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AUGUST 2022

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Warren County residents
share their favorites

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WELCOME

OPINIONS galore

Most of us have been told to keep our opinions to ourselves, but this issue of your Living magazine is full of them. That is the premise of our annual "Residents' Choice" poll where voters name their favorite choices in a number of categories. Inside this issue, you will find the full results from the Warren County Residents' Choice poll.

The people, places, events and other winners in this "Residents' Choice" poll are not our choices but rather the choices of each of you — our readers and the residents of this community.

Some publishers call their polls like this "Readers' Choice" polls, but we choose to call ours "Residents' Choice," as, for us, they are one and the same. Every household in this community receives a copy of this Living magazine each month, and the magazines are read in nearly eight out of 10 households. We placed the ballot here in multiple issues prior to tallying the results. We also made the ballot available online for those who prefer to vote that way.

You may wonder how we keep people from voting multiple times. It's quite simple. The poll software prevents it from happening, but some clever folks discovered that they could delete their "cookies" on their computers and vote again. That would work, except that we export the results and sort them by IP address, tossing out ones that are from cheaters.

The difference in the top choice and the runners-up is sometimes only a handful of votes. With that in mind, being in the top three is an incredible honor.

So, if you took the time to vote in this year's poll, thank you. If you didn't vote, enjoy reading what the favorites are from your fellow residents — and be sure to vote next year.

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.



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RESIDENTS' CHOICE AWARDS

Warren County residents share their favorites



By Tammy Pearson

Once again, local residents have let their favorites be known — with a record-breaking number of votes. The results of the Warren County Residents' Choice Poll have been tallied, and congratulations are in order. Many of last year's favorites return to the top three, but some new ones have also emerged. Regardless, all who made the top three can truly be proud, for they have earned the respect and loyalty of those who matter most — customers. From favorite restaurant to favorite hair salon, bank, veterinarian, health club, park and more, the people who know — because they live here — have shared their opinions.

Indianola businesses landed some new favorites honors, including favorite retail establishment, Lula Belle Designs. Long-time favorites returning to the podium include Crouse Cafe as favorite place for breakfast. Pete's Pizza came out on top of the highly competitive category of favorite place for pizza once again, and, as favorite gymnastics studio, Indianola Tumbling Center beat out the others.

Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. And, if you hope to be a favorite next year, you have time to dazzle your customers and make a winning impression.

From roofing to windows, siding and everything in between, Rebel Snodgrass and his team at All-American Exteriors do it all and have been recognized as Residents' Choice favorite home improvement contractor.

Warren County Residents' Choice for...

(Runners-up in alphabetical order)

1. Favorite Dad/Child Date Spot

Wendy's Ice Cream Shoppe

Runners up: Corner Sundry, The Outside Scoop

2. Favorite Mom/Child Date Spot

Wendy's Ice Cream Shoppe

Runners up: Corner Sundry, The Outside Scoop

3. Favorite Bank

City State Bank

Runners up: Peoples, TruBank

4. Favorite Restaurant

Winn's Pizza and Steakhouse

Runners up: Crouse Café, The Chicken

5. Favorite Hair Salon

Copper + Fringe

Runners up: Pure Aveda Salon, Tapered by Tomi

6. Favorite Gymnastics Studio

Indianola Tumbling Center

Runners up: Indianola YMCA, Norwalk Superstars

7. Favorite Doctor (person)

Dr. Megan Lehr

Runners up: Dr. William Chase, Dr. Ryan Werling

8. Favorite Dentist (person)

Dr. Donna Grant

Runners up: Dr. Liz Fleck, Dr. Maureen Winslow

9. Favorite Chiropractor (person)

Dr. Jesse Stumbaugh

Runners up: Dr. Brent DeRocher, Dr. Branden Miller

10. Favorite Eye Doctor (person)

Dr. Jonathan Anderson

Runners up: Dr. Warren Peterson, Dr. Craig Winjum

11. Favorite Pastor (person)

Jon Duey

Runners up: Rob Jones, Trevor Vaughn

12. Favorite Health Club or Gym

Anytime Fitness - Norwalk

Runners up: CrossFit 65/69, Indianola YMCA

13. Favorite Boutique

Lula Belle Designs

Runners up: Little Children's Boutique, Roots

14. Favorite School

Irving Elementary

Runners up: Lakewood Elementary, Norwalk High School

15. Favorite Park

Buxton Park

Runners up: McCord Park, Warrior Park

16. Favorite Place for a Field Trip

Annett Nature Center

Runners up: Lake Ahquabi, Warren County Historical Society and Museum

17. Favorite Community Festival or Event

National Balloon Classic

Runners up: Norwalk Fourth of July, Warren County Fair

18. Favorite Teacher

Brock Rodgers

Runners up: Melissa Green, Rachel Weitzel

19. Favorite Church

Fellowship Community Church

Runners up: Indianola Community Church, St. John the Apostle Catholic Church

20. Favorite Restaurant for Dessert

The Outside Scoop

Runners up: Crouse Café, Wendy's Ice Cream Shoppe

21. Favorite Restaurant for Breakfast

Crouse Café

Runners up: Maid Rite, Mishmash Eats

22. Favorite Restaurant for Lunch

Funaro's Deli

Runners up: Crouse Café, Winn's Pizza and Steakhouse



23. Favorite Restaurant for Dinner

Winn's Pizza and Steakhouse

Runners up: The Chicken, Z's Eatery & Draught Haus

24. Favorite Car Dealership

Gregg Young

Runners up: DeYarman Ford, Southtown

25. Favorite Place for Ice Cream

The Outside Scoop

Runners up: Dairy Queen Grill & Chill, Wendy's Ice Cream Shoppe

26. Favorite Event

National Balloon Classic

Runners up: Norwalk Fourth of July, Warren County Fair

27. Favorite Daycare

Lil Hands Big Dreams

Runners up: Crayons 2 Pencils, Samuelson Family Daycare

28. Favorite Place for Children's Birthday Parties

Pizza Ranch

Runners up: Crayons 2 Pencils Recreational Center, Indianola Tumbling Center

29. Favorite Preschool

Lil Hands Big Dreams

Runners up: Crayons 2 Pencils, Indianola Purple and Gold

30. Favorite Library

Norwalk Easter Public Library

Runners up: Indianola Public Library, Milo Public Library

31. Favorite Chamber of Commerce

Norwalk

Runners up: Carlisle, Indianola

FEATURE

32. Favorite Camping Spot

Lake Ahquabi

Runners up: Crow's Nest RV Resort, Otter Creek Park

33. Favorite Photographer

Caitlin Lena Ferden - Lena Rita Photography

Runners up: Kelsey Karaidos Photography, Missie Lafrenz Photography

34. Favorite Dance Studio

The Dance Factory

Runners up: Innovative Dance Midwest, Norwalk Super Stars

35. Favorite Place to Take Your Mom and Dad

The Chicken

Runners up: A&W, Crouse Café

36. Favorite Place to Take Your Kids or Grandkids

Pizza Ranch

Runners up: The Outside Scoop, Wendy's Ice Cream Shoppe

37. Favorite Place for Auto Service

Chumbley's Auto Care

Runners up: Downey Tire Pros, Hildreth Garage

38. Favorite Place to Purchase a Gift for a Woman

Adorn

Runners up: Lula Belle Designs, Roots

39. Favorite Place to Purchase a Gift for a Man

Theisens

Runners up: Cappel's Ace Hardware, McCoy True Value Hardware

40. Favorite Realtor (person)

Taylor Voitell

Runners up: Karey Bishop, Jon Niemeyer

41. Favorite Bar

804 Main Bar & Grill

Runners up: The Hide Out, West Hill Brewing Company

42. Favorite Place for Guests to Stay

Hotel Pommier

Runners up: The Adams Loft, Country Inn & Suites

43. Favorite Coffee Shop

Grounds Around Town

Runners up: Mahalo's Coffee Shop, Uncommon Grounds

44. Favorite Florist

Hy-Vee Floral

Runners up: Bellflower Florist & Gifts, Flowers 101 By Courtney

45. Favorite Landscaping Company

Norwalk Seasonal Services

Runners up: Ted Lare Design and Build, Woosley Landscaping and Mowing

46. Favorite CPA (person)

Rhonda Harvey

Runners up: Ricardo Alverio, Douglas Troy Downs

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Favorite Warren County Home Improvement Contractor



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Rebel Snodgrass
Rebel Snodgrass Owner/Manager

FEATURE

47. Favorite Insurance Agent (person)

Sam Sorenson

Runners up: Chad Kuehl, Mike Lane

48. Favorite Pharmacy

Medicap - Norwalk

Runners up: Hy-Vee Pharmacy - Indianola,
Walgreens - Indianola

49. Favorite Grocery Store

Fareway Norwalk

Runners up: Fareway Indianola, Hy-Vee Indianola

50. Favorite Winery

Summerset Winery

Runners up: Carper Vineyard and Winery, La
Vida Loca Winery

51. Favorite Senior Living Facility

The Village

Runners up: Vintage Hills, Windsor Manor

52. Favorite Home Builder

Hildreth Construction Services

Runners up: Allegiant Homes, Downing
Construction



Patients of Dr. Jon Anderson at Optometric Associates helped him earn favorite eye doctor honors in the Residents' Choice poll.

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SCAN TO LEARN MORE!



Known for friendly service and generous amenities, Hotel Pommier returns to the “favorite” spot for places to stay in the Residents’ Choice poll. Pictured is Pritesh Patel.

53. Favorite Home Improvement Retail Store

McCoy True Value Hardware

Runners up: Cappel’s Ace Hardware, Circle B

54. Favorite Home Improvement Contractor

All American Exteriors

Runners up: Ballard Home Improvements, Trident Pools

55. Favorite Plumber

Indianola Mechanical

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

56. Favorite Electrician (business)

Miller Electric

Runners up: Integra Electric; Vanderpool Plumbing, Heating, Air Conditioning & Electrical

57. Favorite Heating and Cooling Business

Indianola Mechanical

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

58. Favorite Lawn Care Business

Warren Lawn Services

Runners up: Norwalk Seasonal Services, Woosley Landscaping and Mowing

59. Favorite Tree Service

Crouse Tree Service

Runners up: Nathan’s Tree Service, Turnbull’s Tree Service

60. Favorite Event Venue

The Hive at Busy Bee

Runners up: Carper Vineyard and Winery, Red Acre Barn

61. Favorite Dog Groomer

Amore Pets

Runners up: A Dog’s Day Out, Patty L. Pampered Pets

62. Favorite Veterinarian

Kindness Pet Clinic

Runners up: All Creatures Small Animal Hospital, Indianola Veterinary Clinic

63. Favorite Pizza Establishment

Pete’s Pizza

Runners up: Pyra Pizzeria, Winn’s Pizza and Steakhouse

64. Favorite Law Firm

Ellis Law Offices

Runners up: Dougherty Law Firm; Stuyvesant, Patin, Strong and Krapfl, PLLC

65. Favorite Physical Therapy

Athletico Physical Therapy

Runners up: Indianola Physical Therapy, Rock Valley Physical Therapy

66. Favorite Retail Store

Lula Belle Designs

Runners up: Theisen’s, Roots

67. Favorite Financial Planner

Seth Lampman

Runners up: Kimberly Guilford, Rob Keller

68. Favorite Nursery or Garden Center

Busy Bee Garden Center

Runners up: Bedwell Gardens, Ted Lare Design and Build ■

FALL planting ideas

August is here, and it has been a hot summer, but we can sit back this month and enjoy the garden, looking at what all of our spring planting has done to beautify our landscape. Now is the 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 to early November will give plantings a chance to establish while they are dormant and not growing above ground.



In June, we discussed hydrangeas, which are great candidates for fall planting. There are a number of other shrubs to consider. The Velvet Fog Smokebush is new, a little more compact with more flowers than other varieties. Spice Baby Viburnum is a more compact variety that fits into smaller spaces and is very fragrant. It can be planted in full sun to partial shade, making it a versatile addition.

Hibiscus Polly Petite is a dwarf Rose of Sharon, growing to 3- to 4-feet tall and wide. It will be a great focal point in a sunny spot in the garden. Bottlebrush Buckeye has tall white panicles with a very unusual flower shape that make a statement in full sun to part shade and is impressive at 8-feet tall and wide. Oak-leaf Hydrangea Snowcicle is compact with oak leaf-shaped leaves and florets that change from white to rose-pink and tinges of green as they age.

Cesky Gold Dwarf Birch grows only 2- to 3-feet tall and wide and will enchant with tiny gold/red birch leaves from spring to fall, and is deer resistant.

Conifers especially benefit from fall planting. They are dormant and roots are growing during the winter. They will become established and require less watering come next summer. Since they are evergreen, you will have winter interest.

Now is the time to divide or plant your hostas. It is the perfect time to put in peonies, whether bareroot or potted. Fall is the traditional time to plant them. Don't forget to add a few other perennials into those empty spaces in your landscape.

Remember to water and mulch your new plantings, but, with cooler days, watering will be less. Mulching will protect all your plantings, new and old, keeping the ground from freezing a little longer and protecting from winter heaving, so be sure to refresh where you need to.

Check with your garden center and see what great additions they have for fall plantings and get a head start on next year's spring garden. Be sure to ask questions and for any additional advice for your tree, shrub, conifer and perennial fall planting. Happy fall planting! ■

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

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WHAT IS pain and suffering?

The concept of “pain and suffering” has long been established in the law as an element of personal injury damages. It has been recognized that, where a person incurs medical expenses as a result of an injury, he or she is entitled to pain and suffering damages in some amount.

In Iowa, “physical pain and suffering” may include, but is not limited to, bodily suffering or discomfort. “Mental pain and suffering” may include, but is not limited to, mental anguish or loss of enjoyment of life.

Iowa law also provides that the amount assessed for pain and suffering cannot be measured by any exact or mathematical standard. Instead, each claim has unique factors which help determine the appropriate amount for fair compensation.

It is common for insurance adjusters to attempt to lump pain and suffering into categories like “general damages” or “damages for inconvenience.” Some insurance companies even use a “mathematical formula” to determine such amounts when they make an offer to settle a case. These approaches are not consistent with the legal definition of damages and reflect an attempt to reduce the value of the claim.

Because “pain and suffering” damages are subjective, documentation can be an important factor. It is important that anyone seeking compensation for an injury understand that pain and suffering damages are real and recognized by the law. ■

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



CARING for someone with memory loss?

Adult-day services can help.

If you're caring for a family member who lives with memory loss, you may be feeling overwhelmed with balancing their needs with your responsibilities. Chances are you need to work. You also may be caring for children and attending to other accountabilities, and you may worry about leaving your loved one alone during the day.

Adult-day services can help. Usually offered in a public place, such as a center, the goal of these mini-communities is to help your family member maintain independence and receive support and encouragement in a safe environment when you can't be with them.

If you're looking for assistance for a loved one with Alzheimer's disease or another form of dementia, here are a few things to look for in an adult-day center.

- A comfortable, positive, non-judgmental environment. Your loved one is more than their disease; they deserve to be treated with kindness and respect and made to feel as though their presence is wanted and appreciated.
 - Programming that focuses specifically on memory challenges. One advantage: the nationally renowned “Best Friends” approach, which leads with empathy, support, respect, trust and humor. This type of programming helps ensure consistent, person-focused services and care.
 - Healthcare on the premises, or close by. If your family member should need medical attention while attending the center, you'll want to make sure there's a plan in place.
 - A schedule of activities that includes attention to holistic well-being. A well-balanced curriculum should include exercise for mind and body. Examples include daily walks, field trips and guests who offer presentations on topics of interest to the participants.
 - Programming that includes a focus on music. Studies have shown music may reduce agitation that is common in the middle stages of Alzheimer's and is likely to appeal to anyone with a memory challenge. Even in later stages of the disease, a person may be able to tap a beat or sing lyrics to a song from earlier in life.
 - Additional programming components in addition to music therapy, including multi-sensory activities, pet therapy and aromatherapy.
- Adult-day services should be available to anyone who needs them. Individuals who are financially able to do so pay directly for services, but financial aid is often available for families that need assistance. If you find a center that meets your needs, don't hesitate to ask for help paying for services. ■



Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.

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Bonds offer investors a guaranteed rate for a certain length of time. At purchase, you know the exact yield and maturity or call date of the investment. The variable of holding a bond comes after purchase as values are updated daily based on how attractive your yield is in relation to newly issued bonds — as well as the perceived stability of the issuer. As rates have risen in the first half of 2022, bond values have declined. If you sell the bond early, you realize those losses. If you hold your bond to maturity, you will continue to receive the promised yield — as well as receive the principal at maturity if the issuer is solvent.

When markets are volatile, it is common to see an increase in the marketing of guaranteed investment products. These products often use the fear of weary investors who are too willing



to overlook the expenses and opportunity costs in return for promises of safety. Below are a couple of investment pitfalls to watch out for.

- **Annuities** can offer a guaranteed fixed rate and most often have a surrender charge for a specified period. These investments work fine for investors looking for fixed rates, but only if the surrender period matches the period that the rate is guaranteed. If the two do not match, you are promising to pay a surrender charge or keep your money in the annuity without knowing the rate you will receive.

- **Indexed annuities** offer investors participation in market upside, yet also downside protection. Investors need to understand how the upside return is calculated — and whether the company has the option to change those rules during your surrender term, which is common.

Variable annuities can also offer guaranteed returns. However, your guaranty is often tied to giving up the ability to withdraw your principal by using the “guaranteed

return value” to annuitize. If you annuitize, you generally give up the option to take your original investment in a lump sum and instead receive a lifetime payment.

Any of these investments can work in a portfolio. Understand the details of the investment, the fees associated, and ability to access your own money. It also helps to understand the overall rate environment to discern whether the offering sounds too good to be true. If so, dig into the details further or call a professional for help. ■

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. 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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EVENTS IN THE AREA

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

Check for cancellations

Pro Disc Golf Tournament Concert

Saturday, Aug. 20 from 7-10 p.m.
Pickard Park, Indianola

Disc golf's top athletes will compete for more than \$50,000 in prizes at this stop on the Disc Golf Pro Tour. New for 2022 is a Cory Wong concert the evening of Aug. 20. Purchase tickets for the tournament, the concert, or both at <https://tinyurl.com/3kvs4mp5>.



Cardboard Boat Races

Sunday, Aug. 21 at 3:30 p.m.
Veterans Memorial Aquatic Center, 714 W. Detroit Ave., Indianola

Using only cardboard and duct tape, build a boat and see who will rule the pool. Paddles will be provided, courtesy of Warren County Conservation. Free admission, and spectators are welcome.

Warren County Conservation StoryWalk August

Otter Creek Park, 14400 Quebec St., Indianola

StoryWalk is a fun idea to get communities outside and reading. Each month, new nature-themed children's stories will be placed along trails in different parks. The August event is at Otter Creek and features the story, "If Animals Built Your House," words by Bill Wise and pictures by Rebecca Evans. Bring your whole family out to hike and read a page of the story every few feet as you go along. A few days before the end of the month, the StoryWalk will move to the next park. Call 515-961-6169 if you want to know the exact location of the StoryWalk within the park. Sign the guest book at the end of each StoryWalk so attendance can be noted.

Indianola Classic Car & Truck Show and Shine

Aug. 27, Sept. 24, 4-7 p.m.
TruBank parking lot, 1901 W. Second Ave., Indianola

Car show season

is underway, and you won't want to miss the 11th annual

shows. There will be music, homemade food, pop/water, Kids Pick, Wife's Pick, door prizes and 50/50 drawings. There is no entry fee. Proceeds go to St. Jude's Children's Hospital.



When Headstones Talk

Saturday, Aug. 27, 5:30-8 p.m.
Sunday, Aug. 28, 2-4:30 p.m.
The Indianola Cemetery, 0.6 mile south of Highway 92 on Jefferson Highway (65/69).

Hear Indianola Cemetery residents talk about their lives and demise as portrayed by live actors. Learn about the artistry and symbolism of ornate and beautifully engraved headstones and family monuments. The event is free, although donations are encouraged to repair and resurrect old and fallen gravestones. When Headstones Talk is sponsored by the Indianola Independent Order of Odd Fellows (IOOF) with support by the Warren County Historical Society & Museum and Indianola Parks & Recreation.

Norwalk Music Fest

Sunday, Sept. 4, noon to 10:30 p.m.
Norwalk City Park, 907 North Ave., Norwalk

Norwalk Music Fest is a free event put on by Norwalk Hometown Pride and is held annually, gathering local musicians and vendors. Celebrate the day with music, food trucks, kids' activities and more. No admission charged.



Healthy and Homemade: Veg Out!

Sept. 8 from 6:30-7:30 p.m.
Warren County Extension Office, 200 W. Second Ave., Indianola

Summer is a great time to learn how to add more vegetables and fruit to improve health. If you're looking for ideas on how to increase your intakes, consider attending the Veg Out! workshop. Join Cathy Drost, ISU Extension and Outreach Food and Health Specialist to discuss how to overcome barriers while sampling recipe ideas. The cost is \$10 to attend the workshop with a deadline to register by Sept. 2. Register at <https://go.iastate.edu/1QVC72>. For more information, contact Bethany Cecot at 515-961-6237 or bcecot@iastate.edu.

Afternoon Adventures: George Washington Carver in Iowa

Thursday, Sept. 15 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave. (Highway 92 W.), Indianola

Learn how George Washington Carver's time in Iowa, including time in Winterset, Indianola and Ames, played a pivotal role in his life and success as America's most prominent Black scientist of the early 20th century. This is a free event.

Singer/Songwriter Robert Deitch

Sept. 27 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave. (Highway 92 W.), Indianola

Come listen to singer/songwriter Robert Deitch, whose voice has been described as "blue collar smooth, yet gritty... like a fine bourbon with a hint of gravel dust." He has shared the stage with Thomas Rhett, Zane Williams and Porter Union and has written more than 20 songs that have been cut by other artists. This is a free event.



INDIANOLA School Board approves bond issue

Voters to consider “Replace in Place” plan to address high school facility needs Sept. 13.

The Indianola School Board has approved a bond issue question that will appear on the ballot Sept. 13.

If voters approve the bond, the district would move forward with a plan known as “Replace in Place” to address facility needs at Indianola High School. The plan would retain the parts of the high school that are working well and where the district has most recently made investments, while renovating other parts of the building.

An approved \$70 million bond would extend the current levy rate so residents won’t see an increase in their property tax rate.

“After many months of work and the amazing collaboration of our community,

we are pleased to move forward with what we believe is the best-possible plan to address our facility needs at Indianola High School,” said Board President Rob Keller. “We would like to thank everyone who has been involved in this process so far, and we look forward to engaging our community and answering questions about the plan in the weeks ahead.”

The Replace in Place plan was developed by a community-led Facility Task Force, which spent several months examining the needs at IHS and considering numerous potential solutions. As it conducted its work, the task force has sought the input and feedback of parents, staff, students and district residents.

The plan would involve adding a new commons area to link the gym, auditorium and academic area, creating a new “heart” for IHS. There would also be a new two-story academic wing built to the west and an athletics and career-technical expansion to the north, along with increased parking and improved traffic flow.

Replace in Place would maintain the current high school auditorium, career and technical education and fine arts addition, and north gym spaces.

For more information on the facility needs at IHS and the proposed solution that will appear on the ballot Sept. 13, visit www.indianolacsdpplanning.org. ■

COMMUNITY meetings on Sept. 13 bond issue

The Indianola Community School District will host several upcoming community engagement events ahead of the Sept. 13 bond vote.

- Monday, Aug. 15, 9-11 a.m., Coffee and Question event: Community members can stop by the Indianola YMCA, 306 E. Scenic Valley Ave., and ask questions about the bond vote and proposed facility projects at Indianola High School.
- Wednesday, Aug. 17 and Tuesday, Sept. 6: The public is invited to community meetings in the Indianola High School Library from 6-7 p.m. on those dates to learn about the bond issue. ■

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Aug 13
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Aug 23
Dog Days
Animal Rescue League | Premier Credit Union | Downtown Doggy Daycare | Paws & Pints | Pet Supplies Plus | Tito's Handmade Vodka

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Aug. 9-14
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Aug. 23-28

SCAN TO BUY TICKETS

EAT GOOD... do good

Church's Fireside Bistro connects people, raises funds for helping others.

Food has brought friends, family and strangers together since the beginning of time. Whatever the occasion, sharing a meal is a great way to celebrate or simply connect with one another.

At Fireside Bistro, 1700 W. Second Ave. in the First Assembly of God Church, you can be assured you're dining with a purpose. Since their opening in November 2020, they have been blessing customers with great food, and, in turn, a portion of the proceeds from all sales blesses others — through community outreach projects, missionary work and disaster relief both locally and globally.

General Manager Amy Zimmerman says, even though Fireside Bistro is located in a church, it's not just a church restaurant.

"The bistro was the vision of Pastor Barry Hill," she says. "I had experience owning and managing restaurants, so when this opportunity was made available to me, I couldn't think of a better fit."

Pastor Hill had a desire to see the square footage of First Assembly's building used to its full potential.

"Churches can often become intrinsic for a number of reasons, but we are always looking for ways to give to the community and be a blessing," Hill says. "The bistro seemed to be an ideal fit, and it's great to see how it has evolved into what it is today."

Opening in the middle of a pandemic was challenging, but business has continued to grow, and sales doubled over 2021 in just the first six months of this year.

Fireside is open for breakfast seven days a week and on Wednesday evening for dinner. They have a small paid staff who enjoy what they do and believe, not only in providing great service and food, but also in the mission and vision. On Wednesday evenings and Sundays,



Fireside Bistro continues to grow because staff and volunteers have a vision and purpose: to serve the community and beyond, to love people and build His kingdom. From left: Hunter Cain, Michael Putz, Stacy Keller, Amy Zimmerman, Tony Tungland and Dylan Wachter.

volunteers share their gifts and talents from the kitchen to the dining room and everywhere in between.

Head cook/chef Tony Tungland started working in restaurants as a teenager, but his career path took him to retail and then manufacturing.

"I had lost my passion for what I was doing," he says. "I was looking for ways to spend more time serving the Lord, and He put this opportunity in front of me. Being able to also share my love of cooking makes it even more special."

The bistro raised money for Convoy of Hope and even created a special Ukrainian breakfast dish. In Indonesia, they have supported an organization that teaches life/business skills to provide a livelihood for

Fireside Bistro

1700 W. Second Ave. (northwest entrance)

Hours: Monday - Saturday, 8-11 a.m.

Wednesday dinner, 5-6:30 p.m.

(pre-planned menu)

Sunday, 8-9:30 a.m.

For more information and full breakfast menu, visit fireside-bistro.com

mothers and children rescued from sex slavery.

Amy and her staff also have their eyes on some local organizations who work to help underserved children and families.

Tony and his team continue to work on new menu items as the Bistro plans to extend hours and add lunch in the near future. They also want to host more special events and add a catering menu. ■

HIS FATHER'S car

Gabel cherishes Trans Am and family memories.

For Corey Gabel, sitting behind the wheel of his late father's newly restored 1988 Pontiac Firebird Trans Am GTA transports him back in time.

"It's like Dad is in the passenger seat," he says, smiling. "He was a smoker, and that faint, familiar smell of tobacco still lingers in the leather seats."

Corey's dad, Bill, was a "car nut." He liked muscle cars, and, in the 1960s, he owned a 1966 Dodge Coronet RT and a 1967 Corvette convertible — just to name a couple.

"The running family joke was that every time one of Dad's cars needed a wash, he'd trade for a new one," Corey recalls. "This was before marriage and family, so he could get away with it."

When Bill met Corey's mom, he traded hot rods for more sensible cars. However, during the mid-1970s, he purchased a 1973 Mustang fastback that rekindled his love affair with muscle cars. Soon, practicality won over, and the 1980s became the Oldsmobile decade.

"Dad always shared stories of his muscle cars," Corey says. "Every Sunday, we would visit car lots to look at new models, and we never missed a local car show."

One weekend in late November 1988, Bill spotted the new Pontiac Firebird Trans Am GTA at a local dealership. This model wasn't the typical Firebird. It had several options — the most unique being the notched back deck lid instead of glass hatch. There were very few made direct from the factory with the notched back option and 350-cubic-inch V8 engine.

"Dad test drove the gunmetal gray notched back with the 350 and had to have it, so he traded the Oldsmobile," recalls Corey.

Driving it over the winter, practicality won out again. Bill bought a used Jeep for the "family car," and the Trans Am stayed in the garage, serving more as a trophy car, only taking it out in good weather or for car shows.

In early 2000, Bill's health started to decline. He was diagnosed with cancer, and, after passing away, the Trans Am sat untouched in Corey's mom's garage until the fall of 2020.

His mom was moving, but Corey knew he couldn't let the car go. He contacted Keegan and Tim at Chumbley's to discuss the possibility of a full restoration, and they were excited to take on the project. After five months in the shop, with new suspension, brakes, tires, radiator, fuel tank, as well as an engine and transmission rebuild, the car was better than new. The paint, wheels and interior are all original and in pristine condition.

Corey showed the car at a Goodguys car show and hopes to take it to other local car shows. It will no doubt stay in the family.

"The Trans Am was such a part of Dad's identity," he says. "He would be happy to know it has a new life cruising the highway and getting curious looks at every turn." ■



Then and now: Corey Gabel's parents, Bill and Sheryl, pose with Bill's beloved 1988 Pontiac Firebird Trans Am GTA in 1991 (photo by Matt Smythe). Today, the Trans Am is better than new.

HUMBLE yourself

"True humility is not thinking less of yourself; it's thinking of yourself less." —C.S. Lewis

A leader told a story of some soldiers going through some rigorous training and struggling. They were doing pushups, but there was one soldier who couldn't do them properly. The leader conducting the training had the group repeat the exercise until the one laggard got it right.

They failed three times, five times, 10 times. Each time they failed, the other soldiers would yell at the one who was struggling. "C'mon! Do better! You're killing us! If you can't do it, quit!"

Finally, another soldier went to his buddy, placed his shoulder under the failing soldier's shoulder and lightened the load. The group was able to do the required push-ups and the training was over.

As the leader finished this story, he shared the point of the exercise: The soldiers needed to work together as a team, not just get the task done. The job wasn't done until the soldiers learned to work together and help each other.

Humility is not thinking less of ourselves or selling ourselves short. True humility is using our strength to help others because they need our help.

That's what Christ does. He brings His great strength into our world to help us because we need His help. ■

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



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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

PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.



Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce a

person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

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WHAT DOES my small intestine have to do with the Fire Element?

Last month, we talked about the heart and the pericardium as two of the four organs making up the Fire Element in Chinese Medicine.

This month, we will continue with the small intestine and the “triple heater” (also known as the triple warmer or San Jiao).

These are all the organs of warmth, connection, joy and passion. These four organs can help us understand where our Fire Element is in balance and areas we may need to give attention.

The small intestine is closely related to the heart in Chinese Medicine. Its energetics help us discern right from wrong and how to separate the pure from impure in both what we eat and what we think. Once the food we eat leaves the stomach, it enters the



small intestine organ where nutrients are absorbed, and the remainder is moved along to the large intestine organ as waste. The small intestine is crucial to the absorption of nutrients into the body and has a rich blood supply to pick up these nutrients and take them where they can be processed.

On the emotional level, the small intestine energy helps us discern which relationships and situations are more meaningful and which should be let go. A balanced small intestine energy has the capacity to make decisions, choose wisely for yourself and to be confident doing so.

The “triple heater” is a concept of an organ rather than an organ itself. It's defined as an energetic “pathway” in the Chinese text, the Huang di Nei Jing, written in 2600 BC. This “pathway” connects the three sections of the torso: the upper (head, lungs, diaphragm and heart), middle (liver,

gallbladder, stomach and intestines), and the lower (intestines, kidneys, bladder and reproductive organs). This “pathway” acts as a shuttle for moving fluids of the body (like our lymphatic system) and moving and balancing hormones. Because of its special connection to all the organs of the body and the emotions that are associated with them, we can see how important balancing this pathway is to overall stability of the mind and heart.

The best way to support the Fire Element is to share your warmth with others. Make connections, find joy in simple things. Do fun things, and take time to enjoy quiet time. Balance is the key. ■

Information provided by Dr. Renee Dalrymple, LAc, SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 14849 130th Ave., Indianola, 515-729-2705, call or text.

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INSURANCE

By Mike Richey

LIFE insurance for your business

Business owners, this one is for you. Here are some ways that life insurance could benefit your business:

- **Key employee insurance.** Think about the employees of your business who are most key to its financial success — those whose unexpected passing would bring an immediate negative financial impact to the business. A business can purchase life insurance on its key employees to help cover expenses their unexpected death would bring — expenses such as loss of sales and the costs of recruiting and training someone new.

- **Business succession plan.** Say that you co-own a business with somebody else and that the two of you agree, should one of you unexpectedly pass away, the other should take over the business. Each of you can take out a life insurance policy on the other and agree to use any life insurance proceeds to fund the purchase of the other's shares. This has the additional benefit of leaving the deceased owner's heirs with cash instead of shares of a business that they may not have the ability or desire to manage.

- **Employee benefits.** A business could pay for a life insurance policy for its employees as a way of attracting and retaining talent.

To talk about how life insurance could benefit your business, talk to your insurance agent. ■



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

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HEALTH

By Kendall Way

END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.

Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■



Information provided by Kendall Way, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, way@sstherapyandconsulting.com.

RECIPE

WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net. ■

Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)
- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

WELCOME BACK, STUDENTS!

SCHOOL BEGINS TUESDAY, AUGUST 23

22-23 SCHOOL HOURS	START	END
Emerson Elementary	7:45am	2:55pm
Irving Elementary	7:50am	3:00pm
Whittier Elementary	7:50am	3:00pm
Laura Ingalls Wilder Elementary	7:45am	2:55pm
Indianola Middle School	8:00am	3:20pm
Indianola High School	7:55am	3:10pm

Student Enrollment: www.indianola.k12.ia.us/district/enrollment/



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CHAMBER

By Brenda Easter

IT'S NOT over yet

Stay local to finish summer strong.

Thank you to all of the sponsors, committees and volunteers who have worked for months to plan, create and staff our unique and fun events. Our events, as well as our fine residents and vibrant business community, continue to keep Indianola on the map as a great place to live, work and play. Here are some ideas to finish your summer strong:



- **Our Local WOW** continues to include our Warren County wineries, distilleries and breweries. We have some of the best, and you can visit, sample and listen to live music while enjoying family and friends. Find information about the wineries and other things to do in Warren County at www.warrencountytourism.com.

- **The first day of school** is quickly approaching, which means the time is now to shop for apparel, shoes, backpacks and school supplies. Your local merchants have great selections and are ready to help you. Check the list of local businesses by category at www.indianolachamber.com.

- **The TruBank DSM Disc Golf Pro Tour** is Aug. 19-21 at Pickard Park. If you've never watched disc golf, now's your chance. Welcome participants of the TruBank Des Moines Disc Golf Pro Tour. Learn more at desmoineschallenge.com/info.

- **The Back to School Luau**, sponsored by the Indianola Community Youth Foundation, features inflatables, dunk tank, food, music and games on Aug. 20, from 6-8 p.m. at the Indianola High School Stadium. Plan to meet the Indians at 7 p.m. This is a free community event. Food trucks and concessions will be available for purchases.

- **WHO RVTV** will broadcast the Indianola vs. Pella game live on Sept. 9 from the Indianola Downtown Square. This is the night before the Iowa vs. Iowa State game, so plan to enjoy family-friendly activities.

- **The Log Cabin Days Festival** will feature fun and educational activities on Sept. 24, 7 a.m. to 5 p.m. at the Warren County Fairgrounds. Enjoy crafts, activities and food, not to mention take a tour of the George Washington Carver Museum. The Log Cabin Parade starts at 10 a.m.

- **Get outside and play:** golf, fish, swim, hike or camp. Have fun!

I encourage everyone to #ThinkIndianolaFirst before going anywhere else. The economic impact of every family committing to spend an additional 15% of their disposable income in Indianola would ensure the financial success of our local businesses, not to mention support our schools, roads, and other important infrastructure projects. After all, Indianola is the place we call home. ■

Information provided by Brenda Easter, president/CEO of the Indianola Chamber of Commerce, 111 N. Buxton St., No. 117, 515-961-6269, www.indianolachamber.com.

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FINAL Mix

Final Mix performed a concert at Memorial Park on July 8.



Amber and Gage Garrison



Jim and Tracy Steffen



Kobie Alcorn and Officer Devin Thomas



Joe Carmen, Baker Pierce and Kasiah Pierce



Jackie and Jeremy Logue and Finn



Rick Fitz and Lindy Fitch



Roger Berry and Lori Berry



Morgan Reetz and Markee Reetz



Matthew Sonnenburg and Officer Devin Thomas



Mark Moen and Sheri Moen



John McDonald and Jeff Alcorn

OUT & ABOUT



Maestro Gibson, Norris Hildreth Sr., Maxx G Flipping and Norris Hildreth Jr.



Murphy Shriver, Molly Shriver and Molly Sivertsen



Connie Seddon and Nancy Laxton



Judy Block and Julie Schaplowski



Sue Rench and Andrea Matson



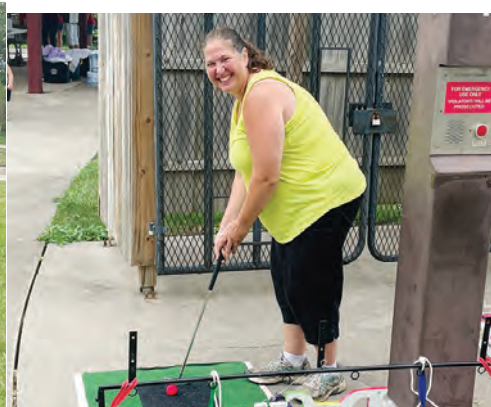
Stan Kueter and Paula Kueter



Jennifer Jones and Michaela Johns



Debbie Brangers and Bobbi Gladson



Angela Dolecheck



Gretchen Schrock



Shelby Dale, Lisa Graverholt and Katharine Haverland

TEACHING and learning in the digital age

Technology in the classroom increases student/teacher engagement.

In last month's issue, we introduced you to Indianola Community School District Director of Technology Ray Coffey and his team. Coffey, who has been with the district for 11 years, says he's seen a lot of change in technology over the years.

"When I arrived at ICSD, nearly all staff were using desktop computers, and the only student devices were in designated labs," he recalls. "There were also only a few buildings with LCD projectors and minimal wireless coverage throughout the district."

With designated labs, technology usage was more of a "scheduled event," rather than a consistent resource for teaching and learning. If a project didn't get finished on the scheduled day, it was often difficult to complete because another teacher would have the lab booked the next day.

Several years ago, ICSD transitioned all teachers and staff to laptops, added projectors to each classroom, and implemented an enterprise-level wireless solution for the high school when it became a Digital Learning Environment (DLE).

The middle school also became a DLE with Chromebooks and, most recently, the elementary schools joined the others as a DLE.

The transition to DLE district-wide poses challenges for the IT team.

"There will always be repairs and accidental damage," Coffey explains. "However, we have really great students and, in general, they take very good care of the equipment we provide."

It's also about ensuring students and staff have the access they need when they need it. If a site goes down or there's a hiccup with the wireless or internet service provider, the team hears about it almost instantly.

The district has also replaced the aging projectors with 65-inch Clevertouch Interactive Flat Panels, creating more flexibility and opportunities for student engagement in the classroom. Celeste Lumsden, technology integrationist, says that teachers and staff have also embraced other tools such as GoGuardian, which allows them to view student screens in real time and even open tabs and block or allow certain sites. Parents can also set parameters for student Chromebook usage at home.

"The technology we have at ICSD makes blended, flipped and personalized learning models possible," says Ali Sauter, who has been a district technology integrationist for the past eight years. "Using these models will help teachers create an adaptive learning environment for students and also allow for remediation or acceleration in the pacing of instruction when necessary."

ICSD teachers are continuing to learn how to distinguish the learning levels of educational technology using an instructional technology model called SAMR. When looking at integrating technology into a lesson, the teacher first chooses the desired learning task and outcomes. Once those are determined, the technology integrationists help teachers evaluate and match the best tech tools to successfully engage students in the learning task to meet the lesson goals. ■



Students K-12 have the opportunity for more "hands-on" learning in the classroom with the addition of Clevertouch Interactive Flat Panels.

THE SWING of things

By now, we all have had time to appreciate the joys of summer and probably the pains. Each of us is gifted with a slightly different idea of what the ideal temperature is. Some love the snow. Some prefer to wear shorts and a T-shirt. Still, there is that rare breed who enjoys flip-flops in the snow.

Whatever your preference, everyone has something they enjoy doing. Summer just seems to draw out the kid inside of us who wants to go ride a bike.

So, I ask you, what is your current bicycle? Do you have something you enjoy doing more than other activities? My wife has claimed that I am a collector of hobbies. Fishing, reading, writing, motorcycles, hiking, camping, and other things like that. It seems most of them tend to cost money. So, not only am I investing time, but also resources.

There is a constant battle for my heart going on. We are created and designed to find enjoyment and pleasure. Our brains are wired to seek that which makes us happy. Doctors diagnose any time our behavior seeks happiness in unsafe ways. For example, being drawn to things in an unhealthy manner (addictions) or, the opposite, being unable to find happiness (depression). We are all impacted by how our hearts are being treated.

But the battle for our hearts is not only with good and evil on our shoulders. It is often more subtle, that the battleground of our heart is being fought over the good things that take away from the best things.

What is your best thing? For me, spiritually, it is Jesus. Without Him, I am lost and separate from God. Ephesians 2:1 says we are "dead in your trespasses and sins," then, just a couple of sentences later in verses 4 and 5, Paul writes the conclusion to his point: "But God...made us alive..." That means, spiritually, I had no chance of fixing my standing before a holy God. But God did it for me.

There are other "best things" in my life, like my wife and my family. But those need to always align and be subordinate to my faith. I would encourage all of us to consider what our best things are and see if our time, talents and resources align with them. Otherwise, the great things overcrowd and leave no time for our faith.

I encourage you all to take that mid-summer heart check. If you have any questions about your standing before God or your "best things," reach out to your pastor. ■



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

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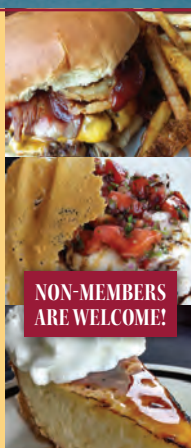
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