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*Living*

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# WELCOME

## ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.

I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■

**SHANE GOODMAN**

Publisher

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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FEATURE

# ON THE *road*

Residents share their  
experiences of driving  
for a living

By Becky Kolosik

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.

School bus drivers Brenda Wilson and Larry Shoop, along with the rest of the transportation team, play a crucial role in the lives of students, parents and community.



## FEATURE

### Transporting precious cargo

Being a school bus driver is a part-time job, but it carries full-time responsibility. Bus drivers are often the first people outside the home who students interact with during the day and can help start their day on a positive note. The Indianola Community School District operates a fleet of 34 buses and two vans, providing transportation for more than 1,600 students to and from home to one of six schools.

Veteran bus driver Larry Shoop has been safely transporting students since November 2003.

"It's a great reason to get up in the morning," he says, smiling. "Each day is a new opportunity to make a difference in a child's life."

Shoop, a 30-year U.S. Air Force veteran, moved to Indianola with his wife and family in 1995. When he met former bus driver June Lukehart, Shoop learned about Indianola's need for bus drivers. Since he already had experience driving for the Storm Lake district, Shoop decided to look into it.

He met then-director Danny Thede, completed the CDL certification process and began as a substitute driver because he was also coaching golf at Martensdale-St. Marys and Simpson College. He has served continuously the last 20 years either as a substitute or regular route driver.

Shoop's day typically begins by reporting around 6 a.m. Each movement of a bus requires a pre-trip inspection, which includes completing a checklist to ensure all major areas are in working order. The inspection takes about 15 minutes.

Shoop says it's important for a bus driver to be calm and steady under all circumstances.

"We employ the same safe-driving practices as everyone should," he says. "However, extra caution is required due to the size of the vehicle, turning radius, stopping distance and the special cargo we are transporting. We have outstanding support from the director and principals, and when incident reports are submitted, they are acted upon promptly."

Special trips for athletics, music or other activities are an added bonus.

Shoop says he is happy to drive for special trips to make sure students get to the activity safely and because it's a way for him to show his support and get to know the students on a more personal level.

"Some of my fondest memories involve transporting my grandchildren to their activities such as basketball, track, football and show choir/musical events," says Shoop. "Also, being part



David Hodges estimates he's logged more than 127,000 miles since hitting the road with McLane Trucking as a delivery truck driver.

of a group recognized by the Indianola Booster Club for fan support. These moments reinforce why we do what we do."

Shoop is liked and respected by his bus students, as well as his fellow bus drivers, including Brenda Wilson.

Wilson started working for Indianola schools in the middle school cafeteria. A couple of years later, she transferred to Wilder Elementary. When COVID hit in March 2020, and the schools closed, food service teamed up with the bus crew to serve "Grab and Go" meals from the school buses.

"That's when I met Mr. Larry Shoop, and he is actually the reason I became a bus driver," Wilson says, smiling. "He is friendly, down to earth, family-oriented, and he has such a genuine personality, along with great love and compassion for others. I could really tell how much he loved his job just by watching him with the kids we served."

When Shoop suggested that Wilson apply for a bus driver position, she was nervous about taking the exam for her Class B CDL.

"The thought of maneuvering such a huge vehicle scared the living daylights out of me," she says, laughing.

Wilson is one of 14 female bus drivers in the district. She met several while serving the grab and go lunches and, after visiting with them, she realized that driving a bus was something she could definitely do.

After a little more persuasion and persistence, she began to think, "Why not me?" She would still be working with the kids, and it would be an opportunity to be that much more personable

with them.

"Once I passed the written test, I completed the driving portion and got my CDL on Aug. 21, 2020."

Brenda prepares her bus about 6:10 a.m. and then heads out on her country route, returning around 7:50 a.m. She has students in kindergarten through 12th grade on her bus.

She says the interaction with the kids is the best part of her job. Her goal is to start each child's morning off on a good foot and end their day on a positive note when dropping them off at home.

Today's cameras and seat belts make the job so much easier because drivers are able to stay focused on the road and surroundings. If there is any misbehavior, it can usually be stopped with a warning.

"It's important with any behaviors to immediately let the child/children know what they have done, give consequences/write them up and inform our supervisor," she explains.

As for dealing with inclement weather — particularly snow — Wilson was nervous at first, but it only took one time getting stuck on a country road to find out just how quickly "base" was responsive to getting her out. She has gained much confidence knowing that drivers have the back up and help when needed.

"The support of everyone in transportation is overwhelming, and I would recommend this position to anyone," she says. "Testing is so worth it to be with these kiddos each day."

To learn more about becoming a school bus driver, contact Ron Swartz, transportation director, at 516-961-9592.



## FEATURE

### While you're sleeping, he's hauling

David Hodges' parents taught him, if you want something in life, you have to work for it. A dad to three girls, Hodges knows what he wants for his future: to buy land and eventually start farming.

He also understands the time and sacrifice he puts in now will get him where he wants to be.

After working different jobs over the years, Hodges decided last year to explore a career on the road. He had already earned his CDL at a prior job working at TMC as a trailer mechanic, so getting behind the wheel seemed like a natural fit.

A friend told him about McLane Trucking, so he applied.

"At the time, they didn't have any jobs available, so it was a bit of a waiting period before they called," Hodges recalls. "But, when I did get the call, I was ready."

For McLane's delivery truck drivers, it's not just about driving truck. Drivers are the face of the company, and they build solid, trusting relationships with customers.

"We see pretty much the same people week after week on our scheduled routes," says Hodges. "We get to know our customers as well as their expectations and needs when it comes to their business."

Those customers are convenience stores, large and small chain retail stores, and pharmacies. All have varying product needs.

"Driving and dropping" also makes for a physically demanding job, which is something Hodges enjoys.

"One of the reasons I took this job is because, outside of driving, it keeps me moving," he says. "We can unload anywhere from 6,000-8,000 pounds of product depending on the particular route."

Hodges' current routes are Sunday, Tuesday and Thursday nights. He leaves home about 6 p.m. and heads to the McLane facility in Ankeny. He and his partner do safety checks, make sure all product is secured and their two-wheelers are loaded before heading out about 7:30 p.m. The full-size semi with sleeper bunk allows one driver to sleep while the other is driving.

With a two-hour window on either side of the delivery time at each drop, there are many factors to consider when making sure they stay on time. Weather can slow them down or, on occasion, a mechanical issue.

"If we're sitting, we're not making money," says Hodges. "I have been able to make some



Amber McDonald provides transportation that offers independence and a sense of freedom that keeps seniors engaged with life, helping them to maintain health and happiness.

quick fixes and get back on the road, but sometimes the issue requires waiting for someone to come and fix the problem — like a separated tread on a tire."

There's a lot to keep track of as they make their drops.

"We scan all items and/or cases of product as we take it off the truck," Hodges explains. "That process ensures we don't miss anything on the delivery."

He also has to carefully log his hours because each driver only has 11 hours of drive time. At any time, he could encounter a surprise inspection of his driver's license, medical cards and logs, so they must be up to date.

Most routes are anywhere from 360 to 470 miles. In the last year and a half, Hodges estimates he's logged more than 127,000 miles.

"Not only do I get paid to travel and meet new people, but it also feels good to know that our customers count on us," he says. "Knowing my work matters makes the job so much more rewarding."

### Enriching lives, one ride at a time

One of the things Amber McDonald likes about her job as a senior living activities coordinator is planning activities that keep residents active and engaged — and, of course, having fun.

Amber knew that part of the job would be driving the community's bus, but when she found out she would be able to plan the trips herself, she was even more excited.

She already had experience driving a 10k forklift as a unit supply specialist in the Army Reserves, so a bus seemed pretty manageable.

"When I deployed to Iraq in 2003-2004, I wanted to do and learn as much as I could," she



says. "Once I could operate the forklift, I was asked to do all sorts of different jobs, such as lifting/moving milvans (shipping containers) and re-arranging large concrete blocks."

Still, the thought of driving the bus made her nervous.

"My first back-up experience was terrifying," she says, laughing. "I was using all my mirrors and also the back-up camera, but I was still afraid of hitting something. And that was just backing out of the bus garage!"

To this day, she avoids backing up as much as she can.

"Until you're driving something like a large van or bus, you don't realize how many parking lots are not designed for these types of vehicles."

Amber takes residents on local errands twice a week to places like Walmart, the grocery store, post office or to salon appointments.

However, residents especially enjoy the trips to out-of-town destinations, such as Principal Park for the Iowa Cubs, Easter Lake for a pontoon boat outing, Humeston's Grass Roots Café, and shopping at Snyder's as well as lunch at The Chicken.

Through her bus activities, Amber says she can offer residents something they haven't had in a long time, to go places they might not drive themselves, or the opportunity to try new things and enjoy life experiences. ■



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## CREDIT COUNSELING

By Tom Coates

### MONEY and marriage

It's been said, "Teamwork makes the dream work!" That holds true in a marriage, too. Studies have shown that couples who work together as a team when it comes to money are more successful with budgeting, debt management and savings. Many marriages start off with one or both spouses having debt. That is a common scenario nowadays with student loans, credit cards, car loans and other kinds of debts. Problems arise when couples play the blame game or refer to debt as yours vs. ours. Savings and goals are usually referred to as "ours," so the debt within a marriage should be, too. Finances are an important talking point before marriage, of course, but even more so after the wedding bells have rung. Money should be an ongoing conversation. It is common that one spouse handles the bill paying, but that does not mean that same person should shoulder the whole financial burden of making sure goals are met. Some couples find that scheduling a regular "date" night where they can go over the last month's budget, goals, debts and issues is helpful. Sharing that burden or load is important in a marriage. Money issues are a common cause of divorce. Being honest about debts, talking through financial strains, sharing the burden, and brainstorming as a couple only serve to strengthen most relationships. If you are having issues dealing with money as a couple, consult an unbiased third party to help get you on track. ■



Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, 515-287-6428.

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## INSURANCE

By Mike Richey

### WHY GET a life insurance policy for a child?

Thankfully, the child mortality rate in the U.S. is as low as it's ever been. But there are still good reasons why a life insurance policy for your child or grandchild is a smart purchase:

- **Low premiums.** The younger a person is when their life insurance policy begins, the lower the premiums are.
  - **Guaranteed insurability.** Getting a life insurance policy while they are young means that your child will be covered even if they are diagnosed with a condition that makes them uninsurable in the future. And some policies include a Guaranteed Purchase Option (GPO), allowing your child the opportunity to purchase additional life insurance as an adult without providing proof of good health.
  - **Cash value.** A permanent life insurance policy accumulates cash value year after year. The earlier the policy begins, the longer it has to build value.
- It used to be common for a parent or grandparent to give their child or grandchild a life insurance policy as a Christmas or birthday gift. It is still a good idea. To look into life insurance for your child or grandchild, talk to your insurance agent. ■



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



# FINISH spring chores and be ready to plant

Color is arriving in the garden. Daffodils, snowdrops, crocus and grape hyacinths are blooming, with tulips close behind. To brighten up the front of the garden beds or containers, pansies and Johnny-jump-ups can be planted. These cool season flowers will last until warm summer days, and, if you want, you can add the edible flowers to a light spring salad. Speaking of salad, now is the time to plant cool season vegetables such as leaf lettuce, spinach, radishes and onion sets. These will be your first taste of garden produce for the season.

Now is a great time to dig, split and transplant your mounds of hosta, daylily and monarda and other garden perennials, just as they are emerging from winter dormancy. Doing so now will result in a uniform clump forming for summer enjoyment; you won't have a clump that looks like it has been chopped up. Make sure each division has several shoots and



good roots, and be sure to plant at the same level as they were at.

Now is the time to finish with garden cleanup. Be sure your perennials are pruned back and cleaned off, your 2021 annuals are cleaned off, and, if you have Annebelle or Spirea, they are trimmed back to the ground (these both bloom on new wood and need rejuvenation). Panicalata hydrangeas should be pruned back to the highest bud. Grasses should also be cut back, allowing for the new blades to emerge. Your beds will look bare, but, by May, you are going to be seeing green and maybe some early blooms.

Don't forget your houseplants. With the longer days, they are waking up as well. Repot, split if you need to, lightly fertilize, and begin watering more. They will be ready for summer, ready to brighten the indoors, or, if going outside, they will be ready for the move with stronger roots.

Don't forget about the kids in the house. Take time now to introduce them to, or encourage their interest in, the garden. Have them help you plant your cool season veggies,

or, if the seeds are hard to work with, get seed tapes for them to plant. Give them jobs, like moving the cleared garden material to the compost bin. Older kids can help you amend the soil for the vegetable garden, explaining why you are using the compost from the bin or incorporating manure into the soil. Kids of any age can help you design some containers, decide what you will purchase for annuals when it is time, even design one for themselves to care for this summer.

Finally, keep feeding and watering the birds as they are migrating through. Let them know your garden is one that will give them food and water throughout the summer with the nectar and seeds of your flower garden by enticing them to stay.

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

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



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## THE HAPPY ending

Happy endings are so frequent that we don't really think that failure is an option. We see our favorite superheroes on the big screen, and we don't wonder, "Will they win in the end?" We wonder "How will they win in the end?" As we watch a romance movie on television, the question isn't, "Will this couple end up together?" The question is "How will they overcome their problems to be together?" We watch movies now with a confidence that everything will end well.

Easter gives us this same kind of confidence. In 1 Corinthians 15:20, St. Paul writes: "But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep." The word "firstfruits" implies that there will be secondfruits, and thirdfruits and so on. It's a word that implies that Jesus is the first of many who will be raised from the dead. Because Jesus rose from the tomb on that first Easter Sunday, we know that we, too, will rise from the dead to live with Him forever as secondfruits.

Or, to put it another way, "We will all live happily ever after." ■

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



## LIVING at home until the end

According to a Kaiser Family Foundation poll, seven of 10 Americans say, when their time comes, they would prefer to die at home. And, another new study, this one by Johns Hopkins, shows families of older adults who die at home are more satisfied with their loved ones' care than those whose family members died in a free-standing "hospice house."



The preference for at-home services in the last stages of life shouldn't surprise anyone. I think we all feel a sense of peace and comfort when we're in familiar surroundings with our families, comfortable in a favorite chair with our favorite things around us. And I've heard about that preference many times in helping to connect people with hospice services for their loved ones.

I've listened as tearful sons, daughters, husbands and wives have told me some variation of, "My family member has had enough of the hospital. They just want to be at home in their bed, curled up with the dog." But the dying person and family don't always realize that choosing a certain kind of hospice care is a decision that is entirely up to them.


If you find yourself seeking hospice services for a loved one, that person's doctor or care team might recommend your family member transition to a hospice center. That is certainly an option, but another choice is a hospice provider that will send nurses and other care providers to your loved one, wherever they choose to live out their last months, weeks or days.

### Here are a few things to think about in considering home hospice care.

- Hospice isn't a place; it's a care philosophy that focuses on enhancing comfort and overall quality of life. No matter where it's offered, hospice care provides pain management, treats physical symptoms, and addresses emotional and spiritual needs.
- Hospice care extends to wherever a seriously ill person calls home — a private house or apartment, a family home, a senior living community, etc. Care is provided by a team that can be made up of nurses, Certified Nursing Assistants, aides, social workers, volunteers and, if desired, a chaplain or other spiritual provider.
- In any setting, hospice care is available 24 hours a day, seven days a week. Your family member's hospice team will work with your loved one to determine the most effective schedule of care, which will likely be fluid in response to changes in the person's condition.
- The cost of home hospice services, like the cost of hospice care in a center, is covered by Medicare. Veterans' Administration (VA) benefits also cover the cost.

The most important thing, when you're faced with a decision involving the kind of hospice care to select, comes down to the wishes of your ill family member. If they want to die at home, that's a desire that should be honored — and can be accomplished compassionately and safely with a reputable provider. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services for older adults. Celebrating its 75th anniversary this year, WesleyLife offers award-winning adult day services in Des Moines and Newton. Call 515-271-6701 to learn more.



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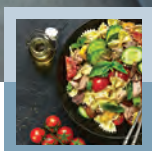
*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - Ephesians 2:10*





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## SENIOR LIVING can improve physical and mental health

Staying active physically, mentally and socially may be difficult during your retirement years.

Senior living communities give you the ability to stay independent in a safe, comfortable environment. It allows you to rediscover the freedom of doing what you love with people who have the same hobbies and interests.

Because isolation can have a negative impact on your health, moving to a senior living community is a positive step toward improving your well-being. There are numerous opportunities to make social connections with onsite activities and wellness classes.



According to a study done by the American Public Health Association, socialization improves mood, cognition and memory recall and is associated with healthy behaviors, including exercise.

Ask yourself these questions when deciding whether a senior living community is right for you:

- **Does it offer the comforts of home?**

Senior living should provide more than a place to live. It should offer a sense of comfort and safety and a sense of control. Most importantly, it should provide a true feeling of community.

- **What services are provided?**

Senior living should offer meal programs, transportation, housekeeping, lawn maintenance and more.

- **Do the community's values align with**

**your own?**

Besides delivering the best services, the community should help you continue living out your personal beliefs.

- **Is your name on the waiting list?**

You may not need to join a senior living community at the moment, but that doesn't mean you should wait to begin considering your options. Many senior living communities have waiting lists. Plan now to ensure you're prepared when the time is right. ■

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## 'THIS TIME it's new' is not new

In the last 20-plus years, I have continually been told the current market headwinds we were experiencing were "new this time." Whether it was the tech bubble in the late '90s, the financial crisis of 2008-2009, or the recent pandemic, one predictably consistent fact was, yes, this time it is new — again.



As sad as the struggles in Europe are today, challenges to global investors are normal, recurring, and, although we cannot predict when or what will occur, they should be expected. A sound investment plan remains flexible and contemplates how a portfolio will react whenever the next challenge occurs rather than react once it does.

### Inflated inflation concerns

Along with today's geopolitical tensions, there are concerns about rising interest rates and inflation negatively impacting equity markets. However, when you dig into actual results over the period from 1927-2020, equities have been much more effective than other asset classes in providing real returns to investors during both rising rates and inflation. This period is important because it includes not only recent history where inflation and rates were very low, but also times when both reached double digits. There are often short-term pressures when rising rates or inflation hit the news, but history shows us that a diverse equity portfolio is the best place to counter both.

Despite this fact, an allocation emphasizing equity assets may not be prudent for everyone's current situation or risk tolerance. For these investors, inflation protected securities such as TIPS are designed to provide a hedge against inflation. TIPS can be easily accessed through low-cost, no-load mutual funds or tax-efficient exchange traded funds (ETFs).

### Planning for the unexpected

Investors in global investment portfolios will face periods of geopolitical tension. Geopolitical events like military or economic conflicts can affect the markets in many ways. These events may lead to sanctions and other types of market disruptions, and neither their timing nor breadth can be predicted. These events are normally widely followed by investors and the media. We believe current market prices quickly incorporate expectations about the effects of these events on economies and companies. Our investment approach centers on using information in current market prices rather than trying to outguess them. However, we believe the most effective way to mitigate the risk of unexpected events is through broad diversification and a flexible investment process. ■

For more information, please contact Chad Stevens 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. The information presented here is not specific to any individual's personal circumstances. To the extent that this material concerns tax matters, it is not intended or written to be used, and cannot be used, by a taxpayer for the purpose of avoiding penalties that may be imposed by law. Each taxpayer should seek independent advice from a tax professional based on his or her individual circumstances. These materials are provided for general information and educational purposes based upon publicly available information from sources believed to be reliable - we cannot assure the accuracy or completeness of these materials. The information in these materials may change at any time and without notice.

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## EVENTS IN THE AREA

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

Check for cancellations

### Prom Grand March

Saturday, April 23, 4-5:30 p.m.  
Indianola High School North Gym

The public is invited to watch the Indianola High School Prom Grand March. This annual school tradition is where students and their dates are introduced



to the public prior to the dance. The prom attendees will parade across the gym floor in a lighted pathway to the center arch. The event is free to the public. Family/friends who wish to observe will enter at the North Gym doors and be seated in the West bleachers.



### Farm Animal Time

Tuesday, May 3, 1-3 p.m.  
Wesley Woods Camp & Retreat Center, 10896 Nixon St., Indianola

This fun-filled morning at the farm is for ages 4-6 years. Cost is \$23 for nonresidents and \$18.50 for Indianola residents inside city limits. Participants will take a wagon out to the equestrian center and learn about their furry friends before meeting them. Creatures both great and small will include the highland cattle, miniature ponies and miniature donkey, and even bunnies. Each child must be accompanied by an adult. Adults and youth should wear closed-toe shoes, pants that go to their ankles, and be dressed for the weather. Registration fee applies to child only. Deadline to register is April 26. Register online at [apm.activecommunities.com/cityofindianola/Activity\\_Search/1813](http://apm.activecommunities.com/cityofindianola/Activity_Search/1813). After the registration deadline, Wesley Woods will email a welcome letter to participants with additional registration paperwork that will be necessary for participation.

### Family Folk Contra dance

Friday, April 22, 7-9:30 p.m.  
Dance Factory, 208 S. Eighth St., Indianola

A family folk contra dance encourages participation from the entire family. The Melon Farmer Band will be playing, and Lonna Nachtigal will be calling the dancing. No partner is necessary, and all are welcome. Recommended contribution to



cover costs is \$10 for individuals and \$20 for a whole family. It is recommended to wear comfortable shoes or go barefoot and bring water. Expect to dance with everyone, ages 8-80, or just listen to the great music.



### Special Friends Spring Formal

Friday, April 29, 6:30-8 p.m.  
Buxton Room, 2204 W. Second Ave., Indianola

All individuals with special needs and their families, chaperones, respite providers and SCL workers are invited to this event with dancing, door prizes and fun. The event is free.

### Strength to Prevent Falls Class

Wednesday, May 4, 10-11 a.m.  
Buxton Room, 2204 W. Second Ave., Indianola

This program is for age 50 and older and is a drop-in class taught by the physical therapists from Athletico Physical Therapy. It is free and no registration is required. Each year, 35% of adults over the age of 65 fall at least once during their daily activities. Falling significantly increases the risk of fractures in the wrist, hip and ankle, which can lead to significant loss of function. Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker, and this increases their chances of falling. Come to this class to learn about how you can safely perform strengthening and balance exercise to prevent falls and decrease fear of falling.



### Spring Camp Adventure

Tuesday, May 3, 4-5 p.m.  
Wesley Woods Camp & Retreat Center, 10896 Nixon St., Indianola

The Spring Camp Adventure at Wesley Woods is for ages 8-14. Cost is \$65 for nonresidents and \$60 for Indianola residents inside city limits. Register online at [apm.activecommunities.com/cityofindianola/Activity\\_Search/1815](http://apm.activecommunities.com/cityofindianola/Activity_Search/1815). Each week will include a new activity. Learn to cast a fishing pole while spending some time fishing, paddle a canoe around horseshoe pond, spend time in the woods and make a nature-themed craft, visit the animals down at the farm and enjoy s'mores around the fire. Please wear closed-toe shoes and be dressed for the weather. After the registration deadline, Wesley Woods will email a welcome letter to participants with additional registration paperwork that will be necessary for participation.



### Girls Night Out Kentucky Style

Saturday, May 7, 5-9 p.m.  
Downtown Square, Indianola

Enjoy an evening out and #ThinkIndianolaFirst.

## EVENTS IN THE AREA

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

Check for cancellations

### 'Of Gravity and Light'

Friday, April 22 at 7 p.m.

Des Moines Civic Center, 221 Walnut St.,  
Des Moines

Join Ballet Des Moines for the world premiere of composer Beau Kenyon's contemporary ballet, "Of Gravity and Light." Be entranced through eight innovative movements combining sound, imagery and movement exploring the wonder of space. As Ballet Des Moines' year-long resident and director of education and outreach, Kenyon interprets the science of space through music and dance, inviting the disciplines of science and art to converge. "Of Gravity and Light" will feature choreography by Ballet Des Moines Artistic Director Tom Mattingly, video installation by artist Yu-Wen Wu and live music directed by conductor Tim McMillin. Tickets available at [www.dmpa.org](http://www.dmpa.org).



### 'Pippi Longstocking'

April 22 - May 8

Des Moines Playhouse, 831 42nd St.,  
Des Moines

Follow the adventures of a freckle-faced, mismatched-stockinged, red-pigtailed girl named Pippilotta Delicatessa Windowshade Mackrelmint Ephraim's Daughter Longstocking — or "Pippi" for short. She lives on the outskirts of town in a ramshackle house, with a horse on the porch, a monkey in the kitchen, a pirate captain father and an angel of a mother. The Kate Goldman Children's Theatre presents "Pippi Longstocking." Purchase tickets and find more information at [www.dmplayhouse.com](http://www.dmplayhouse.com).

### Kathleen Madigan's

#### 'Do You Have Any Ranch?' Tour

Friday, April 22 at 7:30 p.m.

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Get ready for an evening of laughs with Kathleen Madigan. She's been doing comedy for 32 years and counting — and she doesn't plan on stopping anytime soon. Kathleen's career has included several comedy specials on Netflix, Comedy Central and HBO, more than 40 appearances on late night talk shows, a guest appearance on Jerry Seinfeld's "Comedians in Cars Getting Coffee" and her own podcast called "Madigan's Pubcast." Tickets and information for the "Do You Have Any Ranch?" tour can be found at [www.hoytsherman.org](http://www.hoytsherman.org).

### GDP Music Festival

Saturday, April 23

Downtown Des Moines

The Des Moines Music Coalition presents Gross Domestic Product (GDP), an all-Iowa music festival featuring 12 new and emerging artists from across the state, including LVMAKING, Wave Cage, Bouquet and Good Morning Midnight. Performances will take place at various venues in Downtown Des Moines. Buy tickets at [www.desmoinesmc.com](http://www.desmoinesmc.com).



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# A CHANGE for the better

Yogi Casanova finds hope and a future at Heal House.



For Yogi Casanova, the residents and staff at Heal House are like family, and they are a support system on which he can lean.

Yogi Casanova wears many hats at Heal House. He's the handyman, office assistant, computer repairman, meal deliverer and maintenance person. Yogi does it all.

"Basically, anything that is asked of me, I make time to get it done," he says. "It's the least I can do for all that Heal House has given me."

Casanova, who is half Venezuelan and half Trinidadian, was 15 when his parents moved their family from the Caribbean to Fairfield because his older siblings were enrolled in college there.

Years later, he ended up in Indianola by chance, after moving back to Iowa from Florida to be closer to his kids following a divorce.

"I was living in Carlisle and got into trouble because of my excessive alcohol use/addiction," he explains. "I ended up in jail and lost not only my apartment, but also the job I had."

Casanova was homeless when he was released. He had heard of Heal House from a social worker who he worked with while

incarcerated.

"I moved into Heal House in June of 2021, and my life has continued to change for the better," he says.

Guests of Heal House are expected to remain clean and sober. Casanova was required to actively seek employment and housing in addition to completing basic chores like cleaning and laundry. He also had to complete weekly goal sheets and report his activities at the end of each day.

For Casanova, living at Heal House was a constant reminder to better himself and stay away from alcohol.

"The sobriety gave me time to understand my mental health issues and overcome my anxiety and depression," he says.

Casanova was successful in finding a job at CemenTech. He welcomes the opportunity to work in a unique and diverse environment where everyone is friendly, kind and willing to help one another.

Because of his exemplary status, the Heal

House board agreed to offer Casanova the Heal House apartment as a transitional bridge between shelter services and when he is ready to identify a community-based alternative arrangement.

"We felt that a longer-term solution to housing in a very semi-supportive arrangement would give Yogi more time to practice being the potential great person he is," says Board Treasurer Jill Houle. "He would probably tell you how he is fortunate to have found Heal House, but the feeling is mutual."

For his part, Casanova says he was shocked and grateful when the offer was made.

"Continuing to live here has done so much for my mental health," he says, smiling. "Having this strong community to depend on, as well as the opportunity to give back, has kept my mind on track for accomplishing my goals." ■





## A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – [www.frankenforiowa.com](http://www.frankenforiowa.com) – and join the campaign that brings people together to solve problems.



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## ER or Urgent Care

Choosing the right location for your health care needs

Do you know the difference between needing urgent care and needing emergency care? It can seem like they are one and the same, but choosing the right location helps provide you with a better understanding of your health care needs.

The many illnesses and injuries for which urgent care is the perfect fit include, but are not limited to, sore throats, fevers, body aches, sinus and ear infections, cuts, fractured bones and falls. Other non-life-threatening concerns that can be treated with an urgent care visit include painful urination and discomfort associated with a urinary tract infection and many rashes or skin irritations.

The convenience of urgent care hours and locations means you don't have to wait to be treated for something that's been bothering you, even if your family medicine clinic is closed or an appointment isn't available as soon as you'd like. Urgent care is also a great option for people who might want checked out while they are visiting from out of town. Going to an urgent care is a great way to get

walk-in, personalized, expert care quickly for day-to-day health concerns.

However, serious injuries or severe illness that may require hospitalization should be directed to your local emergency room including, but not limited to, persistent vomiting, severe burns, uncontrolled bleeding, chest pains, allergic reactions, difficulty breathing and injuries from car accidents.

All emergency room physicians are board-certified, and emergency room nurses and support staff are highly trained and ready to respond to whatever need comes through their door — kids included.

Know before you go. Choosing the right location based on your health care needs can save you time and money and get you or your child back to wellness. ■

Information provided by MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, 515-247-3121, [MercyOne.org/desmoines](http://MercyOne.org/desmoines)

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Visit [MercyOne.org/desmoines](http://MercyOne.org/desmoines) to learn more.



## ARE YOU loving your liver?

In Traditional Chinese Medicine (TCM), we recognize the Theory of the 5 Elements that we use frequently as the basis of diagnosing, treating and making Chinese herbal formula, dietary and lifestyle recommendations. Within this theory is Fire, Earth, Metal, Water and Wood. Each of these elements are also associated with a yin and yang organ. For example, today, we will be talking about the Wood energy, which is related to the spring season and the organs of the liver and gallbladder. The energies of winter and the hibernation and renewal are beginning to wake up, much like the blooming crocus and the warming days. Our own energies begin to become more creative and active as



the season changes. We want to be outside walking or exercising, working in the yard, all the while, we are again syncing with nature. We begin executing new plans and visioning new beginnings in our lives. These are some of the virtues of the liver energy. The organ associated with the Wood element are the eyes. The liver energy is said to “open to the eyes.” The emotion of the liver is anger, frustration and irritability. My teachers would have us imagine being a new seedling that has sprouted under the earth, wanting to reach for the sunshine, but there is a rock over us restricting our reach for the sunshine. That is the frustration of the liver energy.

The liver is most affected by stress and emotions. Have you ever had a time in your life where you felt very “stuck”? A very congested liver energy is when someone has repressed

anger and frustrations, holds grudges, and becomes rigid and inflexible. Sometimes it shows up as anger or irritability right before a woman’s period begins or unexpected anger at another driver while in traffic or tension in the neck and shoulders, a twitching eye, a migraine headache, or digestive problems. The time of the liver is from 1-3 a.m., so, often, people will experience sleep problems during this time when the liver is out of balance.

Things that help restore the liver energy are movement, walking, yoga, stretching, relaxation exercises and meditation. Acupuncture, dietary changes, teas, sour foods, and Chinese herbal formulas can also help bring balance to the liver organ. ■

Information provided by Dr. Renee Dalrymple, LAc, SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 1517 N. First St., Indianola, 515-962-9093.

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## OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood, which, in turn, can help your mental health. With the “spring ahead” time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.

Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■

Information provided by Monica Meier, PhD(ABD), tLMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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## A ROOF over their heads

Heal House guests benefit from Eagle Scout project.

Riley Morris started working with wood at a young age. Over the years, he's learned a lot from his dad by working in his construction and remodeling business.

“I love that we can remodel a room, or even an entire floor of a house, and make it look completely different,” he says. “It is also really cool to know that what we build, or a product we install, will benefit the customer or homeowner for years to come.”

Riley's Eagle Scout project will do just that — for a community of people at The Heal House. His picnic shelter project is a culmination of years of learning how to be a leader through scouting.

Riley joined Scouts in first grade, and, in a little over a month, he will graduate from Indianola High School.

“I have definitely learned a variety of skills that I can put to use day to day,” he says. “One of my favorites is flag etiquette. I enjoy teaching other people about the colors on the flag and how to fold it.”

Other projects he's done include a memory box, step stool, as well as pinewood derby cars every year in elementary school. He's also enjoyed helping other scouts with their construction-related Eagle Scout projects.

The Eagle Scout project focuses on leadership. It's a test to see how well a scout can lead others in building or repairing something — without assisting in any way other than providing instruction/direction.

The idea for the shelter came from Heal House Board member Laurie Abernathy.

Riley took that idea and figured out what materials, tools and funding he would need. It was then approved by Heal House and two adult leaders from the scout troop before going to a council member, who determined the project met the qualifications.

Riley then put together how much the materials would cost and how the funds would be raised. After the final approval, he was ready to make the picnic shelter a reality.

He supervised volunteers who started working on the project Dec. 4. The weather was challenging, but, with the help of family, friends and a few fellow Scouts, it took about four workdays total and was finished on Feb. 18.

As the weather gets nicer, Riley and his family are excited to see the picnic shelter put to use by Heal House and its guests.

His parents, Denise and Tim, say they have seen a lot of growth in Riley's leadership skills, which have extended from scouting into the school's shop, as well as the special needs P.E. class.

“It is neat that Riley is able to take his values and skill and use them in the community and for Heal House's benefit,” says Denise. ■



For his Eagle Scout project, Riley Morris led the construction of a picnic shelter for Heal House.



Soon-to-be high school graduate Riley Morris knows the skills he's learned in Scouts will be something that sticks with him the rest of his life.

## MEET Kyla Bandstra

Thinking outside the box to promote student success

Kyla Bandstra wasn't always sure what she wanted to do with her life. Growing up in Monroe, she worked for her dad's car dealership after high school graduation before deciding to go to college. She enrolled at DMACC for one year and then transferred to Iowa State.

She met and married her husband, Jim, there. Jim suffered injuries in a farming accident on his parents' dairy farm, and, after 6 months in the hospital and 13 surgeries, he had returned to school himself. They both graduated and moved back to Monroe, buying the family farm.

When their youngest started school, Bandstra went to work at a substance abuse agency. She was promoted to a director position, which provided the opportunity to work in several high schools in Jasper County.

Those interactions with kids fueled her desire to go back to school and earn her master's degree in school counseling.

In 2003, she was hired as a long-term substitute counselor at Indianola High School and ended up staying on full-time as a fourth counselor.

For 16 years, she worked one-on-one with students, helping guide them through high school and prepare for the next chapter.

Bandstra made the difficult decision to retire in 2020 to be home with Jim, whose physical health had declined. In March 2021, he passed away suddenly.

"Later that summer, I realized that I really missed my job and needed a new purpose," she says. "A former coworker told me about a new position at Indianola — student and family liaison. I applied, and the rest is history."

In her role, Bandstra splits time between the middle school and high school. She works closely with the middle school counseling team and with students who need extra support. She oversees seven high school student mentors who meet with the middle school students once a week.

At the high school, she provides support/assistance to kids who are struggling with grades — often due to illness or absence — and are trying to catch up. She also offers tutoring.

Bandstra likes horses and has dreamed of creating a program involving students and horses. Together with Laura Hutler, Wesley Woods Equine Program director, and Ashley Stavig, licensed mental health therapist, she wrote a proposal and made several presentations to the school board before getting approval. The "R-MESH" program kicked off March 31 and is designed to teach, mentor, model and build concrete trauma-informed coping skills to student participants. The skills are guided with Natural Lifemanship practices, brain science and efforts to regulate one's body through building a regulated relationship with a horse.

"We're excited to see how R-MESH is received by our initial group of students and hope to see it continue to grow in the years to come," says Bandstra, smiling. ■



Retired IHS guidance counselor Kyla Bandstra returned to school last fall and is helping students succeed in her new role as student and family liaison.

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## SUSTAINABLE family meals from farm to table

*(Family Features)* Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

### Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee



Photo courtesy of Getty Images

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste

#### Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.



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# 'BE LOCAL' this summer

It's time to come out of hibernation and explore Indianola. Why not make a list of everything you can do to "BE Local" this summer? Here are a few things to note:

- Grab a cup of coffee at one of our coffee shops and pause for a moment to enjoy the moment. Then get busy to make your summer must-do list.
- Get your taxes done. We have some of the best tax preparers around. Federal filing is April 15 and State is April 30. File an extension if you need one. Just don't forget.
- The Indianola outdoor patios are opening up. Get out and eat a meal you don't have to cook.
- Get your oil changed, buy new tires and get a tune up. Maybe it's time to shop for a new vehicle? Check out our Indianola service providers and dealerships first.
- Have you ever heard of the rule, "If you haven't used something for a year, it's time to go?" Clean out your closets and take those items to Helping Hand. There is nothing better than sharing a little joy with another person.
- Easter Sunday is April 17. Indianola stores have unique Easter items just for you. Celebrate, worship and spend time with your family.
- Indianola Annual Spring Cleanup is April 25-29. Set those never-going-to-use items curbside.
- Buy a ticket for May 7 "Talk Derby to Me" girls' night out. Have fun while you shop at some of our downtown boutiques. Tickets are \$12 sold on the Indianola Downtown Facebook page.
- Mother's Day is May 8, and Mom deserves the best. Our local businesses can help you find that perfect gift.
- Contact a local insurance agent and financial planner to make sure you have the right coverage and your financial plan is on track. We've seen some devastating storms nearby. Make sure you're covered and that your financial future is clear.
- Mark your calendar for Friday Night Live concerts: June 10 – Trainwreck; June 24 – Past Vertical; July 8 – Final Mix. Memorial Park. Tickets \$5 for adults. Children 10 and younger free.

• Enjoy a round of golf at the Chamber golf open, July 20 at Indianola Golf & Country Club.

• Book a hotel room for relatives who are attending the Des Moines Metro Opera (July 1 - July 24), the Warren County Fair (July 27 - Aug. 1) and National Balloon Classic (July 29 - Aug. 6).

Make your list, mark your calendars, and get ready for summer. We have local businesses ready to help you check off the items on your list. Find community events at [indianolachamber.com](http://indianolachamber.com). #ThinkIndianolaFirst ■

Information provided by Brenda Easter, President/CEO of the Indianola Chamber of Commerce, 111 N. Buxton St., #117; 515-961-6269; [www.indianolachamber.com](http://www.indianolachamber.com).



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## INDIANOLA SIZZLES IN THE SUMMER

### INDIANOLA DOWNTOWN SQUARE ACTIVITIES

**Girls Night Out**  
May 7th 5-9p.m.

Girls Night Out Kentucky style "Talk Derby to Me"

**Ridiculous Day**  
June 25th - 9a.m.-5p.m.

[facebook.com/ShopIndianola](http://facebook.com/ShopIndianola)

### FRIDAY NIGHT LIVE SUMMER CONCERTS

**June 10** Trainwreck

**June 24** Past Vertical

**July 8** Final Mix

7-9:30 pm Memorial Park

Live Music

Beverage Garden

Food

Free Putt Putt Golf

[indianolachamber.com](http://indianolachamber.com)

### DES MOINES METRO OPERA

**July 1 - 24**

Porgy and Bess

A Midsummer Night's Dream

A Thousand Acres

American Apollo

[desmoinesmetroopera.org](http://desmoinesmetroopera.org)

### WARREN COUNTY FAIR

**July 28 - Aug. 2**

Grandstand shows,

contests, exhibits, food,

kids' activities and fun

[warrencofair.com](http://warrencofair.com)

### NATIONAL BALLOON CLASSIC

**July 27 - Aug. 1**

100+ hot air balloons,

live bands, kids' activities,

food and fun

[nationalballoonclassic.com](http://nationalballoonclassic.com)

### TRUBANK DSM DISC GOLF PRO TOUR

**Aug. 19 - 21**

Pickard Park

Elite Disc Golf

Pro Competition

Spectator Passes Available

[desmoineschallenge.com](http://desmoineschallenge.com)

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## OUT & ABOUT



Kennedy and Sami Amos at Pete's Pizza on Feb. 25.



Harper, Whitney and Maximus Wright at Pete's Pizza on Feb. 25.



Liz, Braden and Brad Grier at Pete's Pizza on Feb. 25.



Jill Johnston and Marge Babcock at District Jazz Night Feb. 25 at the Indianola High School.



Mike, Ann and Sandi Guely at District Jazz Night Feb. 25 at the Indianola High School.



Doug Warren, Kim Warren and W.D. Berends at District Jazz Night Feb. 25 at the Indianola High School.



Riley Holmes and Karlee Budding at District Jazz Night Feb. 25 at the Indianola High School.



Nathan Borlaug and Thomas Selgrade at District Jazz Night Feb. 25 at the Indianola High School.



Charlie Radosevich and Bryson Rehmeier at District Jazz Night Feb. 25 at the Indianola High School.



Sam Thessen, Nathan Barth and Kael Christensen at District Jazz Night Feb. 25 at the Indianola High School.



Charity Allen, Emily Budding and Cennedy Allen at District Jazz Night Feb. 25 at the Indianola High School.



OUT & ABOUT

# BASKETBALL

## Sub State

Indianola High School played against  
Urbandale at the Sub State game Feb. 25.



Indianola High School student section



Officials Tim Osterhaus, Ben Applegate and Bryant Abel



Kathy, Jasper, Brett, Ruby and Art Reisinger



Jeff Siebersma and Josh Lullmann



Ireland and Larissa Kurtz



Gary and Cheri Kurtz



Jordan Bunting and Jenny Sams



Kerri Gabriel and Celeste Gebhart



Grace Avitt and Tessa Gripp



# THE CROSS was full, the tomb was empty

If you want to truly understand the significance of Good Friday and Easter (April 15 and 17 this year), think of them in terms of physical space — space as in “room,” not the planets in the heavens.

Space Fact No. 1 — The cross was full. No, I’m not trying to be flippant or trite when I say that. Of course, the cross of Christ was “full” in the sense that only one person would fit there. But that’s sort of the point. Christ was on the cross along with all of the sin of everyone who would ever trust in Him. Let those words sink in — all sin from all those people from all time. The cross was full indeed.

Truth be told, all that sin wasn’t just up there “with” Christ, but it was credited to Him as if He had Himself committed all of it. Christ, on the other hand, being the perfect Son of God, carried no sin of His own onto the cross because He had none. Instead, He willingly took the punishment due others. Even one of His executioners could see this was true because, after witnessing Christ’s death, he proclaimed, “This man really was righteous!” (Luke 23:47).

Space Fact No. 2 — The tomb was empty. I state that as a fact of what was physically inside the tomb on that resurrection morning, the first Easter, the first Lord’s Day. Nothing was inside. Okay, yes, some



leftover burial wrappings, but you get my point. There was no body because Christ literally, physically breathed again and lived. And lives. The text of Scripture is really quite clear on this point in a large variety of ways, just so we don’t wonder. Luke, the same doctor who interviewed eyewitnesses and recorded for us the executioner’s statement above also tells us:

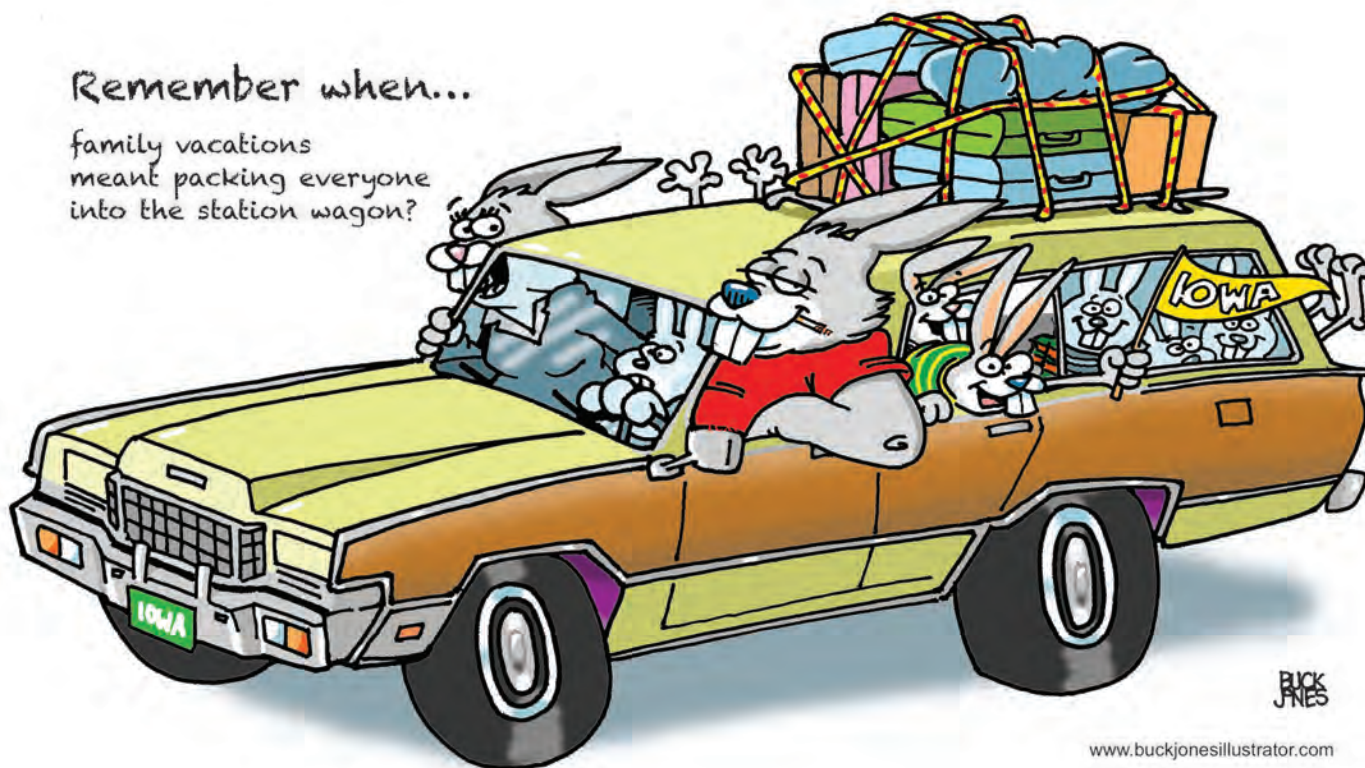
“On the first day of the week, very early in the morning, they came to the tomb, bringing the spices they had prepared. They found the stone rolled away from the tomb. They went in but did not find the body of the Lord Jesus. While they were perplexed about this, suddenly two men stood by them in dazzling clothes. So the women were terrified and bowed down to the ground. ‘Why are you looking for the living among the dead?’ asked the men. ‘He is not here, but He has been resurrected!’ ” (Luke 24:1-6).

This coming Good Friday and Easter, attend a local church service (in-person or online) to wholeheartedly celebrate the full cross and the empty tomb. ■

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

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**CoolSculpting® Uses** The CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. The CoolSculpting® procedure is not a treatment for weight loss.

**CoolSculpting® Important Safety Information** The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment. Rare side effects may also occur. CoolSculpting® may cause a visible enlargement in the treated area which may develop two to five months after treatment and requires surgical intervention for correction. **CoolTone® Uses** The CoolTone® device is FDA-cleared for improvement of abdominal tone, strengthening of the abdominal muscles, and development for firmer abdomen. CoolTone® is also FDA-cleared for strengthening, toning, and firming of buttocks and thighs.

**CoolTone® Important Safety Information** The CoolTone® procedure is not for everyone. You should not have the CoolTone® treatment in areas with metal, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators, drug pumps, or hearing aids. Tell your doctor if you have any medical conditions as CoolTone® should not be used over a menstruating uterus, over areas of the skin that lack normal sensation, in patients with fever, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy. CoolTone® should be used with caution in patients with Graves' disease (an autoimmune disorder that causes overactive thyroid), active bleeding disorders, or seizure disorders. Women who are close to menstruation may find that it comes sooner, or cramping is increased or intensified with CoolTone® treatments, therefore, it is recommended to not undergo treatment during this time of the month. CoolTone® should not be used in the heart or head areas, areas of new bone growth, over the carotid sinus nerves, or over the neck or mouth. CoolTone® should not be applied over swollen, infected, inflamed areas or skin eruptions. Caution should be used for patients with suspected or diagnosed heart problems. Common side effects may include, but may not be limited to, muscular pain, temporary muscle spasm, temporary joint or tendon pain, and redness at or near the treatment site. Ask your Healthcare Provider if CoolTone® is right for you. Please see full **Important Safety Information** on [coolsculpting.com](http://coolsculpting.com).

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