

INDIANOLA

DECEMBER 2021

Living

Christmas

then and now

Residents reflect on changing
holiday observances

Meet Kim Arndt

EDUCATION

Keller's passion for Corvettes is long running

GARAGE

Apple oat crumble and citrus caramel topping

RECIPE

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WELCOME

ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.

I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, thanks for reading. ■

SHANE GOODMAN

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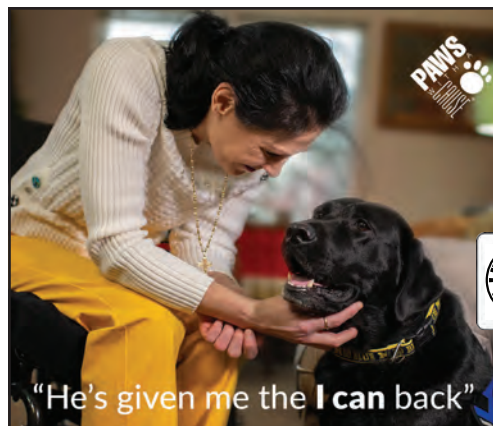
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Christmas

then and now

Residents reflect on changing holiday observances

By Becky Kolosik

Traditions... they link us to our past and take us into the future. When people share experiences, whether they revolve around food or activities, it's something special. You may not remember what you did last week or even last month, but the feelings of holiday celebrations remain strong — even decades later. Memories of the people, the sights, the smells, and the comfort and love of family shine bright and warm our hearts.

For Indianola residents like Kristi Dusenberry and Emily Fox, traditions have played a big role in their lives. As the seasons of life pass and change, they've found ways to honor traditions while creating new experiences that will shape and mold their families into the future. Scott Duncan has made his own new tradition of giving back, which is causing a ripple effect in the community to work together and help those in need.

Kristi Dusenberry understands the importance of connecting with her grandkids, not just during the holidays, but every day, because they bring a lot of love, laughter and smiles.



Before we open presents

Holiday traditions have been a part of the Dusenbery family for years. Mom, Kristi, says, because they moved often when their kids were growing up, she and her husband, Tim, became intentional about keeping traditions as consistent as possible.

“So much in our boys’ lives was changing, and it was important for them to have some things they could count on,” says Kristi. “They were often adjusting to a new city, home, friends and school — but there was something grounding for all of us that Christmas would feel safe, comfortable and reliable.”

One of the family’s earliest traditions was hunting for the perfect Christmas tree. Once the tree was cut down and loaded, they headed home for the inevitable battle to get it put into the stand and leveled. After decorating, they enjoyed the season’s first cup of eggnog in the living room by the lights of the tree.

When and where they celebrated Christmas day didn’t matter; it was more about enjoying their traditions together whenever it worked best. However, every Christmas Eve, the boys enjoyed a special treat — dinner out at a “real, sit-down restaurant.”

“It was a luxury because we didn’t have a lot of money back then,” says Kristi, smiling. “After dinner, we went to a movie and returned home to open one present, which was usually jammies, prepare cookies and milk for Santa, and listen to Dad read a pop-up version of ‘The Night Before Christmas.’”

The Dusenberys had Santa stockings and a Jesus stocking. The Jesus stocking hung on the fireplace starting the weekend after Thanksgiving, and, each day until Christmas, everyone added a note to the stocking, telling Jesus what he or she was thankful for.

“When the boys were too young to write their own notes, they would tell us, and we would write it down,” explains Kristi. “On Christmas morning, we emptied the notes out and read each one aloud as our gift to Jesus. It was a wonderful way to remind us of the real reason for the season.”

In 1998, their Santa stockings were replaced with Santa sacks Kristi made. The Santa sacks hung on the fireplace and had more room for gifts. On Christmas morning, the boys found their sacks sitting on the fireplace hearth, stuffed with presents.

However, family traditions eventually had to change and evolve. When their three sons enlisted to serve in the U.S. Air Force, Kristi



Emily Fox feels a closeness to her grandparents at her family holiday dinner table and enjoys sharing stories and memories with her children.

jokes that their Christmas seasons shifted from “It’s a Wonderful Life” to “Christmas with the Kranks.”

They quickly found themselves empty nesters but were delighted to add daughters-in-law and grandbabies in rapid succession. Holiday deployments became frequent, and even when they weren’t deployed, it was nearly impossible to get everyone together.

“We were in a season of life where grace and flexibility replaced anything resembling tradition,” she says. “We often visited their homes and were grateful for technology that brought us together for video chats no matter where we were at in the world... Indianola, Georgia, Afghanistan, South Dakota, Alaska, South Korea or Arkansas. We opened presents and enjoyed the tradition of ‘getting together’ even when we were miles apart.”

Everyone lives locally now, and grandchildren have redefined some of the family traditions. With six adult kids and five grandkids (and another on the way later this month), going out to a nice steakhouse on Christmas Eve just isn’t as “joyful,” so they enjoy dinner at home — making it easier for the kids to run and play while the adults hang out and visit.

They still have the Santa sacks for the adult kids and grandkids hanging on the fireplace, and they have also started decorating gingerbread cookies.

“When my kids were young, I wanted the trees frosted perfectly in green frosting with sprinkles evenly scattered,” says Kristi, laughing. “Sometimes it makes me a bit sad to think about it, but it also makes being a

grandma so much sweeter because I’ve learned that purple trees and heaps of sprinkles are way more fun.”

In December 2015, on a car ride to Arkansas to celebrate Christmas at one of their sons’ homes, Kristi began scratching out a simple poem to read to her family before they opened presents.

“I wanted to remind them that the birth of Jesus was not just a nice story or fairytale. It happened because the God of the universe loved each of them from the beginning of time,” she explains.

Kristi recently published the book “Before We Open Presents” and also started “The Laughing Grandma” blog as a place to honor old traditions and celebrate new ones, share struggles, and connect with God about the needs of her kids and grandkids.

The poem has changed slightly over the years, but the message is still the same in “Before We Open Presents.” Kristi reads it aloud in the moments before their family opens Christmas presents.

“It’s become one of our favorite traditions,” she says. “This year, I’m thrilled that the book is available to other families (on Amazon), and I pray that each word brings so much joy.”

Family is the greatest gift of all

Emily Fox enjoys living in Indianola. Four years ago, she and her husband, Bryan, and their five children moved to the community.

“The school district is what initially brought us here; however, Indianola is where both sets of my grandparents lived and raised their families,” she says. “This community has been

FEATURE

a part of my life since I was young, and I love being able to now call it home.”

Emily had a special relationship with her grandparents. Grandma and Grandpa Campbell lived in town, while her Grandma and Grandpa Hutchcroft lived in the country.

“Aside from celebrating the holidays with them, we got to come to Indianola and spend a week or two in the summer,” she says, smiling. “I experienced the best of both city and country — walking all over town with Grandma Campbell and cooking and gardening with Grandma Hutchcroft.”

Holiday traditions meant special moments and memories for Emily. On the Campbell side, Emily, her parents, and brother looked forward to spending time with their aunt, uncle and two cousins. They would eat pizza, snacks, or soup for dinner and then play card games like Uno or Spoons. The next morning, they celebrated Christmas.

“Grandma would make fried mush, my favorite, and we all exchanged gifts,” she recalls.

The gathering at the Hutchcrofts’ included Emily’s family, her two uncles and their wives, and five cousins. It was a big gathering with a traditional meal of turkey, stuffing and mashed potatoes. There was also ham because Emily’s dad didn’t like turkey.

Emily says her Grandma Hutchcroft made the best homemade noodles.

“I always made a plate of just her noodles over mashed potatoes, and sometimes I would eat the leftover noodles right out of the mason jar she stored them in because they were even good cold,” she says, smiling. “They were a family favorite, and all of us grandkids have yet to perfect her noodles.”

After the meal and opening of gifts, they played a card game called Shanghai, which is a variation of Rummy. The competition could get heated, but it was memorable and full of laughter.

As Emily’s grandparents began passing away, family Christmases were not the same. Now with all of them gone and everyone’s busy schedules, gatherings don’t always happen.

“I still try to make the best of the holidays, even though it comes with a bit of sadness,” she says. “It’s hard not to miss those childhood moments and long for those special times together.”

Emily started making her own family



Scott Duncan, with the help of Feed It Forward volunteers, is making giving back a tradition in Indianola by filling the food pantry and stuffing shoe boxes and backpacks for kids this Christmas.

traditions because she knew her grandparents wouldn’t want her to be sad but rather make it about her own children. On Christmas Eve, they open one gift — new pajamas — and enjoy hot cocoa and popcorn while watching “A Christmas Story.”

The Christmas meal is their family recipes of ham balls and cheesy potatoes. Emily decorates her table with Grandma Hutchcroft’s tablecloth and china dishes and holly glasses from the Campbell side.

“Using the dishes, tablecloth and recipes honors my grandparents,” she explains. “Memories pop up, and I can share them with my children, and it helps me maneuver through the holidays in new ways. It’s important to me because it’s like they are a part of the celebration, and it keeps their memories alive.”

A tradition of giving

In March 2020, Scott Duncan’s niece Danielle planted a seed in his heart. She had cerebral palsy and was a childhood stomach cancer survivor.

“Danielle called me on March 30, 2020, to tell me her cancer was back, and she didn’t have the strength to fight it,” he says. “She asked me to continue my giving heart and to pray for a ‘bigger than myself’ type of giving.”

After that phone call, Scott Googled “how to help during a pandemic,” and, just a few days later, on April 4, “Feed It Forward”

launched.

Feed It Forward’s first campaign purchased gift cards from locally owned restaurants and other businesses struggling through the pandemic to give to essential workers. Scott’s original goal was \$2,000, and he raised an astounding \$18,640.

Scott has continued the tradition of giving with Food 4 The Pantry Pickup, where community members leave pantry items on their porch, patio or deck to be picked up by volunteers. Feed It Forward has also helped families who survived house fires and fed first responders on the holidays.

The Christmas Kindness campaign has been in full swing the last few weeks, and it allows community members to stuff shoeboxes and backpacks for kids in need. They also fill the backpacks with necessities that a family would normally go without during the holidays.

A Bible verse that inspires him is Proverbs 22:9, which states, “The generous will themselves be blessed, for they share their food with the poor.”

Scott will continue his mission as long as a need remains in the community. His niece Danielle recently passed away, and he can’t think of a better way to honor her.

For more information on how to get involved, follow Feed It Forward Indianola’s Facebook page: <https://www.facebook.com/feeditforwardwarreno>. ■

RECIPE

DELIGHTFUL dishes to dazzle holiday guests

(Family Features) Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at EnvyApple.com. ■

Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



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MEMORY CARE

By Danyel Wilson

MAGIC words

Part one

OK, I admit, “magic words” is a bit of an exaggerated title. But the words I’m going to mention are powerfully helpful in dementia care. I recommend keeping them on the tip of your brain and using them often.

“So what?”

To be clear, “So what?” is not something I recommend that you say to a person with dementia. But it’s something we may need to say to ourselves when the person we are caring for does something unusual, socially unacceptable, or unexpected.

Lots of things that people with dementia do are “so what?” situations, meaning, whatever the person is doing is not hurting themselves or anyone else in any significant way. Perhaps your dad still gets dressed on his own. This morning, all the buttons match up with the buttonholes and everything is perfectly clean. Fantastic! The only problem is that Dad chose a plaid shirt to go with striped pants. Unless the Queen is stopping by for tea (highly unlikely during the pandemic), so what? Be grateful and complimentary. Just because the dad of days gone by wouldn’t have chosen that sartorial combo is no reason to rain on the person’s success in this moment right now.

Maybe at tea time, your wife keeps putting sugar after sugar after sugar in her tea. Unless she must avoid sugar due to diabetes or some other medical concern, is this worth getting into a big power struggle over? Have you ever eaten too much sugar? ...So what? Did you live? ...Good to hear! You might simply make sure next time that there is a limited amount of sugar readily available. Perhaps offering some fresh fruit would be an added compensatory strategy.

Be sure to follow us next month for part two of “magic words” for more helpful tips in on how to care for your loved one with dementia. ■

Information provided by Danyel Wilson, Vintage Hills of Indianola Assisted Living sales and outreach director, office: 515-442-8102, cell: 515-601-0299.



GIFTS for the gardener

The holidays are upon us, and we have our lists of gifts for family and friends, but what to get that gardener on that list? Here are a few ideas that will make you the star gift giver this season.

Christmas cactuses and amaryllis bulbs are popular gifts that will remind the recipient of you every time they bloom in years to come. There are Christmas cactuses that have passed through three or more generations within families. Amaryllis bulbs can be planted in the garden next summer, where they will bloom again, before being brought back in to bloom again next Christmas.

Consider a membership to a local botanical center, arboretum, or garden society for your gardener. These memberships often come with discounts for the member on programs and merchandise that they can use. Some garden societies have member-only plant sales, giving the gardener a chance to have plants no one else has in their garden. You are also helping these organizations so they can continue to provide services and programs for everyone to enjoy.

Similarly, consider a subscription to a gardening magazine. Many now have Internet options for delivery so a physical magazine doesn't come in the mail. There are many good resources out there for the gardener through these publications.

Tools are also a great gift, whether it be a stainless steel trowel, pruners or a shovel. Consider going to a local nursery, greenhouse, or garden center for these items. Talk with the owner or staff and find out what they use personally. This will give you an idea of what the best products are to buy. While you are there, check out seed packets for stocking stuffers or even to slip into a card for something special for those on your Christmas card list. Garden markers, unique copper watering cans, unusual ceramic pots, and garden gloves make great gifts that will remind the recipient of you when they use them throughout the year.

Can't decide what to get? Consider a gift card or certificate from that local business. Your gardener will be able to then choose that tool, perennial, or tree that they want in the garden. You are supporting a local business with your purchase and also strengthening your community. This is also great for friends and family living elsewhere. Locate a local garden center or nursery and contact them (Internet searches help here) for the gift card or certificate.

Have a great holiday with family and friends, and we will see you next year with more gardening tips, and thank you for supporting your local nurseries and garden centers. ■

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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CREDIT COUNSELING

By Tom Coates

FINANCIAL wellness planning 2022

Before we know it, this year will be over, and 2022 will be here. Along with a New Year comes fresh goals, hopes, dreams and resolutions. Budgets and personal financial goals are important to review on an ongoing basis, but it is also good to look at those things as a whole on a yearly basis if you anticipate changes and to check your progress. Do you have a new yearly expense? Are you anticipating a large raise this year? Will you be able to direct more funds to debts? Did you meet a short-term goal so that now you can add a new one or direct those funds to a long-term goal? Did you get married, divorced or have a child? Gas and grocery prices are rising, so do you need to change your budget amounts for these items? Employer benefit changes also occur this time of year, so there could be increases to the deductions from your paycheck to account for.

Here are some other important tasks to review as the year ends: beneficiary designations; flexible spending accounts; credit report (www.annualcreditreport.com); subscriptions and memberships; auto, home and life insurance policies; estate plans.

Making an annual financial review part of your year-end traditions will set you up for success in the coming year. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.



HOME HEALTH

By Ward Phillips

HELP at home after hospitalization

You had surgery and spent a couple of weeks in short-term rehabilitation. Now it's time to return home — but you're nervous. You wonder if you'll be able to remember how to do your strengthening exercises — and what about your medications? There's a lot to keep straight, and you live alone.

These concerns are a great reason for anyone whose doctor prescribes short-term rehabilitation to choose a provider that offers not just rehabilitation, but a network of services. A "network" can be made up of many services offered by the same organization, designed to work in tandem to make life easier for anyone seeking assistance.

Let's use Ted as an example. He's 74 and a widower; he lives alone, and after hospitalization for a cardiac issue, he rehabilitated in a senior living community. Before Ted finished his stay, he learned from a nurse at the community that a number of services would be available to him after he returned home. He learned the community would arrange everything — and there would be no out-of-pocket cost to him for weekly home health care that would help keep him healthy.

Ted appreciated his twice-weekly nurse visits, and two years after his heart procedure, he continues to thrive in his own home with other services from the same organization: cleaning assistance, grocery-shopping help, and meal delivery. Ted continues his exercises on his own, and is actually in better health than he was before his surgery. The nurse who had helped set up his home services had told him that people who receive in-home assistance after rehabilitation are more likely to avoid re-hospitalization, and Ted is grateful that has been his experience.

If your physician has recommended short-term rehabilitation after a hospital stay, do your homework. Ask questions about ongoing care after your time in rehabilitation, and choose an organization that not only will help you get well but will place a priority on keeping you that way with assistance offered in your home. Your ongoing health and wellbeing are worth it. ■



Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of home-based services for older adults in addition to 55-and-older community living in Iowa and Illinois. Call or text Ward at 515-669-2205 to learn about home health care, non-medical in-home services, hospice care, meal delivery, and much more!

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FRED DUNCAN'S ice mittens

My grandmother always referred to the refrigerator as an icebox. I wish I had talked to her more about what it was like to depend on an "icebox." How quickly did the ice melt? Where did you get the ice? Did you use it in the winter? Did you run out of ice in August and September? Was some ice better than other ice? How big were the ice chunks, or blocks, or whatever they were called? I know I can always "Google" this information, but the stories would have been more meaningful coming from my grandmother.

The newspapers had plenty of advice for owners of iceboxes. In 1888, Scientific American described how to turn a stationary washtub into an icebox.

"The ice does not melt faster than in a \$10 icebox." An article in the Indianola Herald in 1921 advised, "Large pieces of ice do not melt as quickly as small ones, and it costs less to keep the icebox filled rather than half-filled... It is an erroneous belief that ice, when wrapped in paper, will not melt so quickly... The paper stops the proper circulation of cold air."

In 1900, the Ladies Home Journal recommended using 100 pounds of ice once or twice a week to keep the icebox cold. They also told housewives to keep the door closed and to avoid scrubbing or scalding the icebox because it would take at least 24 hours to bring the temperature back down to where it needs to be.

Will Demory delivered ice to the Indianola area in the early 1900s. An advertisement in several newspapers in June and July encouraged people to "Roll out your icebox and get it ready for use." One of his employees was Fred Duncan. Fred was born near Milo in 1893. He married Will Demory's daughter, Ethel, in 1917 and later took over the ice business, changing the name to Duncan Ice and Fuel.

Fred and Ethel had a son, Dudley, who worked in the business as a teenager. He helped cut the ice into big blocks, bring them back to the storage area, and pack them in sawdust to slow down any melting. Imagine spending the day handling large blocks of ice. They must have had to stop frequently to warm up frozen fingers. Dayton Duncan, Dudley's son, recently donated three pairs of ice mittens that he inherited from his father and grandfather. They obviously weren't the ordinary gloves we use today to get through an Iowa winter. They appear to be made from buffalo hide and perhaps bear hide.



Dayton Duncan recently donated three pairs of ice mittens he inherited from his father and grandfather to the historical museum. They appear to be made from buffalo hide and perhaps bear hide.

When Dayton sent us the gloves, he made the comment, "It's always been something of a family joke that Grandpa Duncan was in the coal and ice business, just as technological changes brought natural gas and electric refrigerators to Indianola. Not the best timing — kind of like being in the manual typewriter business when computers arrived." ■

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YEAR-END charitable giving

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Tax deduction for charitable gifts

If you itemize deductions on your federal income tax return, you can generally deduct your gifts to qualified charities. This may also help potentially increase your gift. Charitable deductions that exceed the AGI limits may generally be carried over and deducted over the next five years, subject to the income percentage limits in those years.

For 2021 charitable gifts, the normal rules have been enhanced: The limit is increased to 100% of AGI for direct cash gifts to public charities. And even if you don't itemize deductions, you can receive a \$300 charitable deduction (\$600 for joint returns) for direct cash gifts to public charities (in addition to the standard deduction). Make sure to retain proper substantiation of your charitable contribution.

Year-end tax planning

When making charitable gifts at the end of a year, you should consider them as part of your year-end tax planning. Typically, you have a certain amount of control over the timing of income and expenses. You generally want to time your recognition of income so that it will be taxed at the lowest rate possible and time your deductible expenses so they can be claimed in years when you are in a higher tax bracket.

A word of caution

Be sure to deal with recognized charities and be wary of charities with similar-sounding names. It is common for scam artists to impersonate charities using bogus websites, email, phone calls, social media, and in-person solicitations. Check out the charity on the IRS website, irs.gov, using the Tax Exempt Organization Search tool. And don't send cash; contribute by check or credit card. ■

For more information, please contact Charlie Ochanpaugh with City State Bank Trust & Investments at 515-981-1400. Investments: 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. To the extent that this material concerns tax matters, it 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 and legal professionals based on his or her individual circumstances.

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EVENTS IN THE AREA

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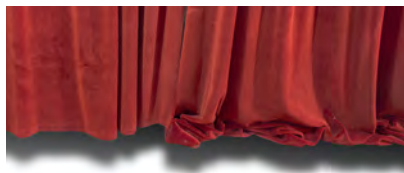
Tour of Homes

Dec. 10

Touring the Traditions — Church Tour

Dec. 11

Tickets for the Holiday Home Tour are available at Peoples Bank, Hy-Vee, Mccoy True Value and Lula Belle. The ticket this year includes the Church Tour on Sunday and the Taste of Warren County on Friday night. Tickets are \$20 each or church tour only is just \$5. The church tour includes five Indianola churches, the Helping Hand and the Heal House to see and enjoy their Christmas decorations and traditions. Churches are as follows: First Assembly of God, First United Methodist Church, Indianola Regular Baptist, Mount Calvary Lutheran, and Trinity United Presbyterian.



'The Sound of Music'

Through Dec. 19

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

Based on the true story of Maria and the von Trapp family, this "happiest musical in the world" is a family holiday classic. For more information, visit www.dmplayhouse.com.

Pop-Up Christmas Bar

Through Jan. 2

Exile Brewing Company, 1514 Walnut St., Des Moines

Exile Brewing Company will open Des Moines' first-ever Pop-Up Christmas Bar. The experience, known as SnowGlobe DSM, will feature more than 100,000 Christmas lights and nearly a semi-full of holiday decorations installed at Exile's Bar and Restaurant in downtown Des Moines. For more information, visit www.snowglobedsm.com.



Christmas in the Air

Dec. 11, 10 a.m. to 4 p.m.

National Balloon Museum, 1601 N. Jefferson Way

Enjoy free admission to the National Balloon Museum for this event. For more information, visit www.nationalballoonmuseum.com.



'The Nutcracker' by Ballet Des Moines

Dec. 10-13

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Dec. 17-18

Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines

Enjoy this classic holiday ballet, offered over two weekends at two different venues. For more information, visit www.balletdesmoines.org.

Holiday Promenade

Fridays, Dec. 10 and 17

Historic East Village, Des Moines

The annual Holiday Promenade continues on Fridays in the Historic East Village. The event is produced by the Greater Des Moines Partnership and Historic East Village Neighborhood Association. Retailers, restaurants and attractions are encouraged to remain open until 9 p.m. Activities will be scheduled.

Christmas with the Choral Society

Dec. 11, 7:30 p.m.

St. Ambrose Cathedral, downtown Des Moines

Des Moines Choral Society will hold its first in-person concert in two years. It will feature traditional works, seasonal favorites, and the premiere of composer Elaine Hagenberg's new work, "Illuminare." "Illuminare," consisting of five movements for SATB chorus and chamber orchestra. Using lesser-known sacred Latin texts, the piece takes one through a season of beauty and goodness that has been disrupted by darkness and confusion. But as light gradually returns, hope is restored, illuminating our future and guiding us in peace.



Des Moines Symphony

New Year's Eve Pops:

'The Music of Elton John'

Tuesday, Dec. 31 at 8 p.m.

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

Ring in the New Year with the Des Moines Symphony. The New Year's Eve Pops brings the Symphony together with "The Music of Elton John," starring Michael Cavanaugh and his band. The high-energy celebration will have you singing along to classic hits and rock favorites. For more information, visit www.dmsymphony.org.



FROM heartache to healing

Rozga transformed her pain into purpose.



Jan Rozga is an author, speaker and advocate. She wrote the book, "Raw Survival," to celebrate her son, David's, life and to honor God's faithfulness.

In June 2010, David Rozga had his whole life ahead of him. His high school diploma in hand, David's plans for the future included heading to the University of Northern Iowa.

However, a week after his graduation party, the Rozgas' lives shattered when David took his life after smoking K2 — a synthetic substance sold legally at the time.

His parents, Mike and Jan, quickly learned more about K2 and the powerful, mind-altering effects it can have. In the midst of their grief, the Rozgas stepped in as a voice for the issue and began a journey to educate and advocate.

Their tireless work lobbying at the Iowa State Capitol, testifying before a Senate committee in Washington, D.C., speaking at schools and churches, and meeting with first responders, firefighters and law enforcement eventually led to the David Mitchell Rozga Act being signed into law in July 2012.

While the advocacy work kept them busy in those first days, weeks, months and years, the Rozgas were grieving. A couple of months after David's death, Jan sat down and started a conversation with God. In her prayers, she had no expectations — she just knew it would be ugly and messy.

She often wondered, if God loved her and He loved David, why would He allow this to happen?

"Sometimes we don't know the why, so I had to ask myself if I was going to go through this with or without God," she explains. "I made the decision to surrender. If I truly believed, I knew God would do something."

Jan started journaling. Her intention was to keep those thoughts for herself, but when people going through a significant loss in their lives began reaching out to her, she felt compelled to share.

"It slowly turned into a ministry and

ultimately became the inspiration for my book," she says, smiling. "I didn't set out to write a book, but during those ranting and raving times, God would put scripture on my heart. My thoughts changed from 'Why, God, did you do this?' to 'How are you going to use my pain to serve a purpose?'"

In her book, "Raw Survival: A Practical Guide to Living Through Loss," Jan is passionate, practical and relatable as she not only shares her own journey through grief, but also helps people identify the common challenges of the first days, first year, and even years after experiencing loss. Most importantly, she wants readers to know that they are not alone and that there is hope and rescue in the healing power of Jesus.

"Raw Survival" is available in Indianola at Hy-Vee and Pageturners. It is the Rozgas' prayer that David's legacy will live on and that lives will be saved by sharing his story. ■

WHAT SHOULD I say when someone dies?

Reaching out to someone who has lost a loved one is difficult. Finding the right words is hard. What if you say the wrong thing and make them cry?

Chances are, it won't matter what you say. It will only matter that you are there. I had a friend who was worried about going to the funeral home when his best friend's wife died. He practiced saying, "You have my sympathy. I'm so sorry." What did he say as he approached his friend? "Congratulations!" He said his words did not register with his friend; he simply said, "Thank you so much for being here," shook his hand and moved on to the next person.

A grieving family is overwhelmed, so be polite and tell them who you are. Don't make them guess. When grieving, the mind gets confused easily, so simply saying, "Hi Mary, I'm Jane Doe from Bob's office," keeps it from

being an awkward situation.

Maya Angelou is quoted as saying "People will forget what you said. People will forget what you did. But people will not forget how you made them feel." Sometimes a hug or a handshake is all that is needed. When a man died during the pandemic in 2020, the family said the hardest thing was not getting hugs from people. Social distancing while greeting a grieving family is difficult.

Sharing a memory, a sad, funny or poignant moment is important. Laughter heals the heart just as much as tears. Knowing that the deceased will be remembered is important. If you see the family in public after the funeral, don't be afraid to mention their loved one's name. "I was thinking about Bob the other day and the time he..." is a good way to start. If they have a few tears, that's OK. Trust me, they are thinking about their loved one

anyway, so saying something will help.

When all else fails, a handshake or hug and "I simply don't know what to say" can work. Saying "I'll call you next week and we can go have coffee" is better than "Let me know if there is anything I can do." Grieving family members don't know what they need and can't sort out what you can do. If your friend's husband died, just show up and mow the lawn. If your friend's wife died, take over a home-cooked meal. The most important thing to remember is to just be there — whether it is to offer a shoulder to cry on, to sit next to them quietly, or listen as they try to process what has happened.

Just be there. ■

Written by Eric O'Leary, Owner, and Jeanne Yordi, Family Services Advisor, O'Leary Funeral & Cremation Services, 1020 Main St., Norwalk, IA 50211, 515-981-0700.

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THE MOVE PROJECT makes a difference

Mahlstadts dedicate selves to improving life in a rural village in Ghana.

Nick Mahlstadt started The Move Project in 2010 along with his brother, who is currently based in California. Through the group, he helped with community work in the Des Moines area for a couple of years. In 2016, The Move Project started its work as an NGO (non-governmental organization) and made its way to Ghana.

"I have seven kids, three of which were adopted from Ghana," he shares. "My wife and I knew that, wherever we adopted from, we'd stay in that area and try to help make a difference."

Nick worked with friends in the country to find a village to partner with for the long-term.

"I was intent on setting up a long-term partnership and on staying in that area to help however we could," he recalls. "Our friends who are in Ghana put out a community survey that asked each participant to list out their community's top ten needs."

After reviewing the surveys, the village of Tsipasi was chosen as a partner.

"Tsipasi didn't have clean water, so our first project was to install three wells," Nick says. "We strategically placed them so that everyone around the community could use them."

Next on the list of community needs was to improve the schools.

"Most of the villagers didn't have access to formal education," he shares. "No one was educated past middle school. Once the wells were set, we were able to start building what is now the Move Project Academy, which officially opened in January 2018. We serve pre-K through sixth grade with about 125 students in the school. We are almost finished with the second wing of the school, which will serve sixth grade through senior high. That addition will add about 200 kids. We anticipate being finished in December 2021."

The Ghanaian school system operates in three terms, and they are still in the middle of the third term, so the second wing won't officially open until January 2022.

Tsipasi is a rural community. The Move Project school board sought out national teachers and a principal from the local community first but had to find many of them in nearby cities and had to reach out into the capital.

"It is important to them to try to find leaders among community members," says Nick. "The purpose of the school is to prepare students for college, both for the entrance exams and the government requirements that must be satisfied for good employment," Nick explains.

After the schools, the next project is to assist local farmers in learning improved and more modern techniques for growing crops. They also plan to help with community farm and livestock initiatives.

"The idea is to turn it into a micro loan idea for community members to care for and breed their own herds and flocks."

Members of The Move Project are spread across the globe.

"In Iowa, it's just me," says Nick. "We have some volunteers in Wisconsin and my brother is in California. I do day-to-day stuff, but our three board members and nine full-time employees at the school do most of the daily operations work."

To find out more, visit themoveproject.org. ■



Nick Mahlstadt and his family have made their lives in a village in Ghana, where they strive to improve life for the people there.



TOGETHER at Christmas

The hardest thing about the past 18 months or so has been the physical separation caused by COVID-19. It's easy to track the hospitalizations and deaths due to COVID. We can find exactly how many doses of the vaccine were administered. What we can't count is the number of birthday celebrations postponed or the number of nursing home visits missed, or the number of trips grandpas and grandpas had to cancel during that time.

Sure, technology made it a bit easier. Skype, Zoom, Facetime and all the rest made it so we could see each other's faces and watch important events together. But how does one share a hug over Skype? How does one use Zoom to put one's arm around a loved one after losing a close game? Where's the setting on Facetime to feel the heat of another's hand in ours? It's just not the same. Sometimes you just have to be there.

God knows this, that's why we have Christmas. God is omnipotent, which is a big word for saying He can do anything; there's nothing that God cannot do. Certainly, He could have spoken the words and fixed our fallen world in an instant. But that just wasn't the same. So He sent His Son, Jesus, as a baby born in a manger, as a person to be with His people to assure them of their salvation.

Because even God knows that sometimes you just have to be there. ■

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

MEET Kim Arndt

Keeping young bodies and minds healthy

Kim Arndt enjoys being active... and being around kids. As a P.E. teacher and coach, Arndt gets to enjoy the best of both worlds and has been making an impact on the lives of her students and student athletes.

It is no secret that physical activity is essential to a student's overall wellbeing — not only their health, but also their academic performance. These days, P.E. class is more than just running around a track or kicking a ball.

"There are a lot of life skills learned in P.E.," says Arndt.

"My job is to promote a positive mindset about exercise in hopes that the kids will take what they have learned and strive to be healthy as they move on in life."

Arndt played basketball for four years while earning her degree at Central College. After graduating, she landed her first — and only — full-time teaching position in Indianola 31 years ago.

Teaching physical education has changed a lot over the years.

"When I started, classes were a mix of 9-12 students, and we taught the same units to all students," she explains. "Today, we combine students by grade level and by interests. We offer four types of physical education: Total Body Fitness and Conditioning, Team Games, Individual Dual Rec Activities and Personal Fitness."

Arndt is also the head girls cross country and track and field coach. She says coaching has been one of the most rewarding things she has done and a wonderful way to get to know students on a more personal level.

"I hope I've been a positive influence to help guide them," she says, smiling. "I'm a very competitive person, and I try to instill that in the athletes that I coach. Some of the most satisfying moments are watching them develop and achieve goals they never thought possible."

Arndt is looking forward to a new chapter in her life that will start at the end of this school year — retirement. She has thoroughly enjoyed teaching and coaching at Indianola, but says it's perfect timing for her and her family.

"I'm most looking forward to being on my own schedule," she says. "I know there are things that I will miss, but I'm ready for a change of pace."

Arndt is eager to spend more time with family and friends and enjoy the "little things" in life — especially her grandchildren, Maddyn and Emmitt.

She and her husband, Doug, also like traveling and plan to do more of that, too. And there's no doubt that Arndt will continue to stay active and find ways to compete whenever possible. ■



Kim Arndt has had a "ball" as a P.E. teacher and coach at Indianola High School, but she's ready to take on a new chapter in life at the end of the school year — retirement.

BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.

“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly, and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or



at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515-643-7900, [MercyOne.org/desmoines](https://www.mercyone.org/desmoines).



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REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don't try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.

It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing, you can create a sense of peace. ■

Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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KELLER'S passion for Corvettes is long running



Ron Keller became fascinated by Corvettes when he was a child and hoped he would someday have one. He's now had this 1967 Corvette Stingray for going on 50 years.

Ron Keller has a long-running interest in Corvettes. It was sparked when he was a boy of about 8 or 9.

"The first Corvette I ever saw was in the late 1950s at a stoplight," he remembers. "I thought it was the coolest thing I'd ever seen. In 1967, my cousin's boyfriend had a new Coupe Corvette, and I got to ride in it. I thought to myself that I had to have a Corvette one day."

Keller didn't have to wait long for his dream of owning a Corvette to come true. In 1973, he went to Lentz Chevrolet in Indianola, across the highway from the location of the current fire station.

"I had to get a water pump for my everyday car, and my dad went with me to Lentz," he recalls. "He asked Bob Benson, the salesman, if he had a Corvette. They had one at the fairgrounds, and we wheeled and dealt, and I bought it." It was missing a jack, and the dealership told him to go look in the garage across the street, and, there it was, sitting on the ground. Ironically, Keller's nephew now runs his business out of that garage.

"I'm moving in on 50 years owning that car," Keller remarks of his 1967 Corvette Stingray, a convertible with a 427 4-speed, which he says is somewhat rare because it is air-conditioned. It gets roughly 12 mpg on gasoline. Only 298 Stingrays were made with the same specs and Marina blue color.

"When I bought the Stingray for \$2,000, it was a lot of money, but now it seems like nothing," he says. It has gone up in value every year.

Keller also has a 1999 Fixed Roof Coupe Corvette. He says that he's fortunate that Sue, his wife, lets him "do his thing." She told him to do something fun with the money he earned as a substitute teacher after he retired, so he and his brother, Don, drove to Bridgewater, Massachusetts to get a Coupe he found.

"I wanted it because the Nassau Blue color is similar to my other Corvette. There were only about 200 of these blue-colored Coupes, and they were only made in 1999-2000."

Since Keller moved back to Indianola seven years ago, he has taken both his Corvettes to car shows. He participated in the Corvette club until it stopped doing shows.

"Both cars have gotten trophies at the shows they've been in," he states. "Car shows take up a whole day. I just want to drive them and have fun, now." ■

THE DIFFERENCE between Chinese and Japanese acupuncture and herbal medicine

When we think of acupuncture and herbal medicine, we naturally think Chinese, but many Asian countries have a style they have evolved around their culture based on the traditional Chinese foundations.

Acupuncture and herbal medicine were first introduced to Japan around the Sixth Century A.D. (1,420 years ago). Traditionally, in Japan, much of the acupuncture was being taught and practiced by blind acupuncturists. Since they were not able to look at the tongue, skin, eyes, etc. to diagnose, they developed additional theories to assist in diagnosing patients such as pulse taking, listening, and abdominal and meridian palpation. As I moved into advanced training, my teachers would blindfold us to help develop our diagnosis skills.

One of the basic differences between Chinese and Japanese style acupuncture is the size of the needle. Japanese style uses finer gauge needles and gentler needle techniques.

Japanese acupuncture also uses point palpation (pressing) to locate the exact location of the acupuncture point. Remember, Japanese style was taught by blind Japanese teachers. How does the acupuncture point feel? Is it deficient? Is it excess? Does it feel sticky on the surface? Is it hot or cold? All of these questions provide information to help with diagnosis. Chinese



style acupuncture uses measurements to determine the location of the acupuncture points.

The use of herbs by Japanese herbalists was based on the foundation of Chinese herbal medicine, but, again, the blind acupuncturists took it a step further to assist with their diagnosis. They developed an abdominal palpation technique, called Kampo, to help decide on the correct herbal formula for the person's diagnosis. As part of this Kampo training, there is also training in Western pharmacology.

Japanese acupuncturists also use moxibustion (moxa) more routinely than Chinese style. The herb used for moxa is mugwort. It can be used on the skin surface (it doesn't burn the skin) or on the needle top. The idea of moxa is to add warmth and Qi to the acupuncture point to promote healing.

I practice both Chinese and Japanese style in my practice. With Japanese style, I can treat from very young patients to aged patients. Japanese style treats the same imbalances as the Chinese style, simply using different and gentler techniques. My Japanese teachers would say to us, "You know you are a Master when you can needle a sleeping cat." ■

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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COPING with the holiday blues

For many, “the most wonderful time of the year” doesn’t always feel so wonderful, and many may feel especially sad during the Christmas season. Here are a few ways to help cope with those feelings.



Why would someone experience holiday blues?

The causes of holiday-related depression are as diverse as those who suffer from it.

Some reasons might include:

- An individual’s family life may be less than ideal, with the holidays being especially rough due to alcoholism, domestic violence or poverty.
- During the holidays, losses can be “magnified.” These losses may include the death of a loved one or the loss of the ability to drive oneself around town or live independently.
- Some people suffer from seasonal

affective disorder, or SAD. It’s a mood disorder characterized by depression that usually manifests itself during winter.

- An individual might subscribe to a faith tradition in which Christmas is not celebrated. Or, that individual may not be part of any faith tradition.

How can I help someone cope with holiday blues?

- Talk about it. If you notice someone who seems sad, talk to them about it. If you’re feeling depressed, don’t be afraid to talk about it. This can be done informally or with assistance from clergy or professional counselors.
 - Respect it. At the Good Samaritan Society, we strive to provide opportunities for residents to express and celebrate their particular beliefs and holiday traditions.
- On the other hand, if someone is dealing with a loss, he or she might be more intentional about focusing on and maintaining a beloved tradition such as attending a candlelight service or viewing Christmas light displays.

- Grow from it. Some people find new opportunities that help them overcome their holiday blues.

- Try volunteering, joining a social club or support group, or visiting a resident in a nursing home who has no family nearby.

Everyone has a unique mix of life experiences, cultures, traditions and memories surrounding the holidays. Take time to acknowledge and value your perspective and the perspectives of others. ■

If you find that you or your loved one needs a new level of care to help cope with holiday blues, the Good Samaritan Society is here to help. With offerings in long-term care, home health and more, we offer care to meet all needs. Call 1-515-302-6760 to learn more. At the Good Samaritan Society, this philosophy of care is our mission. And our life’s work. For more information about Home Health at the Good Samaritan Society - Indianola, call 515-962-2540 or visit good-sam.com today.

The Residents and Staff at Good Samaritan

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IT'S THE season to reflect

December is a good time to reflect upon 2021 and plan for 2022. It's also a perfect time to pause and give thanks for our family, friends and countless blessings, not to mention share some comfort, joy and gratitude. So, as you reflect, take a moment to see how you can spread some holiday cheer to others and to ask yourself what you truly are grateful for this year.



Does your family love the sparkle and magic of holiday lights? Local neighborhoods, working with our Hometown Pride Committee, have turned their streets into Holiday Lanes of lights, and Pickard Park has lighted displays to share with your family and friends. Your family can follow the holiday lane map that will be posted at www.facebook.com/indianolahometownpride/. Share some joy with others by making a donation at Pickard Park as you enjoy the sights. All proceeds will go to Helping Hand of Warren County and the Heal House. Find more holiday fun at indianolachamber.com.

Are you making that list and checking it twice and intentionally finding gifts at one of our local businesses? There is no better way to show your gratitude to our local businesses than to make the choice to shop local and show our small businesses how important they are to our local economy. I guarantee they are grateful to you and all of their loyal customers. There's no better way to share some holiday cheer than buying local this season.

Have you thought about gathering with family and friends for a night out? We have some awesome entertainment venues and businesses, not to mention restaurants, bars, breweries and wineries that would love to see you. If you have a large group, be sure to call ahead. While they are happy to see you, please remember that staffing continues to be an issue for many. The gift of patience will be greatly appreciated as some of our businesses navigate continued workforce shortages.

Do you have family or neighbors that could use your help? I am certain they would be grateful for a warm meal or tasty treat, ride to the doctor's office, snow removal, or just a warm cup of coffee and friendly conversation. There's no greater gift than making another person's day better.

The Indianola Chamber is grateful for all of our investors and businesses who support our work to build a strong local economy and thriving community. Thank you. Our community is better because of you.

Happy Holidays! ■

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

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OUT & ABOUT



A groundbreaking ceremony was held for Overton Funeral Home on Tuesday, Nov. 16.



Virginia and Roger Foelske and Richard Kerr at the Lions Club dinner at Sports Page on Nov. 1.



Rory and Cindy Kempf at the Lions Club dinner at Sports Page on Nov. 1.



Kevin and Peggy Parker at the Lions Club dinner at Sports Page on Nov. 1.



Hanna, Lukas and Katie Graham at the Lions Club dinner at Sports Page on Nov. 1.



Carlisle Charlton receiving the Lion of the Year Award at the Lions Club dinner at Sports Page on Nov. 1.



Richard Kerr was honored for 50-plus years of service at the Lions Club dinner at Sports Page on Nov. 1.



Doc Heavilin was honored for 50-plus years of service at the Lions Club dinner at Sports Page on Nov. 1.



Doc Heavilin and Rick Wilson at the Lions Club dinner at Sports Page on Nov. 1.



Ardie Klemish, Gary and Dianne Richardson and Carlisle Charlton at the Lions Club dinner at Sports Page on Nov. 1.



Barb Wilson and Pat Walker at the Lions Club dinner at Sports Page on Nov. 1.

LIONS Club

The Lions Club held its dinner and awards at Sports Page on Nov. 1.



Davis Endriss, John Akers and Tom Charlton



Ken Klemish and Allen Zobel



Ryan and Katelyn Mack



Ollivia and Trevor Yanda



Richard and Kathleen Clarke



Tom Charlton and Allen Read



Gary Richardson and Carlisle Charlton



Rick Wilson, past president, received the Service Award.

INDIANOLA Public Library news



Featured event: A Wizarding Weekend

• Thursday, Dec. 16, 6:30-8:30 p.m., Harry Potter Trivia Night (adults 18-plus)

• Friday, Dec. 17, 6-8 p.m., Teens (Grades 6-12 only)

• Saturday, Dec. 18, 5:30-7 p.m. (Family)

More information is available on the library's website and Facebook page.

Kids and Family events

• Storytimes, Tuesdays and Thursdays, 10:30 a.m. Stories, songs and shaker eggs, of course.

Teens – grades 6-12 only

• Teen Hangout, Wednesdays, 2:30-4:30 p.m. Play board games, video games (Nintendo Switch and Wii-U), do crafts, watch movies, eat, hang out.

• Unboxed: Books (to borrow) and goodies (to keep). A personalized monthly box of two library books and themed goodies. For teens grades 6-12 only. Sign up by the seventh of each month. Boxes will be ready for pickup by the 15th of each month. You can sign up by going to the library's website.

Adults 18 and older

• Handpicked: Sign up by the seventh of every month to pick up your box the 15th to 22nd of every month. Personalized book and DVD picks to borrow and themed goodies to keep. You can sign up on the library's website and app. ■

Indianola Public Library

www.indianolaiowa.gov/Library

207 N. B St., Indianola

515-961-9418

Monday-Thursday, 10 a.m. to 8 p.m.

Friday-Saturday, 10 a.m. to 5 p.m.

Sunday, 1-5 p.m.

HIGHLIGHTS of a familiar story

Sometimes things are so familiar to us that we stop seeing them. We've heard the story below many times because it is recited each December. Even those of us who consider ourselves to be "not religious" or "never big on church" will still likely think something here sounds "sort of familiar." No doubt it does. But do you fully understand the story?



Let me set the scene. Two thousand years ago, in fulfillment of prophecies made over many centuries, Jesus is born in Bethlehem, a small city in Israel. Within hours, the announcement of his birth is supernaturally made in this widely familiar story told in the Gospel of Luke. But first, some highlights:

"Don't be afraid" — Angels must certainly be fearsome when encountered in person because they almost always have to tell people not to be afraid. In the midst of our fear, God sends the good news of the gospel.

"A Savior, who is Messiah the Lord" — In this short phrase, we learn so much. Jesus saves people, which underscores that we are indeed a people in need of being saved from sin. As Messiah, Jesus is sent from God to us for this very purpose. And, as the Lord, Jesus is God who comes to us in human form, even as a helpless baby.

"The sign for you" — God wants these things known. Through the angels, God tells the shepherds exactly where to find Jesus and how they'll know it's him. God still reveals Jesus plainly to people.

"Glory to God" — These events should cause people to praise God, the gospel being that wonderful.

"Peace on earth" — Truth be told, this is maybe the most misunderstood phrase in the story. The angels aren't referring to people getting along with each other on earth. Instead, they mean the peace between God and people who will have faith in this Messiah just born.

With these things in mind, read the familiar story once again.

Luke 2:8-14:

In the same region, shepherds were staying out in the fields and keeping watch at night over their flock. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Don't be afraid, for look, I proclaim to you good news of great joy that will be for all the people: Today, a Savior, who is Messiah the Lord, was born for you in the city of David. This will be the sign for you: You will find a baby wrapped snugly in cloth and lying in a feeding trough."

Suddenly there was a multitude of the heavenly host with the angel, praising God and saying: Glory to God in the highest heaven, and peace on earth to people He favors! ■

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

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