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FEBRUARY 2023

Living

FROM 0 TO 50

Couples reflect on their
50 or more years of
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WELCOME

MEMORABLE marriages and the magic number of greatness

I remember working at a gas station in my high school years and talking with a customer who said he was in town for his five-year class reunion. I recall thinking how I could not even begin to relate to what life would be like five years after graduating from high school. That seemed like an eternity, at least to this 15-year-old. Then graduation came and went. And so did my five-year class reunion. And my 10-year. And 15. And 20. And 25. And 30. And 35. Somewhere along the line, I got old.

I also recall reading my hometown newspaper and seeing photos of couples who were celebrating their 50th wedding anniversaries. Those people seemed ancient. Well, Jolene and I have now been married nearly 28 years, so we are more than halfway there, and I look forward to the second half of the journey.

In the meantime, much can be learned from those who have been married for 50 years or more. When I was in my twenties, a man who had been married that long told me to “give your sweetheart a kiss and tell her you love her every day.” Another said to remember to “forgive and forget.” And yet another very honest man told me, “Hearing loss isn’t all that bad.”

Malcolm Gladwell wrote in his bestselling book, “Outliers,” that “10,000 hours is the magic number of greatness.” He says, in order to be an expert at anything, you need to first put in 10,000 hours doing it. The older I get, the more this seems to hold true. As those of you who are married know, marriage also takes work... and time... and understanding. Those things are not learned overnight.

Every marriage is different, as are each of those who choose to tie the knot, but there are some underlying principles that seem to carry through with couples who have made it work. In this month’s feature story, we share the stories of these folks who have made their marriages memorable for 50 years or more.

I was back in my hometown a few weeks ago, and I stopped by that old gas station. It changed names a few times over the years, but some things still looked the same. I told the young clerk behind the counter that I used to work there 40 years ago. He looked at me with that same look I gave the guy going to his class reunion. Someday, he might understand.

Thanks for reading. ■



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FROM 0 TO 50

**Couples reflect on their
50 or more years of
marriage**

By Becky Kolosik

A lot happens between a couple's first date and their 50th anniversary. The transitions are many. For some, children and grandchildren steered their paths in new directions. For others, career changes were the impetus for moves and shifting priorities and lifestyles. While each couple's journey is unique — with its own obstacles, surprises and celebrations — one theme emerges for most. They have tackled life a day at a time — and they have tackled it together.

Jim and Ranae Fagan say a successful relationship requires intentional, quality time together, and that true love means committing to one another through the ups and downs of life.

Going the distance

Marriage is one of the greatest adventures couples can take. There can be both joyous and difficult times, times of wealth and financial struggle, and times of good health and bad.

Jim and Ranae Fagan have faced several, if not all of these in their almost 54 years of marriage, and it's only made them stronger. One secret, they say, to a long, happy marriage is finding things to do together. It's something they have made a priority since their first date in December 1967 after meeting at Central College in zoology class.

"The professor's seating chart was alphabetical, so I sat next to Ranae every day," says Jim, smiling. "One day, I finally got up the nerve to ask her out."

Jim asked Ranae if she was interested in seeing Peter, Paul and Mary in concert, and, of course, Ranae wanted to go. Soon after, they went on a second date. An engagement followed 14 months later. They were married Aug. 16, 1969.

Their wedding ceremony was at the Catholic church in Newton with a cake reception for 75 guests following at the Holiday Inn. Ranae made her dress. In fact, she made two because the first one didn't quite turn out as she expected due to the material she used. After spending the night at Hotel Roosevelt in Cedar Rapids, they set out for their honeymoon in the Wisconsin Dells.

The Fagans made their home in Gladbrook where Jim had already been teaching for a year. They lived in an upstairs furnished apartment, and their first major purchase was a dishwasher.

"It was a Maytag portable model you hooked up to the kitchen faucet," says Ranae. "We got it because my dad worked for Maytag in Newton."

Four years later, they rented a house to accommodate their growing family. Ranae became a stay-at-home mom, raising their two boys while Jim continued to teach. When their youngest started kindergarten, Ranae went back to work full-time so they could make their next major purchase — a house.

Because money had been tight during the years Ranae stayed home, they didn't have much in savings for a down payment. Fortunately, they were able to find and purchase a home on contract. The house was built in 1914, and it needed work inside and out. Jim spent summers off tackling big projects, and together they spent many hours refinishing woodwork and floors, wallpapering



Jim and Ranae Fagan were married Aug. 16, 1969.

and painting. The redecoration process became a big part of their lives and a major investment.

As their boys got older, being in a small school district meant being involved in multiple sports and activities. Jim was busy teaching seventh through 12th grade science classes, which required six preps a day, and Ranae was not only working, but also going back to college to finish her degree. Between work, school activities and night classes, it was a stressful time, but the family got through it together. In the blink of an eye, both boys were graduating, off to college, moving out and starting lives of their own.

Four and a half years ago, the Fagans started a new adventure — moving from Gladbrook to Indianola. Their goal was to get closer to Kansas City where their children and grandchildren live.

"We looked at Altoona, but it just didn't click with us," says Jim. "We didn't know much about Indianola; however, when we visited, it didn't take long to see that it would be a great place to call home."

At the time, a new senior living apartment community called Prairie Rose (now Connect 55+) was under construction. Jim and Ranae were so impressed they put down a deposit sight unseen and moved as soon as the building was

finished. The Fagans say they can't imagine living anywhere else.

Today, Jim and Ranae are simply enjoying life — especially now that they are just three hours from family. They continue to pursue new interests and passions together, including volunteering weekly at the Helping Hand Food Pantry and biking on Summerset Trail.

"Life is an adventure full of twists and turns," says Ranae. "But, if you stick together and search for companionship with each other, you can get through anything."

Cheers to 50 years

During the summer of 2020, Gary and Anne Borlaug's 50th anniversary was coming up at the end of June. They had planned to celebrate with a big party, but, because of COVID, they resigned themselves to the fact that it would probably be best to celebrate on their own.

Even though their wedding was small compared to today's large, lavish events, it was the perfect start for their life together. The ceremony was in Anne's church, and cake and punch were served. After opening gifts at her parents' home, the couple jumped in Gary's Corvair convertible and headed south on their honeymoon.

"New Orleans was our destination," explains

FEATURE

Gary. “But when we got to St. Louis, we decided that was far enough.”

The Borlaugs had met on a blind date only eight months earlier at the University of Iowa. Gary was in grad school and Anne, a senior.

“Our respective roommates were engaged and set us up,” says Anne. “I guess you could say it was meant to be.”

Today, almost 53 years later, the couple is grateful for the years they’ve spent growing together, raising a family and, now, enjoying life as grandparents.

They’ve navigated many changes, but built a strong foundation from humble beginnings. The young couple’s combined yearly teaching salaries equaled less than \$10,000, and that was enough to cover \$50/month rent, other living expenses, and have a little left over for savings.

They wanted kids but waited until their college loans were paid and they’d saved enough money for a down payment on their first house, which cost \$8,600.

As their family grew, Anne enjoyed being a full-time housewife and mother. They lived frugally on a single teacher’s salary, with a little extra from Anne babysitting. Once the mortgage was paid off, life got a little more comfortable.

In 1994, a job change brought them to Des Moines. Coming from a small town, they were nervous about “big city living,” so they drew an imaginary circle around Des Moines and set out exploring.

When visiting Indianola, the Borlaugs say they fell in love with everything about it — especially the beautiful hot air balloon floating in the sky that afternoon.

“It felt like home, so we started looking for a house,” says Anne, smiling. “Our oldest son was at Iowa State, our daughter was a freshman at Drake, and our younger son was entering sixth grade, so the move actually brought us closer than we had been before.”

As they settled into their jobs and found a circle of friends through work and church, the changes over the years (i.e., going from kids at home to empty nest to eventually becoming grandparents and retiring) only made life more meaningful and fun. With their families all living fairly close, Gary and Anne have enjoyed the grandkids’ school and sports events, helping out when needed, and getting together for Sunday dinners.

Their friends and family would end up making their 50th anniversary a day to remember even in the midst of a pandemic. You



Gary and Anne Borlaug believe that happiness isn’t found in having more money or worldly possessions but rather in the relationship they have with each other as well as family and friends.

see, Gary knew he had to do something special for Anne.

“I contacted a good friend and asked if she would cater a small gathering on her patio,” he says. “She jumped at the chance and took care of almost everything, including keeping it a secret.”

Guests enjoyed wonderful food and wine, and Anne even modeled her wedding dress, which fit perfectly. They laughed, joked and reminisced.

However, there was one more surprise when they got home — a bottle of wine on the counter with a numbered question on it. They noticed another bottle behind a curtain, and eventually discovered 50 hidden bottles of wine with questions to help them remember a half century together. The wine is nearly gone now, but those questions taped to each bottle brought the past to life. The memories of that night and their gratitude to friends and family will last forever.

Marriage and a life of ministry

Rev. Lewis and Janel Markwood believe that a healthy, loving relationship starts with a healthy relationship with Jesus. As the couple looks to celebrate 69 years of marriage in June, Lewis will be the first to tell you that “Janel was an answer to prayer — and a prize of war.”

Their love for each other and for the Lord is as strong today as it was when they met back in December 1951 in Clovis, New Mexico, where Lewis had recently moved with his Colorado Air National Guard unit.

On a Wednesday night, Lewis hitchhiked into town from the base to check out a new church his parents suggested — Central Baptist. After attending a prayer meeting,



the choir director asked Lewis if he would be willing to sing in their upcoming Christmas cantata.

“I told him I’d be happy to, so he said to come back Sunday and meet/practice with the accompanist after church,” Lewis says, smiling. “Then we went out for pie, and he gave me a ride back to base.”

On Sunday, Lewis hitchhiked back into town. He enjoyed the young men’s Sunday school class, had lunch with the minister’s family after church, and then went back to meet the accompanist — Janel, who was 16 at the time.

“We practiced a little... but talked even more,” says Janel, smiling. “Lewis asked where he could get something to eat before church that evening, and I invited him to my house.”

Lewis was delighted to meet Janel’s family. It just so happened that her father taught the Sunday school class he had attended that morning.

In one week, Lewis had found a church and met some wonderful new friends. Even though Janel was still in high school and not even thinking about marriage, there was something special about her. The more time they spent together over the next year, the more Lewis knew he wanted Janel to be his wife. He proposed, but not before asking for her parents’ permission. Their blessing came with one condition: Janel needed to finish high school and one year of college before they married.

After graduating from high school in June 1953, Janel and Lewis continued their courtship at Hardin-Simmons University in Abilene, Texas. They married on June 20, 1954, at the ages of 18 and 21, and continued their studies at the university.

FEATURE



Rev. Lewis and Janel Markwood know a lot about marriage and ministry and say that, when couples are ministry-minded in a marriage relationship, it brings glory to God.

After graduating, Lewis taught fifth grade music, and Janel taught piano lessons before moving to Ft. Worth a year later where Lewis attended seminary.

Rev. Lewis and Janel answered the call to ministry, and it led them to two churches in Texas, one in Bloomington, Minnesota, one in Des Moines and finally Calgary, Canada. Ministry was a family affair, and Janel not only had her own activities in the church but

was also a beloved piano teacher in nearly every community where they lived. Their three children became actively involved — particularly in Des Moines where they played an integral role in their church's bus outreach program.

After retiring in Calgary, the Markwoods moved back to Des Moines and eventually settled at The Village in Indianola where Lewis continued his ministry through music. He led the Village Voices and sang solos or with

ensembles any chance he could get. Even though they've faced some significant health challenges in recent years, they continue to rely on their foundation of faith, the love of family and the support of the many friends they have made.

"Life certainly hasn't been easy, but we continue to find strength in the Lord," says Lewis. "We'll always be grateful for the many people who were watching and praying for us on our journey as partners in life and ministry." ■



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GARDENING

By Barry Laws

PLANTS for a stunning patio or deck

As the days start to lengthen, we start to think about spring and the upcoming growing season. Then one of the big questions is what can grow on the patio or deck? These spaces are often our only garden space, or, for some, an afterthought of the main garden.

A sunny patio can be a tropical oasis with bananas and elephant ears. You can add in some flowering tropicals like tropical hibiscus, oleander, bougainvillea and brugmansia (Angels Trumpet). These all do well as container plants on the sunny patio, and many new varieties keep coming out every year.

But what if you are looking for something a little bit more unusual or just want to grow your own fruits and vegetables? There is a lot of interest in growing these in containers, and here are a few newer fruits for the patio.

Chicago Hardy Fig is a Zone 5 fig that does great in containers, reliably producing fruit. Or how about growing your own blueberries for your morning breakfast? Jelly Bean is an excellent candidate for containers, producing large flavorful sweet berries in summer and only growing to a full compact 1 to 2 feet. Another is Pink Icing, spring foliage of pink, blue and deep green with white, bell-shaped flowers producing sweet summer fruit. Got some large hanging baskets? Consider these new varieties of blueberry: Midnight Cascade and Sapphire Cascade. Blackberries your "jam"? Consider Baby Cakes Blackberry — a dwarf, compact, thornless variety perfect on the patio. Summer fruit puts on a show, covering the plant like fireworks and then producing another crop later in the fall.

Don't forget about Japanese maples. Often thought of as only bonsai specimens, many can be kept in large containers on the patio. These beautiful small trees will impress visitors all season long from spring to fall, and many have unique bark that will give winter interest as well. You have beautiful leaves of different shapes and colors along with forms from upright to weeping to cascading to choose from. A couple unique ones (but there are many to choose from) are Bihou or Yellowbark Japanese Maple, with amazing, rich green leaves over bright yellow bark. Fall color is spectacular, going from green to yellow and fiery orange. Another is Inaba Shidare, one of the best weeping red laceleaf varieties known for exceptional color and weeping habit. Both of these are smaller trees in the landscape, so are great candidates for patio planters.

These are just a few of the possibilities available to set your patio and garden apart from your friends' and neighbors'. Be sure to ask your local nursery or garden center for suggestions, and start now so you will be ready to have an impressive patio this summer. ■



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RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
- Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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One approach to obtain early resolution of such claims is to offer to pay medical bills up to a certain amount plus an amount for the "inconvenience." Although such offers can be enticing to the uninitiated, there are many perils contained in such proposals.

The most important thing to be aware of is that accepting such an offer generally includes the requirement that the injured party sign a release that cuts off any further claim against the at-fault party (and the insurance company).

For an injured party, it can be risky to agree to a settlement before the extent of the injury is fully known. It is possible that what might appear at first to simply be a strained muscle is actually a more complicated injury. The injured party may have to undergo physical therapy, injections or other significant treatment to recover.

If the injured party had agreed to the type of early settlement described above, that person would have no ability to seek compensation for the additional time, effort, inconvenience and pain involved in the healing process. ■

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





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HOME-CARE 'network' can make the difference

Angela, 80, was committed to remaining in her home as she grew older. Fiercely independent, she rebuffed suggestions from her son, Paul, that she would benefit from some assistance to remain independent at home.

One day, though, she fell while getting the mail. From her hospital bed, she reluctantly agreed with Paul that it was time to find some help. Paul assumed that task would be fairly straightforward — but unfortunately, he learned it was everything but.

"Mom needed the nurse to come in to make sure she was getting better and the therapist to make sure she did her exercises," he recalls. "Then, we ended up with one person who grocery-shopped for her and someone else who delivered lunch to her every day.

"I live three hours away, so we also needed someone to help her keep her medicines straight. I was dealing with five different companies. People wouldn't show up, and Mom couldn't always keep them straight, so I didn't know who to call. I thought I was going to need to move her in with us — and that's not what she wanted."

Fortunately, a friend told Paul his father was receiving care from an organization that served older adults with multiple home-based services under one roof, from healthcare to meal delivery to help around the house. Paul wondered if his friend's description was too good to be true — but one phone call proved he was correct.

"It was like a dream: In a half hour, we had the next few weeks mapped out for Mom, and all the help was going to come from the same place," Paul says. "I hung up and started dancing around my office."

Two years later, Angela is thriving with the help of the professionals she calls her "second family." She knits blankets for their babies, asks how their kids are doing in school, and even, Paul recounts with a laugh, offers relationship advice.

"These people, they are so patient with her and just laugh when she sticks her nose in where it doesn't belong," Paul says. "But I love that she is so close to them and they care so much about her."

If you're looking for assistance for a family member who is committed to remaining in their home, you'll find many options. But if it's important to you to keep logistics as streamlined as possible, take a page from Paul's playbook and consider an organization that offers a network of services.

A network is made up of assorted services that assist people in varying stages of life and are provided by teams from a single company. Examples include healthcare plus assistance with shopping and cleaning to meal delivery to specialized services, such as end-of-life care. Advantages include ease of arranging or changing services, encouraging connections to form between client and caregivers, and remitting payments to only one organization.

So, if you're searching, do yourself and your loved one a favor and ask if the organization has a network of varied services designed to make life easier for older adults. If the answer is "yes," prepare to enjoy your newfound peace of mind. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.





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— Lonna H., Des Moines

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5 KEY points from new legislation

Retirement savings affect everyone — young and old, people with plans and those without plans. New laws, known as the SECURE Act 2.0, passed in 2022 intend to strengthen retirement savings opportunities. The legislation includes several new provisions that immediately impact retirement savings accounts.



5 key provisions from the new legislation:

1. RMD age increases to 73 in 2023: In 2023, the required minimum distribution age (RMD) increased to 73 for individuals who turn 72 after Dec. 31, 2022. This gives individuals an additional year to delay taking mandatory withdrawals of deferred savings from retirement accounts. If you turned 72 in 2022 or earlier, you would continue to take RMDs as scheduled. For individuals turning age 74 after Dec. 31, 2023, their start date will be age 75.

2. Reduction in penalty for missed RMD: In 2023, the penalty for failing to take an RMD is decreasing to 25% of the RMD amount (it was 50% of the RMD amount in previous years). Additionally, if the RMD is corrected timely, the penalty can be decreased further to 10%.

3. Catch up contributions: In 2025, people aged 60 to 63 will receive a large bump in catch-up contribution abilities: \$10,000 to a 401(k) or 403(b) plan, or \$5,000 to an IRA. Starting in 2024, individuals

earning \$145,000 or more in the previous tax year can continue to make catch up contributions, but these contributions must be to a Roth IRA.

4. 529 assets can be transferred to Roth IRAs beginning in 2024: Beginning in 2024, beneficiaries of 529 plans that have been in place for 15 years or more can transfer assets from the 529 plan to a Roth IRA. The transfer is subject to the beneficiary's annual contribution limit and up to a lifetime maximum of \$35,000. This provision will help alleviate a parent's potential concern that they are over-funding a 529 plan by the ability to transfer leftover 529 amounts to the beneficiary's Roth IRA.

5. Qualified Charitable Distributions (QCDs): In 2023, individuals aged 70 ½ and older can elect, as part of their QCD limit, a one-time gift up to \$50,000 to a charitable remainder unitrust, a charitable remainder annuity trust, or a charitable gift annuity. This number will adjust annually for inflation. This new provision is an expansion of the type of charity/charities that can receive a QCD. This amount also counts towards the annual RMD requirement. ■

For more information, please contact Kourtne Klocko 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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INSIDE a Greek house kitchen

Chef Steve serves up delicious food and friendship at Pi Beta Phi.

Chef Steven Reed grew up with parents who both liked to be in the kitchen cooking. But, they had to be at work early, so breakfast for him and his siblings was on their own. At age 10, Steven grew tired of cold cereal and decided to figure out how to make scrambled eggs. Next, he mastered pancakes as well as grilled cheese in a cast iron skillet. He even received an omelet pan for Christmas.

"Looking back, these were all signs pointing me in the direction of becoming a chef," he explains. "But I had no intentions of ever being one."

After earning an associate's degree in communication media, he worked various jobs before enlisting in the U.S. Coast Guard. During that time, Steven had several opportunities to show his cooking skills, and he completed the Coast Guard cooking school. When the saltiest sailor he had ever met told him his food was delectable, he knew he wanted to be a chef.

Ten years ago, Chef Steve learned about an opportunity to work at Simpson's Pi Beta Phi house. He applied, interviewed and was hired for the chef position. While interviewing, he was most intrigued by the fact that the sorority is a one-person operation.

Chef Steve prepares lunch and dinner Monday through Thursday and lunch on Friday. He buys the food needed for breakfast, but the members of the sorority prepare that meal themselves. His day starts around 9:30 a.m., usually with a stop at the grocery store on his way for fresh vegetables and other ingredients.

He creates the weekly menu, but input is always welcome.

"A typical menu will have a Mexican meal, Italian meal, Asian meal,



Chef Steven Reed enjoys his job at Pi Beta Phi because he gets to use the skills he learned in culinary school, creating delicious meals from scratch with fresh ingredients.



and some comfort food, or new recipes I want to try," he says. "Fridays are always breakfast for lunch."

On Monday nights, the sorority members have song practice and their business meeting. Dinner is usually served formally that night, and Chef Steve strives to make those meals special with a starter course, choice of main course, and dessert. The freshmen or newest sisters in the house set the tables and serve. Chef Steve also plans meals for special events, including homecoming and the senior dinner which includes parents/family.

Chef Steve says he fell in love with the Pi Beta Phi kitchen the first day and is excited about its recent remodel.

"It's a great space, and I wake up every morning excited to go to work and prepare foods that I love and hopefully others will love, too," he says.

He also appreciates the family atmosphere. Mealtime is a chance for the sorority sisters to gather, connect and talk about their day. Plus, Chef Steve enjoys getting to know them better when they help with kitchen clean up.

"I jokingly tell them that I may never retire," he says, laughing. "I love cooking, and I can't imagine doing it anywhere else." ■



Chef Steve is always learning and experimenting with ingredients to make something new and innovative. A favorite is creating delicious, hearty soups that everyone will enjoy.

EVENTS IN THE AREA

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

Check for cancellations



Be part of a signature quilt

Warren County Historical Society is going to celebrate the 50th year of the first Log Cabin Days and the Wayman family's 1850s Log Cabin gift from Wallace McKee by making a commemorative signature quilt as one of its special activities. Signature quilts became a popular tradition in the mid-1800s. These quilts were often made by groups to fundraise for a cause. The proposed quilt will serve as a remembrance and raise funds. Those wishing to participate can donate \$10 to place their names on the quilt. This quilt will be added to the museum quilt collection. Sign up by March 1. See form to complete at <https://warrencountyhistory.org/events/signature%20quilt/signature%20quilt.php>.



Owl Prowl

Thursday, Feb. 23 at 5:30 p.m.
Pickard Park, 2205 E. Second Ave., Indianola

Join a naturalist from the Warren County Conservation Board to learn about the owls of Iowa. Learn to identify owl calls and hike down the trail to listen for owls living in the park. Free class, but registration is required. Call 515-961-6169 or visit www.warrencb.org. Children must be accompanied by an adult.

Special Friends Valentines Dance

Friday, Feb. 17 from 6-7:30 p.m.
Indianola Activity Center, 2204 W. Second Ave., Indianola

All individuals with special needs, along with their families, chaperones, respite providers and SCL workers, are invited to this free holiday dance with DJ Steph Steveson. Free admission for all thanks to sponsors.



Afternoon Adventures: 6-on-6 Girls Basketball in Iowa

Thursday, Feb. 23 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave., Indianola

For most of the 20th century, Iowa was known for its devotion to 6-on-6 girls basketball. As other states abandoned the game, Iowa remained committed to it until the last championship was played in 1993. This multi-media presentation by Jennifer Sterling, University of Iowa Sports Studies lecturer, recounts the history of the game and connects it to the development of girls' and women's sports in the United States. Audience members are welcome to share their own stories and collections. This free program is funded by Humanities Iowa and the National Endowment for the Humanities and is also sponsored by Community 1st Credit Union.



Call Me Chef! Kids Cooking Class

Sunday, Feb. 26, 3-5 p.m.
Whip It Good Catering, 1202 S. Jefferson Way, Indianola

Kids ages 3-14 are invited to get their cooking on. They will prepare a full family meal of chicken parmesan and parmesan roasted green beans. Kids will get a certificate of completion, disposable apron and a chef's hat. Register at www.whipitgood515.com.

Parallel Exit, a Vaudeville Show

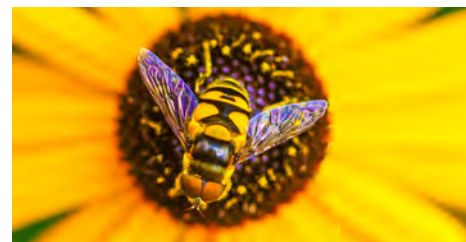
Monday, Feb. 20, 7 p.m.
Indianola High School Auditorium, 1304 E. First Ave.

This NYC-based nouveau vaudeville company mixes song and dance with slapstick physical comedy to produce a delightful show for any audience. Performing since 1997, Parallel Exit knows how to entertain. A terrific show for the entire family, it's a great way to learn how the vaudeville circuit entertained a century ago. Tickets (\$20 per adult and \$10 per student) available at the door; at McCoy True Value, 216 N. Howard; or by contacting Karen Langstraat: 515-961-6914 or klang5@msn.com.

Lenten Fish Fries

Fridays, Feb. 24, March 3, 10, 17, 24 and 31, 5:30-7 p.m.
St. Thomas Aquinas Parish Hall, 210 S. Wesley St., Indianola

Dine-in or take-out service available. Cost for adults and take-outs, \$13, and children (6-12) \$6. Children 5 and younger are free.



Beekeeping 101

March 2, 6-8 p.m.
Warren County Extension Office, 200 W. Second Ave., Indianola

Beekeeping can be a fascinating hobby, a profitable side venture, or a full-time occupation. You may want to keep bees for the delicious fresh honey they produce, for the benefits of their valuable services as pollinators, or perhaps simply for the enjoyment of learning more about one of nature's most interesting insects. This free two-hour Beekeeping Basics course is designed to introduce the fundamentals of beekeeping and help attendees decide if this hobby is right for them. Pre-registration is required. Contact the Warren County Extension office at 515-961-6237 or bcecot@iastate.edu to register.

EVENTS IN THE AREA

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

Check for cancellations

National Balloon Museum new exhibit open house

Saturday, March 4, 1-4 p.m.
National Balloon Museum, 1601 N.
Jefferson Way, Indianola

The National Balloon Museum presents the new exhibit portraying the first hot air balloon flight in 1783 in France, designed, painted and built by Jean-Pierre Lair from New Mexico. The open house will begin at 1 p.m. with a program at 2 p.m. with Jean-Pierre and his wife, Lydia, in attendance to tell the Montgolfier story and to answer any questions. The public is welcome, and admission is free.

Jenna Huston concert

Tuesday, March 14, 2 p.m.
Indianola Activity Center, 2204 W.
Second Ave., Indianola

Free concert featuring Martensdale native and Simpson College alum Jenna Huston. A singer/songwriter and solo artist, Huston puts her own spin on classic and modern rock, pop, alternative and indie tunes. Hosted by Indianola Parks & Recreation, sponsored by United HealthCare, with dessert provided by Indianola Hy-Vee.



Live music

Sports Page Grill, 1802 W. Second
Ave., Indianola

March 17: Tony Bohnenkamp

For information on times and more, visit
www.facebook.com/SportsPageIndianola.

Food Safety Certification Class March 23

Warren County Extension Office, 200 W.
Second Ave., Indianola

Iowa State University (ISU) Extension and Outreach is offering this food safety training for food service managers. "Certification in ServSafe meets the Iowa Food Code requirements to have a certified food protection manager in all establishments," said Cathy Drost, class instructor and ISU Extension and Outreach human sciences specialist in food and health. "We live in a time when food safety hazards and risks are prevalent. Serving safe food is mandatory. This eight-hour program aims to train food service professionals about food safety requirements and best practices to meet them." The class is beneficial for foodservice managers from all areas including schools, restaurants, convenience stores, child care, senior meal sites and health care. Participants will receive a copy of the ServSafe® Manager training manual and will take the ServSafe® certification exam. For more information about the program, contact Cathy Drost at 641-673-5841 or visit www.extension.iastate.edu/humansciences/servsafe.



Family Flashlight Easter Egg Hunt

Friday, March 31 at 8:15 p.m.
Indianola Activity Center, 2204
W. Second Ave., Indianola

Children ages 2-13 and their families are invited to this after-dark race to find eggs and prizes. Participants should dress for the weather, bring a bag or basket to collect eggs and a flashlight. Kids will be divided into age groups for the hunt. Call Indianola Parks & Recreation at 515-961-9420 to register. Deadline is Friday, March 24, or when full.



Beginning Vegetable Gardening

Tuesdays at 7 p.m., April 11-25
Indianola Activity Center, 2204
W. Second Ave., Indianola

Instructor Sue Thompson is a Master Gardener with more than 40 years' experience. Learn how to grow vegetables in the space you have available — from containers on the deck to a corner (or more) of your yard. Call Indianola Parks & Recreation at 515-961-9420 to register. Deadline is Tuesday, April 4, or when full.



Contra/Barn Dances

Third Saturday of the month
through May, 7-9 p.m.
First United Methodist Church,
Parish Hall, 307 W. Ashland
Ave., Indianola

The Indianola Contra/Barn Dances will be held Feb. 18, March 18, April 15 and May 20.



Indoor Play Dates

Wednesdays from 10:30 a.m. to noon, through
March 8
Indianola Activity Center, 2204 W. Second Ave.,
Indianola

Free drop-in program for children age 1 year through preschool with adult supervision. Little ones can burn off energy with inflatables, toys and activities while parents supervise the fun. Closed on days when Indianola schools are cancelled or delayed due to weather. Sponsored by Peoples Bank. ■

A WHOLE new way to play

WCLI raises funds for playground at Warren County Fairgrounds.

Brad and Rhonda Ross have called Warren County home for almost 38 years. With two grown daughters and now three granddaughters, they have visited many parks and playgrounds over the years.

“It’s hard to call what’s currently at the fairgrounds a playground,” says Rhonda. “As a teacher, I watched kids play on different play structures my whole career. They love to climb, jump and slide. Playgrounds are a place to play, build self-confidence, as well as grow physical and social skills.”

Brad and Rhonda believe in the mantra, “When you see something, do something.” Instead of just talking about how much a new playground was needed at the fairgrounds, they got to work figuring out how to make it happen.

They knew it needed to be something that kids and families will be attracted to. Something unique, safe and fun that would draw more campers to the campground and increase rentals for the shelter.

The couple initially approached the Warren



The playground equipment at the Warren County Fairgrounds will get a major upgrade with a brand-new playground that’s colorful, safe and fun... all while honoring the county’s rural roots.



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COMMUNITY



County Fair Shareholders and Fair Board with the idea.

“We wanted it to be a community and county-wide effort, so we started getting the word out, asking people if they would be willing to help,” says Brad. “Rachel Gocken and the 2022 Warren County Leadership Institute (WCLI) class got excited about how it would impact and serve the entire county and agreed to take it on as their class project.”

Members of the class got to work on grant writing, making connections and networking. Even though class has ended, everyone is continuing to work to see the project through.

“When you can rally people and a community around a heartwarming project, it’s a good experience for everyone,” says Brad, smiling. “People talk about ‘Iowa Nice,’ and I wholeheartedly believe it all started right here in Warren County.”

WCLI is well on the way to raising their \$80,000 goal but still need help to make sure the playground is installed in time for a ribbon cutting at this year’s county fair. ■

How can you help?

- Visit givewarrencounty.com to find out more about the playground project and download a donation form.
- Make checks payable to: WC Fair Memorial Foundation with “WCLI Playground Project” in the memo line
- Mail or drop donations off to:
Warren County Economic Development Corp.
111 N. Buxton St.
Indianola, IA 50125

Donation levels

- Supreme Champion – Up to \$10,000
- Grand Champion – Up to \$5,000
- Reserve Champion – Up to \$2,500
- Purple Ribbon – Up to \$1,000
- Blue Ribbon – Up to \$500

FAITH

By Tom Vanderbilt

THE POWER of humility

Copernicus was a great mathematician. His studies and calculations revolutionized the thinking of mankind about the universe. When he lay dying, *The Revolution of the Heavenly Body* was placed in his hands. It had just been printed. At death’s door, he saw himself, not as a great scholar or astronomer, but only as a sinner in need of the Savior.



On the tombstone at his grave at Frauenberg, Germany, are carved the following words which he chose for his epitaph: “I do not seek a kindness equal to that given to Paul. Nor do I ask the grace granted to Peter. But that forgiveness which Thou didst grant to the robber — that, earnestly I crave!”

This is just one example of the humility that is often found in greatness. I am amazed at how many great men and women don’t rest on their laurels but instead acknowledge their great need before God. I believe this humility leads to their greatness.

At Mt. Calvary, we will observe Ash Wednesday on Feb. 22. This is a day for us to humble ourselves and admit our great need for God’s forgiveness and grace in the hopes that He might do something great through us. ■

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

HEART health is ear-risistible

You're likely thinking about relationships with Valentine's Day around the corner. Did you know there is an important partnership within the body that helps keep your heart and hearing happy?

February is American Heart Month, and you're probably familiar with the importance of cardiovascular health. According to the CDC, almost 610,000 people in the U.S. annually die from heart disease. What you might not be aware of is the link between the cardiac and auditory systems. Good blood flow helps you maintain your hearing, and damage to the blood vessels in your ears can result in hearing loss. One study of older adults in the U.S. found that those who had experienced heart failure were 11% more likely to have hearing loss.

What's the reason for this correlation?

The hair cells in the cochlea translate noises into electrical impulses that the brain interprets as sound and relies on proper blood flow to do so. Poor circulation deprives these cells of oxygen, which causes them to become damaged or destroyed. These cells do not grow back, so



inadequate blood flow can result in permanent hearing loss. It can also lead to tinnitus or ringing in the ears.

Hearing loss doesn't just affect your health — it can also impact your relationships with the people around you and make it difficult to hear well wishes from your valentine. One way you can protect your hearing is by taking steps to keep your heart healthy, such as cardiovascular exercise and a healthy diet.

If you already know you have some form of cardiovascular disease, it's time to have a real heart-to-heart with an audiologist about getting a hearing evaluation.

If you suspect hearing loss, contact an audiologist for an evaluation. ■

Information provided by Dr. Kelly Cook, audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.iowaHearingCenter.com. Centers for Disease Control and Prevention. (Oct. 14, 2022). Heart disease facts. Centers for Disease Control and Prevention. Retrieved Nov. 21, 2022, from www.cdc.gov/heartdisease/facts.htm. Sterling, M. R., Lin, F. R., Jannat-Khah, D. P., Goman, A. M., Echeverria, S. E., & Safford, M. M. (March 1, 2018). Hearing loss among older adults with heart failure in the United States: Data from the National Health and Nutrition Examination Survey. *JAMA otolaryngology-- head & neck surgery*. Retrieved Nov. 21, 2022, from www.ncbi.nlm.nih.gov/pmc/articles/PMC5854543.



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FLEXIBILITY improves joint pain and function

What is a treatment and preventive way to avoid and/or improve joint pain and dysfunction?

Flexibility. People who maintain increased flexibility into their 70s and 80s also have fewer joint repair procedures and fewer replacements.

Flexibility is the ability of a joint or joints to move through a pain-free range of motion with no restriction. Flexibility varies widely from person to person and also changes due to injury, lack of use, overuse, some genetic disorders, and with age. When we think of joint pain or dysfunction, we often think of only the joint itself, when, in fact, the muscles, ligaments, tendons, joint capsules and even the skin can decrease flexibility in joints.

When the joints lack flexibility, this limited movement can affect the body in three significant ways. 1. Because of limited movement in the joint, there will also be



limited blood flow and restricted fluid movement into and out of the joint, which decreases the nutrition to the joint fluids and cartilage. 2. Muscles that are inflexible tire more easily. Muscle fatigue can lead to injuries. 3. Decreased flexibility can also lead to other joints/structures being affected. For example, hip dysfunction can lead to knee pain. Balance can be changed with inadequate flexibility and strength.

What are ways to maintain or improve flexibility?

There are many options available that assist with flexibility. Most often we think of stretching as the answer to tight muscles and joints, but here are a few other options to consider:

- Acupuncture has shown to decrease pain, improve range of motion and increase the stretch response in muscle tissue. Acupuncture will also improve balance, along with balance exercises to strengthen muscles.

- Chiropractic care can increase flexibility by increasing joint mobility, and, in turn, decreasing tension in the muscles that attach to the joints and by releasing tension on the nerves that innervate the muscles.

- Massage therapy can help by relaxing muscles, which increases blood flow and fluid to the joints. Some massage therapists will incorporate stretching into the treatment to assist with muscle lengthening and tendon stretching.

- Yoga can improve flexibility by slow, intentional stretching and weight bearing through joints using specific poses.


Whether you wish to prevent joint pain and dysfunction or would like to improve the function you have, there are other choices today to help yourself at your current age and to help you age well. ■

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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HEALTH

By Ashley Brockman

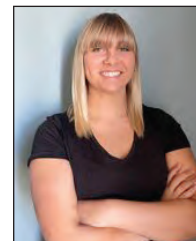
RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:

- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

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





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HEALTH

By Ashley Powell

WILL CBD cause a failed drug test?

Cannabis, and CBD specifically, are supremely beneficial in helping people live their lives with significantly less stress and discomfort. One aspect that may inspire caution in new users is if CBD will cause a positive drug test. Those with jobs that require routine testing or have legal obligations may be hesitant to begin use. Fortunately, there are CBD products that are safe to use if that is a concern. One should look for a broad spectrum or CBD isolate.

Most CBD products are noted as full spectrum, meaning they contain 0.3% THC or less. This amount will not cause a high, but there are still traces present. Broad spectrum is when there is zero THC present. Topicals are most popular for users who need to pass a drug test. It is important to research the brand you are buying to see if they are reputable and have lab test results readily available. Cross contamination is possible during manufacturing, especially in places where all cannabis is legal, which is another reason to research lab results. Sometimes it depends on the test specifically, as some will detect levels of cannabinoids differently. Try to determine the strength of the test being administered and what results are expected as far as passing goes. Make sure to communicate to your CBD consultant your need to pass a drug test so they can better assist you. With effective research and the right brand, CBD can still provide relief for those who need to stay THC free. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.



HONORING kids' curiosity and wonder

New science program expands to all K-5 students.

Emerson Elementary teacher Maddie Kampf enjoys teaching and learning in all its forms but says there is just something about science education that really inspires her.

"The foundation of science is curiosity, and kids are amazingly curious," she says, smiling. "When I was a child, exploring, experimenting and chasing my own curiosities was always time well spent, so, as a teacher, I especially love teaching science."

When Kampf learned last spring that Indianola Community School District was looking for a teacher to launch a science pilot program at Emerson for 2022-2023, she knew it would be a perfect fit. Spending her days exploring the wonder and why of our world with young people was her dream job.

Annette Jauron, director of teaching and learning, says the district was looking for a high-quality learning experience for students that would support their creativity, their critical thinking, and connect them with the world around them.

"We were also looking to take some things off of the elementary teachers' plates," Jauron explains. "By adding a dedicated science teacher and curriculum, we felt we could enhance and promote high-quality learning."

Teaching science well requires a lot of materials, space, time and energy. It's difficult for classroom teachers to give the subject its due diligence when there is such a focus on reading and math. The new program has addressed a variety of needs for both students and teachers.

Jauron says that, while science has always been taught, there are now two 45-minute sessions every six days for each grade level. Some lessons have content that the regular classroom teacher also supports in between the science sessions. For example, students may need to complete observations and bring that data back to the science class, or they may need to do some additional science reading and writing.

For Kampf, there has been a lot of behind-the-scenes materials prep for each lesson with the new curriculum. They continue to brainstorm ways to streamline the process and will apply much of what has been learned as they roll it out to all elementary buildings next fall. Instructional coaches Renee Strub and Erin Lullman have played an integral role in helping Kampf ensure each lesson is a success.

"Kids tell me they received microscopes, telescopes, rocks, science kits, astronaut suits and science books for Christmas," says Kampf, smiling. "It will be fun to see how many become future geologists, arborists, physicists, meteorologists, engineers, astronomers and chemists."

Jauron says hiring for next fall is underway, and, between now and next year, material preparation and collaboration among the science teachers will take place.

"Principals will update their families as to what to expect," she says. "There are many additional steps to this second phase, and I anticipate that this delivery model will positively impact our secondary science achievement in the long term." ■



Experimenting, collecting, sorting, analyzing and "making stuff happen" are integral parts of being a child, and the Indianola Community School District's new approach to teaching science allows students to do all of this and more.

HOW MUCH life insurance do I need?

The process of figuring out how much life insurance one needs is called a needs analysis. A needs analysis can be very detailed and complex — but it doesn't have to be. Here is a quick and simple way to estimate the amount of life insurance you need. Use the acronym LIFE.

L is for liabilities: These are the debts and other obligations you would like your life insurance to pay off — for example, your mortgage.

I is for income: This is the income that you earn that you would like your life insurance to cover to provide for your loved ones in the case of your unexpected death. Think of your expected annual income and multiply it by the number of years' worth of income you will need.

F is for final expenses: This is the cost of a funeral, burial or cremation, and related costs.

E is for everything else: This is for things such as education expenses, leaving a charitable contribution, or just wanting to leave some money to your loved ones.

Add up the amounts you have come up with for L, I, F and E, and you have completed your quick needs analysis. ■

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



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CHAMBER By Amanda Zwanziger

SHOW these leaders some love

Please join us in showing some love to the recipients of the following awards presented to businesses and individuals that have made a significant impact on our community.



• **Distinguished Chamber Leader of the Year - Pritesh Patel.** "Pritesh's commitment to the Chamber and to Indianola will have a lasting effect in our community. His efforts to put Indianola on the map as a tourism destination are paving the way for a significant impact on economic and community development."

• **Indianola Emerging Business of the Year - Indianola Independent Advocate.** "In June of 2022, the owners had the opportunity to buy the Record Herald and Indianola Tribune. At face value, it was an opportunity to offer a print edition as well. But, at a much deeper level, they were bringing Warren County's historic newspaper home — back to local ownership and with neighborhood reporters and photographers filling its pages once again."

• **New Business of the Year - Whip it Good Catering.** "Whip it Good continues to offer weekly meals, but her entrepreneurial spirit has led to additional growth of the business over the past year, offering freezer meals at Farmers Markets and vendor fairs, catering for local businesses and private events, holiday meal packages, apparel, and even kids cooking classes/camps. Her donations to community efforts have totaled nearly \$8,000."

• **Steven G. Pfeifer Volunteer of the Year - Mack and Libby Rankin.** "The Mighty Maddy Foundation's purpose is to continue to spread joy and light to others in their darkest moments. Maddy's heart was to help others even while she was struggling with her own battles. The fruits of their labor, their dedication, and their commitment, even at a time of immeasurable loss and pain, continue to show up for all of us. I know if there's ever a time where I need a volunteer or help with anything, they'd be the first people I'd call."

• **Educator of the Year - Stephanie Becker.** "Our school would not be the same without our sparkly Mrs. Becker. She is the perfect person to receive Educator of the Year because she never stops inspiring, encouraging and motivating her students and coworkers to be the best version of themselves. Stephanie Becker fills the halls of Laura Ingalls Wilder with a lot of love and laughter each day."

• **Simpson College Emerging Leader Award - Seth Lampman.** "Whether it be Seth's work with the YMCA Board of Directors, Rotary, the Indianola Chamber of Commerce Young Professionals, Helping Hand, his church, Indianola Schools, Juvenile Diabetes Research Fund or Simpson College, he has always been mindful of the needs that are around us always. As you get to know Seth, you will grow more and more impressed with his strength of character, his love for community, his desire to help people and his heart to make a difference." ■

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

ANNIVERSARY Party

An anniversary party for Ellis Law Offices
was held Jan. 20 at Sports Page Bar & Grill.



Ellis Law Offices staff



Traci Ellis, Keri O'Meara and Isabella O'Meara



Virgil Jackson and Jan and Dean Shinn



Todd and Camille Nielsen and Tani Stevenson



Logan Rentfrew and Kendra Campbell



Molly Bean and Justin Brown



Kenzie Ellis and Carrie Johnson



Susie and Brian Sher



Mike May and Jeff Carter



Kerrie and Katie Fosenburg

OUT & ABOUT

COMEDY Night

Summerset Winery hosted
Comedy Night with Jay Harris
on Jan. 26.



Comedian Jay Harris



David and Sandy Perryman



Nick Bryan and JD Albright



Morgan Bolten and Devin Becker



Matthew Gonzalez



Carol and Dave Bare



Carrie Rognes and Haley Swanson



Bronson Galindo and Susan Gruwell



Kirk Hackett and Melanie Hackett



Joan and Jay Claerhout



Steve and Kathy Weeks

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NEWS BRIEF

IOWA Department of Cultural Affairs invests \$1.5 million in building creative places

The Iowa Department of Cultural Affairs announced it has awarded more than \$1.5 million in grants to leverage local infrastructure projects and engaging programs that build culturally vibrant communities across the state. The \$1,573,997 in grants come from the department's Iowa Great Places, Strengthening Communities, School Arts Experience, Artist Catalyst, Creative Places Project, Folk Arts Learning and Humanities Collaboration programs.

"Across Iowa, these projects are connecting Iowans to arts, culture and heritage programming and their local communities' authentic character," Iowa Department of Cultural Affairs Director Chris Kramer said. "They represent the quality of life people value today when choosing culturally vibrant places to live, work and raise their families."

Four Iowa Great Places will share a total of \$1,050,000 awarded through the Iowa Great Places program, which recognizes communities that have developed bold visions around their creative and cultural assets and formed plans, partnerships and projects to make them a reality. One of those grants was awarded to the City of Indianola, which received \$73,300 for the "Wonder on Buxton," a project envisioned by the community to connect Simpson College to its downtown square. Project funding will support new sculptural installations and improvements along Buxton Street, creating a vibrant area that invites visitors and celebrates Indianola's cultural identity. ■

FAITH

By Lucas King

LOVE always

"Love" is a top-shelf word that has found its way into common conversation. I am confident many of us have overused it in the last 24 hours. Bumper stickers and mugs display phrases like "I love chocolate cake," "I (heart) coffee," and "I love my Labrador retriever." Like those of you reading this article, I love Indianola and the many opportunities here in our community.



Yet, am I ever selfish or jealous in regards to a love? Someone gets the last cup of coffee. Am I excited they are getting the joy of warmth and deliciousness or am I angered because I missed out? Do I boast about having the best chocolate cake recipe or delight in sharing it with others and preserving it for years to come? I love my pets, sure, but I also remember the carpet they stained and the couch they scratched up. All these statements better describe a serious joy and excitement we have about something. Or even the emotional and physical attachment we have. Most often, we use the word "love" to describe feelings or emotions or attractions.

The Bible describes love as an action, a practice, something unique, important and distinct. Not a fleeting, changing or self-focused desire. The Apostle Paul writes to the church in Corinth, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres" (1 Corinthians 13:4-7 NIV). Maybe you have heard these verses read at a wedding or memorized them in Sunday school. Putting those words into practice demonstrates love in a whole new light. It is not simply a feeling, but a caring for others far and above our own wants and desires and is always fortified in trust and hope. Maybe we should get back to a love that always protects and always trusts. A love that lasts and perseveres through hard and difficult days and decisions. As hard as many of us will work on making money, getting or staying physically fit, or winning the approval of others, shouldn't we give more attention to humble, generous, truthful and considerate love? Let us spend more time meeting the needs of others, teaching others, and serving others like we were created to do and much less time pursuing our self-seeking and fleeting desires, pleasures and comforts. ■

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



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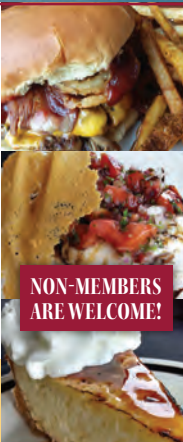
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