 16	6:00PM	Pella Community	Indianola Stadium
Sep 23	6:00PM	Carlisle	Carlisle High School
Sep 30	7:00PM	Ballard	Indianola Stadium
Oct 7	7:00PM	Boone	Indianola Stadium
Oct 14	7:00PM	North Polk	North Polk High School
Oct 21	7:00PM	ADM CSD	Indianola Stadium

FOR ALL SPORTS SCHEDULES >>

Schedules are subject to change. Scan for most up-to-date schedules.



V. VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 2	7:15PM	Ankeny Centennial	Indianola High School
Aug 29	5:00PM	vs. Multiple Schools	Southeast Polk High School
Aug 31	8:00AM	Multiple Schools	Bondurant-Farrar High School
Sep 3	7:15PM	Pella Christian	Pella Christian High School
Sep 10	7:15PM	Norwalk	Indianola High School
Sep 14	8:00AM	Multiple Schools	Southeast Polk High School
Sep 21	8:30AM	Multiple Schools	Waukee High School
Sep 24	7:15PM	DCG HS	DCG High School
Oct 1	7:15PM	Newton	Newton High School
Oct 5	8:00AM	Multiple Schools	Urbandale High School
Oct 8	7:15PM	Pella Community	Indianola High School
Oct 12	8:30AM	Multiple Schools	Indianola Middle School
Oct 15	7:15PM	Oskaloosa	Indianola High School
Oct 19	8:00AM	Johnston	Johnston High School

JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 26	4:45PM	Ankeny Centennial	Indianola High School
Aug 31	8:00AM	Multiple Schools	Dowling Catholic High School
Sep 3	5:30PM	Pella Christian	Pella Christian High School
Sep 5	5:30PM	Multiple Schools	Pella High School
Sep 10	4:45PM	Norwalk	Indianola High School
Sep 24	TBD	DCG HS	DCG High School
Sep 28	8:30AM	Multiple Schools	Indianola Middle School
Oct 1	5:30PM	Newton	Newton High School
Oct 5	8:30AM	Multiple Schools	Ankeny High School
Oct 8	5:30PM	Pella Community	Indianola High School
Oct 15	5:30PM	Oskaloosa	Indianola High School

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FALL SPORTS SCHEDULE 2024

DIANS

BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 3	4:30PM	Multiple Schools	Dallas Center-Grimes Middle School
Sep 7	8:30AM	Multiple Schools	Urbandale Middle School
Sep 16	4:30PM	Ballard	Ballard Golf & Country Club
Sep 21	9:35AM	Central College	Central College
Sep 26	5:00PM	Multiple Schools	Pickard Park
Oct 5	TBD	Wartburg College	MAX Cross Country Course
Oct 10	4:00PM	Fort Dodge	Lakeside Municipal Golf Course

GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	5:00PM	Multiple Schools	DMACC Campus - Ankeny
Sep 3	4:30PM	Multiple Schools	Dallas Center-Grimes Middle School
Sep 7	9:10AM	Multiple Schools	Urbandale Middle School
Sep 16	4:30PM	Multiple Schools	Ballard Golf & Country Club
Sep 21	9:00AM	Central College	Central College
Sep 26	4:30PM	Multiple Schools	Pickard Park
Oct 3	4:30PM	Multiple Schools	Southeast Polk High School
Oct 10	4:00PM	Fort Dodge	Lakeside Municipal Golf Course

V. BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 19	12:00PM	Multiple Schools	Briarwood Golf Course
Aug 22	10:00AM	Cedar Rapids	Saddleback Ridge Golf Course
Aug 26	8:30AM	Johnston	Jester Park GC
Sep 3	10:00AM	Fort Dodge	Fort Dodge Country Club
Sep 5	10:00AM	Multiple Schools	The Legacy Golf Club
Sep 10	12:00PM	Ottumwa	Ottumwa Country Club
Sep 16	10:00AM	Ames	Veenker GC
Sep 19	10:00AM	Marshalltown	Elmwood Country Club
Sep 23	10:30AM	Multiple Schools	Indianola CC
Sep 25	9:00AM	Southeast Polk	Copper Creek Golf Course
Sep 30	10:00AM	Multiple Schools	Cedar Creek Golf Course

JV BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 27	2:00PM	Multiple Schools	Jester Park GC
Sep 2	3:30PM	DCG HS	Indianola CC
Sep 16	3:30PM	DCG HS	Indianola CC
	3:30PM	Southeast Polk	Terrace Hills Golf Course
Sep 23	10:30AM	Multiple Schools	Indianola CC
	12:00PM	Multiple Schools	Briarwood Golf Course
Sep 26	8:30AM	Dowling Catholic	Blank Golf Course
Sep 30	3:30PM	Southeast Polk	Indianola CC

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PAY yourself first

Each month, you settle down to pay bills. You pay your mortgage lender. You pay the electric company. You pay the trash collector. But do you pay yourself? One of the most basic tenets of sound investing involves the simple habit of “paying yourself first” — in other words, making your first payment of each month a deposit into your savings account.

The saving patterns of Americans vary widely. And, too often, short-term economic trends can interrupt long-term savings programs. For example, the U.S. Personal Savings Rate jumped from 2.9% in April 2008 to 7.3% in May 2008 during the housing and banking crisis. It then rose and fell sporadically as the economic environment appeared to stabilize. As of 2023, the average rate has fallen significantly from COVID-era highs of 33.8% in April 2020 to 4.3% as of June 2023.¹



The genius of paying yourself first

Anyone who's ever managed their own finances knows that saving can be a challenge. There seems to be an endless stream of expenses that demand a piece of each month's paycheck. Herein lies the genius of paying yourself first: You get the cream at the top of the bucket and not the leftovers at the bottom.

The trick is to prioritize. Make it a point to put your future first. At first, saving may mean a small lifestyle change. But most individuals want to see their net worth increase steadily. For them, finding ways to save becomes more of a long-term commitment than a short-term challenge.

Putting your money to work

What will you do with the money you save? If retirement is your priority, consider taking advantage of tax-advantaged investments. Employer-sponsored retirement plans, such as 401(k)s, can be a great way to save because the money comes out of your paycheck before you even see it. Also, as an added incentive, some employers offer to match a percentage of your contributions.²

For money you may want to access before retirement, consider placing the funds in a separate account. When the balance hits your target, you may want to move the money into investments that offer the potential for higher returns. Of course, this may mean exposing your money to more volatility, so you'll want to choose vehicles that fit your risk tolerance, time horizon and long-term goals.

In the pursuit of growing wealth, sound habits can be your most valuable asset. Develop the habit of “paying yourself first” today. The sooner you begin, the more potential your savings may have to grow. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. 1. Fred.StLouisFed.org, 2023. 2. In most circumstances, you must begin taking required minimum distributions from your 401(k) or other defined contribution plan in the year you turn 73. Withdrawals from your 401(k) or other defined contribution plans are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty.



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THE RISK of waiting for the market to drop

Two common investment phrases engrained into the human brain are: “What goes up must eventually come back down” and “Buy low and sell high.” These phrases are examples of market timing. Unfortunately, market timing is nearly impossible to get right on a consistent basis, even for the most experienced investors. For market timing to work perfectly, you must be right not once but twice. You have to be right on timing when to get out of the market and right again on the timing of when to get back into the market.



Recently, we have seen positive market performance, including some all-time market highs after coming off a two-year stretch of extremely high market volatility. These all-time highs can be a bit nerve-racking for investors who have cash sitting on the sidelines looking to jump into the markets, causing uncertainty whether to jump in now or wait out the all-time highs for the next market dip.

When investing in the market, it is important to make decisions based on long-term expectations and goals rather than short-term assumptions. Entering the market during market highs isn't a poor decision when investing for the long term. Timing the market for the next drop could take months, sometimes even years, causing you to miss out on large potential investment growth opportunities. Research shows higher investment returns

result from time spent in the market rather than jumping in and out of the market during periods of market highs and lows.

History has shown there are more positive years in the market than negative years. It has also shown that new market highs generally lead to even more market highs in the following days, months and sometimes even years. However, there may be some market dips along the way. So far in 2024, we have seen several new all-time market highs. If you would have sold during one of the past market highs, it would have prevented you from being invested during the next all-time market high.

The focus when investing in the market should be on consistency rather than looking for the perfect opportunity to get in and out. Stay focused on your long-term goals. If you are on the fence about investing during market highs, we have some ways to help. Dollar cost averaging and selecting the correct risk tolerance portfolio for you can help with easing back into the markets. ■

For more information, please contact Kourtne Klocko with City State Bank Trust & Investments at 515-981-1400. Disclosure: 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.

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TREATING chronic pain

Change the message in the brain, change the pain.

The medical definition of chronic pain can mean “anything that persists for over a three-month period of time.” It can mean the pain is there all the time, or it may come and go.

Chronic pain can interfere with your daily life at home, work and in your community. It can also lead to anxiety and depression.

Acupuncture, chiropractic, meditation, massage and yoga can all be a part of the solution to the discovery of the “cause.” The goal of any treatment is to discover the root cause by peeling away the layers that have contributed and developed due to the cause.

How do each of these medicines contribute to the resolution of chronic pain?

Acupuncture can help to “reset” the brain and how it receives the messages of pain.

Acupuncture works by moving the energy “Qi”



in the meridians. By restoring the movement of the Qi, this helps to relieve pain and promote healing. Acupuncture can help with pain management, healing and managing depression and anxiety associated with pain patterns.

Chiropractic care helps by providing adjustments to the spine and joints of the body that relieve pressure on the nerves, tendons or muscles of the body. Relieving this pressure on the nerves and tendons restores the body’s ability to conduct nerve impulses and messages to the muscles and brain.

Massage helps by relieving muscle tightness and tension, which also helps with conduction of nerve impulses to the brain. Massage also helps with movement of fluids in the body for edema and the lymphatic system. Massage is also a stress-relieving treatment to help with anxiety.

Meditation helps with reducing stress, which in turn can reduce pain. Meditation practices have shown in research to help with pain, insomnia, reducing blood pressure and heart

rate.

Yoga can help with the process of healing chronic pain by stretching tight muscles, working on breathing and meditation.

There is much new research supporting acupuncture, chiropractic, massage, yoga and meditation for the management and even reversal of some chronic pain conditions. Researchers are showing that, with decreased pain, there is also an increase in function, interaction with family and friends, and community involvement. Sleep and digestion can also improve with these professional treatments.

When determining if one or all of these are an option for you, ask about their credentials, their education and if they have treated your specific condition. ■

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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HAS YOUR child's hearing loss been misdiagnosed as a learning disability?

The CDC reports that approximately 15% of school-age children, ages 6 to 19, have a hearing loss of at least 16 dB in one or both ears.



With the right interventions, children with hearing loss can be just as successful in school as their peers who have normal hearing. However, left undiagnosed and untreated, hearing loss can have major effects that can mimic a learning disability.

Because the symptoms of untreated hearing loss and learning disabilities so closely imitate each other, it can be easy for a child to be misdiagnosed. Below we review how hearing and learning are connected and how to help a student with hearing loss in the classroom.

How hearing and learning are connected

In very young children, untreated hearing loss leads to speech and language delays, which later translates to learning problems and poor school performance in older school-age children.

Even a very mild hearing loss can cause difficulty keeping up, as a child may be able to hear but not understand. Additionally, a mild hearing loss may not be noticeable and end up going untreated for longer.

The American Speech-Language-Hearing Association (ASHA) reports that children who have mild to moderate untreated hearing loss are likely to be behind their peers by one to four grade levels. In addition, those with more severe untreated hearing loss usually do not progress beyond a third-grade level.

How to help students with hearing loss

It's certainly not the case that students with hearing loss are less intelligent than their peers with normal hearing. Unfortunately, it is often the case that classrooms are not set up to

accommodate students with hearing loss, and teachers are not always trained to teach in a way that is accommodating to this type of disability.

If you're a teacher and have students with suspected hearing loss, you can look out for signs such as:

- Inattentiveness
- Inappropriate responses to questions
- Daydreaming
- Trouble following spoken directions
- Speech problems

If you're a parent and suspect your child has hearing loss, it's important to schedule an appointment for a hearing test right away. The sooner your child's hearing loss is diagnosed and treated, the better their academic performance will be.

For more information or to schedule an appointment, call your local audiologist today. ■

Information provided by Dr. Kelly Cook, Audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.iowahearingcenter.com.

EFFECTS OF Hearing Loss ON Learning



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AFRAID of injectables?

Many people have a fear of needles or substances going into their face. While those treatments are safe and effective, they aren't necessarily for everyone. The question then is, "What can I do instead?" Plenty. There are treatments that can improve discoloration, give the face a more lifted appearance, help skin tone/texture and are great anti-aging.

Quality medical-grade skincare is important. It's the foundation of anything a quality spa does. Most offer free consultations to get you on the right track with corrective skincare and other treatments.

Intense Pulsed Light (IPL) targets brown and red discoloration in the skin to give a more even skin color and get rid of broken blood vessels and sun damage. Hydrafacials can help your skin texture and tone, give you an amazing glow and correct imbalances such as acne, wrinkles, discoloration, dryness and dullness. Chemical peels are also available to help with acne, scarring, fine lines/wrinkles, discoloration and general skin health.

"Exion Face" promotes hydration and collagen production. This is amazing for lifting the skin, plumping the lips without filler, and for fine lines and wrinkles around the eyes and mouth. "EmFace" uses a technology to strengthen the facial muscles to lift the face and get rid of deep wrinkles. It also helps a double chin. ■

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



MEET Abbi Costigan

Making healthy meals for students a priority.

After growing up in Warren County, Abbi Costigan thought she would go to college and likely not return after graduation, moving on to bigger and better things.

"I couldn't have been more wrong," she says. "I honestly can't imagine not raising my four amazing kids anywhere else. Plus, living in Milo, I love being able to work close to home."

Costigan enjoys working in the food service world, working special event catering while in college at Wartburg, creating menus for children as a daycare director, and now as the food service director for the Indianola Community School District.

As director, Costigan makes sure student meals meet USDA guidelines and are offered in a clean and healthy environment. The district has more than 27 food service staff members and substitutes that contribute to the department's success.

"Our food service staff in Indianola is absolutely amazing," she says. "They care about the students and work hard each and every day."

Just how many meals do they serve? More than 2,900 a day, which equates to about 14,000 a week. That includes breakfast, lunch, snacks and other à-la-carte items that are available to students on a daily basis.

Staff start their day at 6 a.m. by prepping breakfast. After that, lunch prep begins with cutting up fresh vegetables and cupping fruit for the fruit and vegetable bar before plating 200 to 500 servings of the main entrée and hot vegetable. Lunch is served from 10:50 a.m. to 12:30 p.m., then they clean up and close the kitchen by 2 p.m.

Costigan says that USDA guidelines and requirements have changed throughout the years. The district is required to offer milk, meat/meat alternates, whole grains, as well as fruit and vegetable components daily. They must also meet the weekly requirements of each component, including vegetable subgroups (dark-greens, red/orange, legumes, starch and "other") all while making sure calories and sodium limits are within the appropriate range.

And while creating a menu that meets everyone's tastes is difficult, Costigan strives to offer a range of items at all grade levels so that, although it might not be a favorite, kids have eaten something to get them through the day.

"We offer two alternate entree options at the elementary and a wide variety at the secondary buildings, including a deli sandwich or yogurt meal or grab and go salads and pizza as options," she explains.

The district just wrapped up its summer meal program — the only one in Warren County — in which they offered free meals to the students of Indianola and surrounding communities.

In her free time, Costigan enjoys working out, reading and staying active with her kids. She also has a passion for sports, whether participating, coaching, or as a spectator and fan — especially cheering on the Hawkeyes. ■



Abbi Costigan knows food can bring joy to people, and she says being able to do that with students in the Indianola district is an honor and privilege.

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DON'T sell yourself short

Who is your worst critic? Is it someone at work who is never satisfied? Is it someone in your family who will ignore the 99% that you do right and point out the 1% you do wrong? I know who my worst critic is... it's me. I am my own worst critic. I sell myself short all the time.

I know all the times I did something I wasn't supposed to do. I know all the times I didn't do something I was supposed to. I could do 99 good things during the day but only remember the one thing I did wrong. I don't think I'm alone. I know I'm not alone.

As the people of Israel stood on the banks of the Jordan River, preparing to return to the land promised to them by God, they sold themselves short as well. Twelve spies had spent 40 days scoping out the land. It was a good land and God had to give it to them. There was just one problem. They sold themselves short. "And we seemed to ourselves like grasshoppers, and so we seemed to them" (Numbers 13:33). The only thing that held them back was their own feelings.

Don't let your feelings hold you back from what God has promised to give you. ■

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



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SUNDAY SERVICES: 8AM & 10:30AM

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

INSURANCE

By Mike Richey

FLOOD insurance

With the heavy rainfall and high waters we've been seeing in parts of Iowa recently, I have been receiving more inquiries about flood insurance. It is very, very important to understand that a standard homeowners insurance policy does not cover flood damage. To have flood damage covered, you need flood insurance.



There are three sources of flood insurance:

1. A flood insurance policy through the National Flood Insurance Program (NFIP). The NFIP is a federally backed flood insurance program managed by FEMA. In order to obtain coverage through the NFIP, your community has to participate in the program. (Don't worry, the vast majority of communities do.)
2. A flood insurance policy through a private insurer.
3. A flood endorsement on an existing homeowners insurance policy. (An "endorsement" is an add-on to an insurance policy.) A flood endorsement is an option that some insurers have begun to offer, though many still do not. If your homeowners insurance company offers this endorsement, then you could get some flood insurance without needing a separate flood policy. However, a flood endorsement may have coverage limits that are lower than what you need. If this is the case, then you need to seek out a separate flood policy.

For the options available to you, contact 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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BRINGING the past to life

Take a tour of the Heritage Village.



The schoolhouse and log cabin in the Heritage Village give visitors a glimpse of how the pioneers lived.

There's no doubt that pioneers lived life much differently than we do today. They used the land and materials around them to survive. Even though it took hard work and dedication, pioneers enjoyed a simple way of living, and many of us yearn for those simpler times.

Last month, readers learned about the Warren County Historical Society and how the organization and its volunteers are making it possible for residents to step back in time. But, did you know you can personally experience how pioneers lived, worked, played and went to school... all at the Heritage Village located east of the Warren County Fairgrounds?

Each year, fifth-grade students in Indianola dress up and take part in Pioneer Day. Kids get to experience how pioneer children and their families lived their daily lives, whether shelling corn, or making candles, clothes and rope. They role-play as students in the schoolhouse and shop for goods at the general store.

However, volunteers at the society believe that the Heritage Village experience is not just for kids. People of all ages can gain valuable insight into the past as they visit the various buildings.

Mt. Hope School – The first building moved in 1967 from south of Spring Hill, Mt. Hope is a real piece of living history. In the last few years, a local Questers group has worked to



Linda Beener, Cheryl Dee and Susan Laws are WCHS volunteers and Questers members who have played an integral role in restoring and maintaining Mt. Hope School as well as planning Log Cabin Days 2024.

restore the windows, repair plaster and paint, and install roller shades and a new door that replicates what was found on original one-room country schoolhouses.

Log Cabin – In 1972, the McKee family donated the original two-story cabin, and Earl Barker took it on as a project. When the cabin was taken down in early 1973, each log was marked, but it could only be rebuilt as a one-story cabin because too many logs were not usable. Grants, local donations and a lot of work went into replacing floorboards, siding, gables and more. The project was completed on Oct. 19, 1973, after 15 men worked 670 hours on it.

U.S. Post Office/General Store – Donated and moved to its present site in 1987, this building was remodeled with county relics, including the Milo grocery store tin ceiling, as well as furniture, post boxes and scale from the Ackworth Post Office. The store is named for Floyd and Dorothy Freeman, who spearheaded the project.

Pioneer Church – In the early 1970s, the 1893 Sandyville Christian Church was donated. Because it could not be moved due to its deteriorating condition, a replica was built in 1984 using furniture, windows and other items from the original Sandyville church.

The Historical Society invites residents of Warren County to visit during Log Cabin Days,

2024 Log Cabin Days Celebration

Saturday, Sept. 28

10 a.m. - Parade (line up at the Administration Building at 9 a.m. No sign up required)

11 a.m. to 1 p.m. - Chicken and noodles lunch

11 a.m. to 7 p.m. - Heritage Village Experience (including pioneer wedding and funeral in the chapel, teacher in the schoolhouse, pioneer family in the log cabin and shopping in the General Store), Crafts of the Past demonstrations, children's craft fair, raffle, food and vendors on the lawn.

Sunday, Sept. 29

10 a.m. to 4 p.m. - Tournament Day with cribbage, chess, horseshoes and corn hole; bingo, family games, raffle, food and vendors.

Sept 28-29 as the Heritage Village comes to life. Take some time to tour the buildings, as well as the George Washington Carver Museum and the Society of Friends South River meeting house.

If you're interested in membership in the society or would like to volunteer, find out more at warrencountyhistory.org. ■



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WARREN County Fair

The Warren County Fair on July 24.



Kieran Cox, Jensen Zwirlein, Tate Brewer, Gabe Moore and Eli Cox smell the flower entries.



Greg and Daniel Brangers



Gina Chandler, Janet Keeney and Jill Fredricks were judges of the Warren County Fair Tomato Contest.



Regina Petersohn and Shelly Chandler



Blayne Fitzsimmons and Chantelle Lorton



Amanda Clingman and Carli Milby



Vegetable judge Joe Yedlik and Warren County Fair Superintendent of Vegetables Larry Skellenger



Barry Green and Jenni Green



Brandon Chapman, Emily Charter and Bentley Chapman



John Bahr, Hailey and Makayla

SKY Parade

The Sky Parade was held at the Indianola Square on July 11.



Jim Bellmen and Scotty Bachof



Jeff Blosser and Merrilee Blosser



Patrick Sherlock and David Ladd



Mike and Misti Battles



Sandy Guest and Judy Meckley



Joan Claerhout and Dan Hickman



Sue Wilson and Joviee Wilson



Chris George and Brad Schulze



Mark and Mary Clark



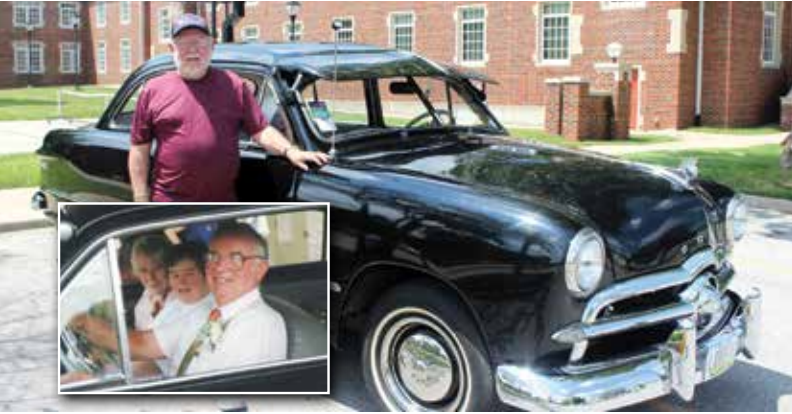
Ben Schwarz and Kim Hughes



Paula Bellman and Darcy Peiffer

A 'GOLDEN' surprise

Lord's '49 Ford is the heart and soul of family.



Above: Bob Lord has owned many cars over the years, but the 1949 Ford has special meaning, and he hopes it will stay in the family for generations to come. Inset: Bob Lord's parents and sister were all smiles as they took a test drive in his parents' Golden Anniversary gift.

Bob Lord has owned 40 cars in his lifetime. His list includes a number of Chevy and Ford cars and trucks, but also Dodge, Toyota, Nissan and even Porsche.

"I'm fortunate to have had each one come into my life," he says. "Some were more special than others, and many had history, character and a story to tell."

Lord's interest in cars started as a young kid while helping his dad, a Methodist minister, work on them. When they moved from Oskaloosa to New Jersey, Lord remembers making that trip in the family's black 1949 Ford.

"My dad loved that car but traded it shortly after the move for a 1953 Ford station wagon," says Lord. "That seemed like a more logical family car."

In New Jersey, Lord worked at a family friend's auto shop. At 16, the family had moved back to Indianola, and he soon found his first car — a 1932 Chevy — in a field south of town and set about fixing it up. During that time, he fixed cars for Gary Ruble. Then, as a student at Simpson College, he worked at Warren County Oil. Years later, he went into the used car business with Larry Champlin.

In the mid-1990s, Lord started thinking about that 1949 Ford from his childhood. He and his wife, Deb, decided to start the hunt for one, eventually putting a "wanted" ad in *The Des Moines Register*. They got a response from a banker in Albert City.

On the way to their cabin in Okoboji, they swung through Albert City to look at the car, which had been sitting for 30 years in the basement of an old church.

"We bought it and told the kids to keep it a secret until their grandparents' 50th anniversary party," Bob says.

Lord, along with Champlin and another friend, Jim Hansen, went to work replacing not only the back springs, but also the motor. The interior was completely restored, and the exterior was repainted black.

Lord says he will never forget the look on his parents' faces when they received their anniversary gift.

"A pastor for over 40 years, it was not often my dad was speechless," says Lord. "All he could do was smile that day."

In 2019, after both his parents passed away, the car came back to him and Deb.

Like his dad, Lord drives it around Indianola, in parades and even takes it to a few car shows.

"We've let our grandkids use it for prom nights and other special events. We hope to keep it in the family for as long as possible." ■

'I WAS told there would be cake.'

I tried reading the cake mix recipe out loud, but nothing happened. No cake. No yummy icing. Zilch. It wasn't like I'd never had cake before. I knew exactly what I was supposed to get at the end of this. Even looking at the picture didn't help. Nope.

A ridiculous analogy for prayer. Sure, but it's an apt one. If I know what I want to "get" because I prayed, then I just pray in a certain way, say certain words, maybe get real emphatic if I'm praying out loud, then...presto?

Sadly, we can even approach the "model prayer" that Jesus gave to his disciples, commonly referred to as the Lord's Prayer, with this kind of attitude. After telling them not to "babble" in their prayers, thinking that, the more words they say, the more God is likely to listen, he then gives us this sample to help us. (Note: So, simply reciting this prayer over and over is exactly what Jesus warned us against.)

In Matthew 6:9-13, Jesus says, "Therefore, you should pray like this:

Our Father in heaven, your name be honored as holy.
Your kingdom come.

Your will be done on earth as it is in heaven.

Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And do not bring us into temptation, but deliver us from the evil one."

Much has been written and said about these familiar lines, and I don't pretend I can offer anything "fresh" about them. But that's really sort of the point. These are timeless words, prayed to an eternal God.

God isn't a vending machine where you simply push the right buttons to get your desired selection. See how the word "I" isn't even in the prayer at all. In full disclosure, that word appears in my own prayers more than I would like to admit, if even to say "I pray" or "I ask" or "Please grant me." But no, with the words of this prayer, we set self aside. God is the focus, not the person who prays. God is to be honored, not the one reciting. We forgive others because we understand our own need to be forgiven by God. And God alone is our guide in choosing what is right. With these words, we prepare ourselves to pray as we should. ■



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

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