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WELCOME

COURTSHIP communication

I have not been on the dating scene for more than 27 years, and I met my wife at work, so keep those facts in mind as I touch on the subject of how romantic relationships start in today's world.

Like many things in life, courtship processes have changed, but the message is the same. From passing handwritten letters to making phone calls to sending text messages to posting on social media, the way we communicate with those we hope to love has certainly evolved. Some would say for the better. Some would say for the worse. Regardless, the methods are here to stay... at least for a year or two until a new communication method evolves.

Today, many relationships start with online dating sites. That was considered by many to be weird just a decade or so ago. After all, how could someone possibly start dating someone over a computer screen? My single friends tell me it works incredibly well, regardless of age. I have a feeling that a handwritten letter might still work as well — or, heaven forbid, face-to-face communication!

In this month's feature story, we touch on the subject of dating and relationships and how it all began for some local residents. Whether you are single or in a relationship, you will surely be entertained when learning about how some in the community are managing — or have managed — courtship communication.

Thanks for reading. ■



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A man and a woman are smiling and standing in front of a wooden wall. The man is on the left, wearing a grey and blue patterned sweater. The woman is on the right, wearing a brown cardigan and glasses. Above them is a wooden sign with a quote about trees.

FEATURE

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*We all grow in different directions
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Budding *Romance*

**Couples share how their
relationships bloomed**

By Becky Kolosik

Chaperoned dates. Internet introductions. Holding hands in the movie theater. Long walks along the shore. Dinners for two — at a burger joint or by candlelight. Rollercoaster rides. Snowball fights. Card games or video games. While the way couples spend time together has changed over the years, one similarity remains: Whatever the path romance takes, it is the special moments along the way that nurture a budding romance into a blooming relationship.

Growing up as friends, Kevin and Penny Huss ended up falling in love, which neither one saw coming.

Falling in love online... in God's time

The 21st century has brought a whole new approach to the world of dating. As of 2021, there were 30.4 million online dating users in the U.S., and that number is expected to grow to 35.4 million by 2027, according to a study by Chipery. But can you fall in love with someone online? For Nick and Carla Hellen, the answer is yes.

In May 2017, Nick and Carla met on Christian Mingle. When they connected, both had been on the dating site before but had cancelled their accounts.

"I was matched and went on a handful of awkward dates but didn't really connect with anyone," Carla recalls.

As for Nick, he was sending out messages and not getting many responses.

The couple sees it as a "God thing" that they both reactivated their accounts on a whim around the same time and found each other.

"I stumbled upon Carla's profile, which was odd because she wasn't within the location preferences I had set," Nick recalls. "I messaged her, she responded, and we found friendship."

Nick and Carla used the dating app to chat those first couple of weeks. In their conversations, they were clear on what they were looking for and what they considered "deal breakers."

"I was upfront and honest about my inability to move and, with Nick in Minnesota, he had to be OK relocating to Iowa if this were to work out," Carla explains.

Carla was a single mom at the time sharing 50/50 custody of her daughter, Bailey, so moving wasn't an option. They had both been previously married, so Nick and Carla knew what worked and what didn't in their past relationships.

"It was a good lens to filter everything through," adds Nick. "We both also desired to have a Christ-centered relationship and wanted to be sure our beliefs aligned."

They soon exchanged phone numbers, texting, and talking on the phone and, finally, meeting in person about a month later to see if there was an attraction.

Nick came to Indianola on a Friday night with the intention of meeting for lunch on Saturday.

"We decided instead to get a pizza and sit in the lobby of his hotel and talk," says Carla. "I got a Hawaiian pizza from Winn's, but there was a reunion or something else going on,

and the hotel lobby was loud and full of people."

They went to Carla's house instead and talked until 2 a.m. Nick went back to his hotel, and they met up for lunch the next day at Sports Page. They talked for another four hours, then left the restaurant for dessert at The Outside Scoop before Nick headed back to Minnesota.

The long distance was tough — and hotels got expensive. Nick did most of the traveling and never stayed at Carla's house due to their shared beliefs.

"I was very protective over my time with Bailey, so Nick and I spent every other weekend together until October 2017, when I decided it was time for them to meet," says Carla, smiling.

It was another nine months before Nick made the move to Indianola. In July 2018, he got a job offer in West Des Moines but had difficulty finding an apartment on such short notice. Through some friends at Indianola Community Church, Carla found out about someone with an extra bedroom where Nick could stay temporarily.

Living in the same town, date nights became easier, and their relationship progressed quickly. Two weeks after the move to Indianola, Nick proposed — at their favorite ice cream shop.

Their wedding a year later was essential in solidifying the couple as husband and wife before God. Bailey was an important part of the ceremony and included in the vows, too.

The family has grown since. Bailey earned the title "big sister" when baby brother, Noah, was born.

If they have any advice for people looking to date online, they say, "Know what you're looking for and don't bend on your beliefs. Also, be honest and upfront with who you are and make sure to have the difficult conversations."



Nick and Carla Hellen are grateful for the dating site Christian Mingle bringing them together, but they say God was in it every step of the way.

From friendship to courtship

Looking back on 33 years of marriage, three kids and five grandkids, Kevin and Penny Huss are proof that friends can fall in love.

Kevin and Penny have known each other for as long as they can remember. They went to the same church growing up, and both remember visiting each other's family home for dinner. However, because of their age difference (Penny is three years older), they didn't really "hang out" at church or in other social groups.

As adults still attending the same church, Kevin and Penny were part of a "singles" group.

"We'd go roller skating, eat pizza, watch movies and have Bible study," Penny recalls. "We all just had a lot of fun together."

The singles group continued to grow. Penny's sister, Brenda, who lived in Minnesota, would come back to visit and join in the activities.

Penny had formed a close friendship with a guy named Jim who was in the group. Penny felt her feelings for Jim growing beyond friendship, and a lot of people in the church took notice and thought the feelings from him were mutual. They went roller skating together, planned activities, and spent a lot of time together.

One night, after planning one of their next singles group events, Jim and Penny went out to eat. As they were talking, Jim admitted he knew how Penny felt, but said he really wanted to get

to know her sister, Brenda.

"I was crushed," Penny recalls. "I cried all the way home. My mom tried to console me, but for some reason I felt the need to talk to Kevin. It was strange because, up to that point, we were just friends."

Penny began praying fervently for God to bring someone into her life. Over the next couple weeks, she talked with Kevin about how heartbroken she was. They bonded more and more.

At the time, Kevin was living with and working for a couple in the church as a farm hand. He called Penny because he had two tickets for a free dinner at the Golden Corral in Indianola.

"The catch was that we'd have to listen to a herbicide presentation, but he wanted to know if I would go," she recalls, smiling. "I said yes, and, as they say, the rest is history."

That was January 1988, and, from that night on, their relationship flourished. As for Jim and Brenda, they also started dating and married in April. There were no hard feelings, and Penny was happy because her sister moved back from Minnesota.

Shortly after Jim and Brenda's wedding, Kevin proposed.

"I got her parents' blessing and made a plan to take Penny to dinner at Crimmon's Cattle Company and pop the question," says Kevin. "I got so excited and nervous that I ended up asking her in the car on the drive there."

They married that same year on Dec. 10. Kevin and Penny enjoyed the company of Brenda and Jim over the years and feels fortunate to have lived close and raised their families together.

"I do feel that God definitely had a greater plan for all of us," says Penny.

It's never too late to find love... again

An ancient Greek proverb states, "The heart that loves is always young." When you meet Gordon and Martha Bivens, it doesn't take long to see they are young at heart. Well into his 90s, Gordon plays golf, tennis, table tennis, and, at the age of 91, he rode in his first RAGBRAI. Martha likes to read, knit, garden, exercise and dance.

Gordon and Martha recently celebrated their ninth wedding anniversary. When they met, each one knew a thing or two about relationships. Both were widowed after spending many years with their previous spouses.

Gordon and his first wife, Murial, worked for

ISU Extension and met at a new employee event. They courted long distance for several months, were married on Valentine's Day 1953 and raised three sons and a daughter.

Martha met her first husband, Edmund, while in college.

"In those days, it was expected that you got married right after college," she says. "So that's what we did."

They had two daughters and a son but divorced after 15 years. Martha met her second husband, Jerry, at a singles event. They dated for three years and were married for 21 before his death.

Despite separate paths, Gordon and Martha found their way to The Village and to each other.

Gordon and Murial moved to The Village in 2005 after visiting friends who lived there. They enjoyed several years together until her death.

Martha, who had been living in Connecticut, had ties to the Indianola area. Not only did she have a pastor friend in Des Moines, but her daughter is a professor at Simpson.

After moving to The Village in May 2012, Martha approached Penny Huss, the resident liaison at the time, because she was a little shy about going to Fireside Dining by herself. Penny happily set up a foursome for lunch, which included Gordon and another couple. Martha and Gordon talked casually.

A few days later, Martha was outside with her dog, Beau. She looked down the street and saw Gordon with his dog, Frosty. Beau tended to get a little excited around other dogs, and he took off, pulling the leash out of Martha's hand, running straight for Frosty.

After getting the dogs better acquainted, they would occasionally walk Beau and Frosty together. Martha also asked Gordon over for dinner once in a while and invited him to exercise class.

"He said no to exercise class but showed up in the fitness center a few days later when I was walking on a machine after class," she says, laughing.

On a Wesley trip to Racoon River Park, Gordon and Martha walked around together for a bit. When Martha grabbed her lunch, she sat with a woman she didn't know at a table far away.



Having both loved and lost, Gordon and Martha Bivens know just how precious life is. Finding each other and joining their lives and families has brought them great happiness.

"Martha didn't realize that woman was my sister-in-law who lives at Wesley Acres," Gordon says, smiling. "I sat down and joined them."

They continued to attend events and programs at The Village as friends. Or at least that's what Martha thought. However, one time after walking back to her apartment, Gordon asked if he could give her a hug, and she said yes.

"I thought we were just friends giving hugs, but then one day, he kissed my cheek," says Martha. "I began to realize that maybe this was more than just friendship."

Gordon often expressed his feelings in notes or poetry. On Aug. 19, 2012, while away with his daughter and missing Martha, he wrote a poem entitled, "On Bended Knee." An excerpt reads:

But parting feels like tearing apart.

Must it be, what could be?

One alternative: join our lives

Then no more goodbyes in the night.

Oh Martha, my yearning is great.

I hope you share my feelings, my dream.

If time it takes, take more.

But, if you're ready, just say YES!

Martha said yes, and, on Jan. 12, 2013, the couple planned a small wedding ceremony and lunch for close family and friends. They hosted a reception later that day, inviting everyone at The Village.

Today, Gordon and Martha share love, companionship, new and old hobbies/interests, as well as family and friends. As for the dogs? Although Frosty is gone, Beau has settled down a bit thanks to some training. And Gordon now has a rescue dog named Marley. ■



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WORTH Savings Bank chime clock

If you were walking around the Indianola Square in February 1917, you would have been among the first citizens to enjoy the chimes from an electric illuminated clock installed by Worth Savings Bank on the front of its building on the southwest corner of the Square. The clock was 6 feet 10 inches in height, 3 feet wide and visible from all parts of the square. No scrolling, flashing digital lights that you try to read as you drive past. Just the pleasant sound of a complete set of Westminster chimes that rang every quarter hour and could be heard throughout the business district. The clock was constructed of bronze and plate glass. It had a 13-inch dial and kept almost perfect time. I can imagine a parent warning their children to be home before the clock strikes five, or a couple of neighbors, listening to the chimes, noticing they had been visiting for a half hour (the chimes had sounded twice), and it was time to get their shopping done.

Gorham A. Worth was one of the pioneer businessmen of Indianola. He lived in Indianola for 48 years. In the early days, he was in the boot and shoe business. After working as a clerk for the Post Office, he was appointed postmaster by Abraham Lincoln. In 1874, he was cashier at First National Bank on the northeast corner of the Square, and, in January 1899, he opened the Worth Savings Bank. Mr. Worth and his wife, Mintie, had two young sons and a daughter. Two of the children, Robbie and Mary, died as children and share a gravestone in the Indianola Cemetery. The other son, Craig, became a doctor and practiced in Mapleton. Gorham Worth died Oct. 22, 1916.

The newspaper ads for the bank frequently included financial advice. "Every breadwinner should have two sides to his make-up... He should be a producer and a saver." "Which impresses you more, to see a person pay out currency or write a check?" "You have a right to know, this bank does not buy notes from promoters for out-of-town schemes."

The bank was involved with community events as well. In 1921, they participated in a state "extermination contest" sponsored by the Des Moines Register. The bank offered \$5 to the customer who turned in the most rat tails, \$3 to the customer who came in second, \$1 to the third place customer.

Irene Richardson had a notebook filled with business souvenirs and memorabilia. In going through that notebook, we found a small envelope that advertised the Worth Savings Bank. Inside were four geometric puzzle pieces that were guaranteed to form a perfect letter "T" if positioned correctly. The bank promised to give the solution if you brought it to one of the bank tellers. That was their way of getting potential customers into their place of business. I don't know how successful they were, but we are still trying solve the puzzle! ■

(Sources for this information – Several Indianola newspaper articles and an article posted on the Facebook site "Indianola History" written by Jessica Halgren in 2019)



MOVING a parent to memory care

There could come a time when your parent with Alzheimer's disease or another type of dementia will need more care than can be provided at home. During the middle and late stages of dementia, sometimes 24-hour supervision is required to ensure the person's safety. As dementia progresses further, round-the-clock care requirements become more intensive.



Making the decision to move a parent into a specialized memory care environment may be difficult, as it is tough to suddenly be faced with a decision that makes it feel like you are now in a parental role. But it is important to consider whether or not it is possible to continue to provide the level of care needed in the person's home.

The questions below, from the Alzheimer's Association website, are ones to consider when determining if a move to residential care is a good option:

• **Is my mom or dad becoming unsafe in her or his current home?**

Is he or she getting lost in the neighborhood or in the home itself? Are you worried about the person wandering at night? Is crossing the street safely an issue?

• **Is the health of my parent, my own health, or the health of my other parent at risk?** This is a major consideration. Caregiver stress can be deadly. There are caregivers who actually die before their loved ones because they are determined to do it all and once promised the person "they would never have to move to a home." Please consider that this is a situation neither party was thinking about when that promise was made. You want to be able to be the daughter or the son, or you want your other parent to be the wife or the husband to the person with dementia. Being in the caregiver role can easily drain all energy from your rightful role.

• **Are my parent's care needs beyond my physical abilities or the abilities of my other parent?** A doctor's opinion might come in handy here, so that you, the son or daughter, have some professional backup for your own assessment of the situation.

• **Am I, or is my other parent, becoming a stressed, irritable and impatient caregiver?** Staff members who work with persons with dementia are trained to not take things personally, to answer repeated questions patiently, and to empathize even in the midst of challenging situation. It is typically very difficult, especially at first, for family members to adjust to the changes in their loved one.

• **Am I neglecting work or family responsibilities in the process of caring for my mom or dad?** If you are not sure whom you can talk to about any of the issues listed here, do not hesitate to call the Alzheimer's Association's 24-hour help line as you wrestle with this or any dementia-related issue: 1-800-272-3900.

• **Would the structure and social interaction at a care facility benefit my parent?** Sometimes the person will flourish in an environment where there is more structure and interaction with others. A lack of structure and routine is wearing and stressful for the person with dementia. Sometimes people adjust surprisingly quickly to a new environment, because they have less time on their own in which to become confused about what should happen next. Others take longer to get used to a new routine. Most people seem to settle in within three to four weeks.

Even if you plan ahead for a move, making this transition can be incredibly stressful. You may have an abundance of conflicting emotions. You may feel relieved and guilty at the same time. These feelings are common. Regardless of where you choose to have the person cared for, it's good to keep your focus on making sure your parent's needs are well met. ■

See www.alz.org/care/alzheimers-dementia-residential-facilities.asp for additional information. Information provided by Danyel Wilson, Vintage Hills of Indianola Assisted Living sales and outreach director, 515-442-8102, cell: 515-601-0299.

GARDEN tasks for this in-between month

In February, that interesting month between the cold, dark, frigid temps of January and the warming breezes, melting, and bright days of March, what to do in the garden? Many of us are biting at the bit to get outside and begin to emerge from winter hibernation, but what can we do in this “in-between” month?

Take a walk around the garden, check out all the beds, trees and shrubs. Look for damage from rabbits, voles and deer. If you find damage on trees and shrubs that you may not have protected last fall, take time to put chicken wire cages around those damaged trees and shrubs now and make a note for next year to be sure to protect them. Also, check your conifers for desiccation from biting winds this winter and take the time to protect them from further damage. A wrapping of burlap will help. Create a wire cage around your conifer and then cover with one or two layers of burlap, and consider doing it again in the fall for next winter. Be sure to check any late plantings of perennials, shrubs and trees for possible frost heave. A new layer of mulch spread around these will help keep them safe until spring.

While you are out, now is a good time to prune trees and shrubs while they are dormant, but do not prune any spring bloomers, since you will be pruning off this year's blooms. These include magnolias, redbuds, azaleas, and rhododendrons. But, maples, oaks and other non-flowering trees are great candidates for pruning, since you can see the structure of the tree without leaves.

And while you have your pruners out, gather some stems of pussy willow, red twig dogwood and forsythia to take in and force into bloom indoors for a bright color burst. The bonus will be these stems will often begin to root in water, and you will have starts to plant out this spring or share with friends and family.

There are things to do indoors as well. Remember those elephant ear bulbs and canna tubers you dug up and put in storage? Now is the time to inspect and make sure they are still looking good. If you find any that are getting soft spots or showing decay, remove the bad spots or even throw away. Some loss is normal during storage.

Did you bring in any pots with plants that are marginally hardy into the unheated garage? Check and see if the soil is drying out, and, if they need some moisture, go out and gather some snow, a layer of 2 to 3 inches placed on top of your pot will slowly melt and provide a little moisture to get through until spring rains arrive.

Take the opportunity this month to get outside again and begin enjoying your garden. Have fun in the garden dreaming of those sunny and warm days of spring just around the corner. ■

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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THE FAIR Debt Collection Practices Act

There is a federal law that protects consumers from abusive collection practices. That is the Fair Debt Collection Practices Act. If you feel threatened by collectors calling for payment, you need to be aware of your rights. Third-party collectors are not allowed to use foul language nor misleading information in order to collect on a debt. Collectors also cannot call you late at night or pursue you for a debt you do not owe. Debt collectors must be truthful, and they cannot misrepresent the amount of the debt, whether it's past the statute of limitations, or the legal consequences for not paying the debt.



Unfair practices that are also prohibited are soliciting post-dated checks for use as a future threat, threatening to deposit post-dated checks before the intended payment date, or threatening to take property if it's not allowed. If your rights are violated, you can file a complaint with the Consumer Financial Protection Bureau.

Make sure to keep records of all the correspondence. If you know the debt is valid, then be honest about what you can afford to pay. Be firm that you understand your rights, and you would like to make payment arrangements. If you are struggling with overwhelming amounts of unsecured debts, reach out to a local non-profit credit counseling agency for help. ■

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

SHORT-TERM rehabilitation

How to choose the best program for you

Do you know what short-term rehabilitation is? If your answer is "no," you're not alone.

Short-term rehabilitation — sometimes known as skilled rehabilitation — is something many people require when they're discharged from a hospital stay but not yet ready to go home. It's a professional service designed to help you get well and go home as quickly as possible.



It's most common for a person to need short-term rehabilitation after he or she has surgery or has had a prolonged illness, especially one that has resulted in a decrease in function. Individuals don't always plan for this need, and, when faced with choices of places that provide short-term rehabilitation, they're not familiar enough with them to make an informed decision.

If you're looking for a place to rehabilitate, here are some suggestions:

- Choose a program that includes physical, occupational and speech therapy to cover a variety of needs. You won't want to get settled then have to move when you learn the center doesn't offer the help you require.
- As they say, "The proof is in the pudding." Do yourself a favor and choose a program that's been operational for many years and has the experience to handle a variety of scenarios.
- Ask for outcomes. The program should be able to provide you with re-hospitalization rates, survey results and other benchmarks.
- Select a program that offers a network of services to keep you well after you return home. Those can include outpatient therapy, home health services or both.
- Look for a program with an onsite health center. In the event that you require additional medical services while you're rehabilitating, onsite health services can address your needs quickly and thoroughly.
- You'll also want to be aware that short-term rehabilitation is usually covered by insurance. And, for most people, short-term rehab doesn't take long; typical stays range from several days to a few weeks.

If a doctor recommends you spend some time in short-term rehabilitation, don't be scared or nervous; ask to see all your available options. Ask all the questions you need to ask. Then, do your homework to select the program that makes the most sense for you. ■

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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SENIOR living can improve physical and mental health

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

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

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

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

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

Does it offer the comforts of home?

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

What services are provided?

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

Do the community's values align with your own?

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

Is your name on the waiting list?

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

Written by Annette Grochala, Senior Living Director. At the Good Samaritan Society, senior living residents become part of a true community. If you have questions about senior living, we're here to help. Contact us at (515) 302-6791.

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4 BASIC principles of financial literacy

It is widely recognized that financial literacy impacts a person's overall economic success.

In fact, studies have shown that individuals exposed to economic and financial education at an early age are more likely to exhibit positive financial behaviors when they are older (e.g., maintaining high credit scores, accumulating wealth). As a result, many states are requiring high school students to take a course in either economics or personal finance before they graduate.¹

Whether you are just starting out and beginning to manage your own finances or simply want to stay on top of your current financial situation, it's important to keep these basic principles of financial literacy in mind.

1. Create a budget and stick with it.

A budget helps you stay on track with your finances. Start by identifying your income and



expenses. Next, compare the two totals to make sure you are spending less than you earn. If you find that your expenses outweigh your income, you'll need to make some adjustments.

2. Set financial goals. Setting goals is an important part of life, particularly when it comes to your finances. Short-term goals may include saving for a new car or building an emergency fund, while long-term goals may take more time to achieve (e.g., saving for a child's education or retirement). Over time, your personal or financial circumstances will most likely change, so you'll need to be ready to make adjustments and reprioritize your goals as needed.

3. Manage your credit and debt. Reducing debt is part of any healthy financial plan. Whether you have student loan debt, an auto loan, and/or a credit-card balance, you'll want to pay it down as quickly as possible. Start by tracking your balances while being mindful of interest rates and hidden fees. Try to pay off any high-interest debt first.

4. Protect yourself. When it comes to insurance coverage, are you adequately protected? Having the appropriate amount of insurance to help protect yourself against possible losses is an important part of any financial strategy. Your insurance needs will depend on your individual circumstances and can change over time. As a result, you'll want to make sure your coverage properly aligns with your income and family/personal circumstances.* ■

12020 Survey of the States, Council for Economic Education. For more information, please contact Charlie Ochanpaugh with City State Bank Trust & Investments at 515-981-1400. *Insurance: Not a deposit. Not FDIC insured. Not insured by any federal government agency. Not guaranteed by the bank. May go down in value. Trust & 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.



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Check for cancellations



Daddy Daughter Dance

Saturday, Feb. 12, 6-8 p.m.
Indianola Activity Center

Bring your favorite girl for an evening of dancing with a DJ, selfie station, refreshments and fun. The Daddy Daughter Dance is for youth ages 5-12 plus adult. Register with Indianola Parks & Recreation by calling 515-961-9420.

Indy Winter Vendor Fair

Feb. 19, March 19, 9 a.m. to noon
Odd Fellows Hall, 1202 S. Jefferson Way, Indianola

This event, hosted by Whip It Good Catering, features a variety of vendors offering crafts, freezer meals, soups, baked goods, candles, fresh baked breads, gifts, clothing and much more. For more information, email whipitgood515@gmail.com.



CITYVIEW Chocolate Walk

Friday, Feb. 25, 5-9 p.m.
West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you'll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.



Think Spring Garden Seminar

Saturday, Feb. 26, 9 a.m. to 3 p.m.
Hubbell Hall, Kent Campus Center, Simpson College

Warren County Master Gardeners and Indianola Parks & Recreation present this seminar. For full list of topics and speakers, visit <https://www.indianolaiowa.gov/519/Think-Spring-Garden-Seminar>. Door prizes, catered lunch and garden marketplace with many vendors are included. To register, contact Indianola Parks and Recreation at 515-961-9420.



Indoor Play Dates

Feb. 16, Feb. 23, March 2, March 9, 10:30 a.m. to noon
Indianola Activity Center

Kids ages 1 through pre-K, with adult supervision, can participate at this event held Wednesdays and sponsored by Peoples Bank. This drop-in program is a chance for the kids to burn off energy while parents have an opportunity to connect. The event is cancelled if Indianola schools are canceled due to bad weather.

Staley's Chicken Dinner

Sunday, Feb. 27, 10:30 a.m. to 1:30 p.m.
St. John the Apostle parish hall in Norwalk

Enjoy a fried chicken feast. The menu includes fried chicken, mashed potatoes and gravy, green beans, coleslaw, dinner rolls, pie, coffee and tea. Cost is \$10 for adults and \$5 for ages 6-12. Kids under 5 eat free. A lawn mower, handmade quilt, designer cake and more will be auctioned off during the event. For more information, contact Gary and Mary Haselton at 515-321-3873 or the parish office at 515-981-4855.



Winter Bluesfest: The Reverend Peyton's Big Damn Band

Friday, Feb. 11
Marriott, 700 Grand Ave. in downtown Des Moines

Said to possess a "burly, commanding voice" and to boast "eloquent original material" with "catchy tracks that have the zing of classic pop music, only greasier." The Reverend Peyton's Big Damn Band will play at Winter Bluesfest this month. The two-time Blues Music Awards nominees are said to be "the greatest front-porch blues band in the world led by Reverend Peyton, who is considered to be the premier finger picker playing today." For more information, visit www.cibs.org.



Chad Elliott

Friday, Feb. 11, 8 p.m.
xBk, 1159 24th St., Des Moines

Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliot has been lauded as "Iowa's Renaissance man" by Culture Buzz Magazine. For more information, visit www.xbklive.com.

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*Sales ranking based on 2020 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

FUNERAL pre-planning FAQs

Why should I consider pre-planning my funeral?

Funeral arrangements will need to be made for all of us someday, and there are advantages to planning in advance. Funeral arrangements are a deeply personal choice, and making a plan puts you in control and ensures that your wishes are known. It simplifies the funeral process for your survivors and eliminates the stress of decision making at a difficult time.

At what age should people start to think about funeral planning?

People in their 40s and 50s may think it's too early to preplan, but pre-funding a funeral is smart financial planning. By planning and paying for your funeral today, you can protect your assets and not have to worry about the continued increases in funeral costs. Making choices related to your own funeral arrangements before it is needed, you'll be protecting your family against the stress of

having to make these decisions at a time of extreme emotional stress.

What are the benefits of pre-planning?

Pre-planning provides you with the time needed to make practical, detailed decisions that reflect your standards, lifestyle, taste and budget so that family members don't have to make quick decisions during an emotional time. And we assure you and your family that the choices you make will be carried out as planned.

Many people think life insurance or other assets will cover their final expenses, but funerals must be paid for at the time of services rendered. Life insurance or bank accounts may not be accessible until a later date, leaving your family with questions on how to pay.

Why are visitation and funeral important?

Many events in our lives are marked with a ceremony. A baby is born, a child graduates from high school, birthdays, weddings,

anniversaries are all cause for a ceremony or celebration. A ceremony to mark the passing of a loved one is also important.

Visitation and a funeral provide for a dignified and respectful tribute to the life of the deceased. It helps us acknowledge the death and remember the person and his or her life.

If I donate my body can I still have a funeral?

Visitation and a funeral are available, and encouraged, when a body is donated to a medical institution.

If I donate my organs, can I still have a funeral?

Absolutely. All options are available when someone gives the gift of life and donates organs. ■

Written by Jeanne Yordi, Acting Manager, O'Leary Funeral & Cremation Services, 515.981.0700 www.olearyfunerals.com jeanne@olearyfunerals.com



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AN UNEXPECTED turn

The Meckleys call the “Sage House” home.



A reading corner provides a cozy and relaxing area.

Brad and Gail Meckley were both born in the Des Moines area and moved away after getting married in 1987. They lived in three larger cities but longed to move back to be close to family and raise their kids. They settled in Indianola and have called it home for more than 22 years.

Prior to the “Sage House,” the Meckleys lived in another home for eight years. The sweet, little house was perfect for their family, and they had no intention of moving.

However, one day, out of the blue, Brad and Gail were notified they would have to move in six weeks.

“Our landlords decided to sell some of their properties, and our house made the list,” recalls Gail. “We were devastated.”

Staying in Indianola was a priority, but finding affordable housing was difficult. They looked in Des Moines and surrounding towns even though they didn’t want to leave the life they had built in Indianola.

“Many of our leads didn’t pan out,” says Brad. “It was discouraging, but we knew God would provide a home for us... that’s what He’d always done in the past.”

Along came the “Sage House.” It’s how



When Brad and Gail Meckley unexpectedly had to move, a long search led them to the “Sage Home.”

the owner described it when giving them the address to drive by.

When they toured the home, everything just felt right. The landlord reminded Brad and Gail of a previous landlord they had in St. Louis who cared not only for the home, but also the people in it.

“It was wild how these two people were so much alike in that way,” says Gail, smiling. “We just knew this home was a gift from God.”

Built in the late 1800s, the home features its original hardwood floors, tall doors and trim, not to mention the lofty ceilings and tall windows that stream in natural light.

Their style is a mix of sentimental items, family pieces, thrift store finds, and mid-century modern. They were able to paint the



walls soft white, allowing them to integrate color and texture with furnishings, wall hangings, and other decor.

Brad enjoys the “hobby room” because he can work on his RC cars and models. It also has a comfortable reading corner. Gail enjoys the living room because it’s filled with light, and she can see all the other rooms no matter where she’s sitting.

“We started calling it the ‘Sage Home’ after we settled in and our rhythm of life returned,” Gail says. “It’s a simple rhythm: arriving home after a day of work to a place of peace and our kids coming down for Sunday hangouts and dinner every week.” ■

UNDERSTANDING risk factors the key to preventing heart disease

February is Heart Month, a time to increase your awareness of cardiovascular disease.

And, for most Iowans, increasing awareness starts with a clear understanding of the risk factors associated with

the disease. Knowing your risk is the first step in prevention. Common risk factors include: age, family history, cholesterol, blood pressure, smoking, diabetes and obesity.

• **Age:** Men are at increased risk for heart disease after age 45. A woman's risk goes up at age 55 or if she has experienced menopause. We tend to overlook the simple fact that our risk for heart disease goes up as we grow older. By the time you hit 40, you should be actively aware of your risks and ready to take action.

• **Family history:** Studies suggest family history may play a role in heart disease, particularly when diagnosed in younger people over successive generations. We're most



concerned about family history when a parent or sibling has early heart disease — before age 45 for men or age 55 for women.

• **Cholesterol:** The body makes all the cholesterol it needs, so any you add through your diet is “extra.” The extra cholesterol forms plaques that can accumulate in the coronary arteries, eventually causing chest pain or a heart attack.

Total cholesterol should be less than 200 mg/dl. Levels of LDL or “bad” cholesterol should be as low as possible, while levels of HDL or “good” cholesterol should be high.

• **Blood pressure:** Blood pressure should be 120/80 or lower. High blood pressure means your heart has to work harder than normal. Left untreated, the condition can weaken artery walls. Adults and children should have their blood pressure measured each year.

• **Smoking:** Smoking contributes to plaque formation in the arteries, which may, in turn, lead to a heart attack or stroke. If you smoke, quitting is the best thing you can do for your overall health.

• **Diabetes:** Nearly two-thirds of people with diabetes die of cardiovascular disease. Patients with diabetes should carefully monitor and control their condition, as well as their other risk factors for heart disease.

• **Obesity:** Obesity makes the heart work harder, increasing your risk for heart disease. In many cases, it also indicates a sedentary lifestyle and a low HDL level.

Try to get as much physical activity as possible and eat a heart-healthy diet to maintain a healthy weight.

Heart disease prevention is critical. It should begin early in life. Start with an assessment of your risk factors. Then develop a plan with your health care team you can follow to maintain a low risk for heart attack. ■

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

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ACUPUNCTURE and the treatment of jaw pain

In patients with temporomandibular disorder (TMD), patients will experience pain in the jaw muscles, have headaches or face pain, and may even have pain or difficulty with chewing and opening their mouth.

I begin by doing an evaluation of the painful area, checking function of the jaw and performing my diagnosis using Asian Medicine. Once I determine the diagnosis, I treat the patient using acupuncture and herbal medicine if needed. This approach to healing is effective because it is treating the origin of the condition by treating the root cause, treating the local area, and treating and resolving other issues related to the TMD during the treatment session as well. I look at the whole picture, which includes dietary adjustments, stress reduction using relaxation techniques, jaw stretching movements that help re-educate the muscles and re-train the jaw how to function normally again.

TMD is caused by a combination of muscle tension or jaw joint dysfunction problems. Things that contribute to this pain syndrome are stress, teeth grinding, trauma, jaw clenching, even chronic pain can contribute. Acupuncture can help with stress and relaxation and treat the



tender points (ashi points) that develop in the muscles that support the jaw. It can also decrease inflammation, relieve the spasms and swelling in the joint, and release the joint naturally by the muscles relaxing.

From an Asian perspective, one of the “patterns of imbalance” I often see that contributes to TMD is what we call Liver Qi Congestion. This is a pattern that develops from extended stress, chronic pain, emotional circumstances, or even hormone imbalances. Patients also report they may have migraines, headaches, irritability, poor sleep with waking frequently at night, teeth grinding, irregular periods, painful periods, repressed frustration or anger and even random twitching of their eyelids or other muscles.

Acupuncture is a simple, safe and effective way to manage TMD and jaw pain. There are a number of quality research studies that support the efficacy of acupuncture. I have been treating this in patients for almost 20 years, with most patients having relief of their symptoms and a few who may have some results but not complete resolution. ■

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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HEALTHY boundaries make healthy individuals

During a time when many of us focus on others and their needs, how can we focus on ourselves and maintain a healthy balance within a relationship? Understanding what our own healthy boundaries are could be how we start our self-discovery and reflection. Within our reflection on our life, we can begin to list what we feel we can or cannot balance in our life currently. Other things that may go on this list are what we can and cannot control. Making this list of reflection upon our life will help to define what our boundaries can start to look like.

Being able to have open communication with your significant other about your boundaries is another way to uphold your own wellbeing and sense of self within the relationship. Finding the healthy balance of compromise for each person within the relationship is essential to helping make the relationship long-lasting and respectful.

Implementing self-care, utilizing a support system, and using coping skills are all important factors in maintaining a healthy individual. When we utilize our coping skills, as well as healthy boundaries within our professional and personal lives, we can feel more at peace. ■

Information provided by Ariel Meaney, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meaney@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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TAKING care of the community

Free clinic offers hope and health.

When Michelle Hunerdosse was approached by Free Clinics of Iowa (FCI) about starting a free clinic in Indianola, she was all in. Even though finding a location might be difficult, she started by asking her church.

"I approached Pastor Barry Hill at Assembly of God about whether the church might have space," Hunerdosse says. "Without hesitation, he replied 'yes,' but said I must talk to Amira Seemann because he and Amira had been talking and praying about a free clinic."

Amira and Michelle knew God was at work — and even more so when FCI shared that Robyn Witte had been looking to secure a location for a free clinic in Indianola, too.

"The three of us connected, started working together, and things really took off," says Witte. "The church renovated a space, donating much of the building supplies and labor."

FCI provided exam tables, lab supplies, equipment, and other furniture to get the clinic started.

Robyn Witte, a registered nurse, and Amira, a physicians assistant, are co-managers and Michelle, a nurse practitioner, serves as the medical director. Besides providing patient care, Robyn manages scheduling and marketing; Amira attends to bookkeeping/records; and Michelle helps with obtaining medications and supplies from pharmacies and FCI.

The clinic serves Indianola and the surrounding area. The target population is uninsured or underinsured people, but they are glad to help whomever they can. There is no charge for services; however, they do accept freewill donations. The clinic also has a small hygiene necessity pantry available.

"When I first became a PA, I knew that working in a free clinic was something I wanted to be a part of, and it's been such a dream to do this," says Amira, smiling.

The clinic is committed to growing the number of people it serves as well as expanding the services provided through partnerships with other medical and healthcare practitioners.

One way they plan to do that is by hosting an even larger back-to-school physical clinic later this year.

For more information on services or volunteering, email indianolafreeclinic@gmail.com or connect to the Indianola Community Free Clinic Facebook page. ■



Michelle Hunerdosse, Amira Seemann and Robyn Witte see their work with the free clinic as a natural outpouring of their Christian faith and compassion for others.

Indianola Community Free Clinic

1700 W. Second Ave.

Hours: Second and fourth Tuesday from 6-8 p.m.

No appointments/walk-ins only
Services provided:

- Illness/minor injury care
- Well child exams
- Adult immunizations (limited)
- School/sports physicals
- Employment physicals
- Prescription assistance
- Chronic disease management
- Diabetes/blood glucose testing
- High blood pressure testing

MEET Heidi Terrell

“Stringing” together a successful orchestra program

Music has been a part of Heidi Terrell’s life for as long as she can remember.

“I started piano lessons at the age of 4, so I feel like I’ve been reading music as long as I’ve been reading English,” she says, smiling. “My parents are not musicians themselves, but they love live music, so we grew up going to pretty much any music event that came to town.”

Growing up, Terrell thought her teachers were some of the most interesting people she’d met and soon realized she wanted to be like them. Terrell thought about teaching English or Spanish; however, an opportunity during her senior year would change everything and set her on the path where she is today teaching orchestra.

“I was able to work with beginners in my school district during an open period my senior year,” she recalls. “Their excitement for starting their instruments was so fun to see, and I enjoyed the variety that came with teaching different instruments.”

Terrell earned her bachelor’s degree in music education from Drake University in 2016 and is in her sixth year of teaching at Indianola, working with fifth grade, eighth grade and high school.

While teaching three age groups can be hectic, especially on a day when she sees all three levels, Terrell says she enjoys having a hand in the process at every step and watching her students grow.

“Fifth grade is fun because everything is so exciting... the first note, song and concert,” she explains. “In eighth grade, students make gradual changes throughout the year, but, in the spring when I reflect on all we’ve done, it seems like a huge leap.”

The high school level is where she really sees the hard work in the early years pay off because students become more independent at learning their music.

“That makes it interesting because we can think deeper and more musically about the notes on the page,” she adds.

Terrell says she is grateful that Indianola supports an orchestra program as so few districts in the state do. She also appreciates the camaraderie with the band and vocal programs because many of the orchestra kids are in one or both of those ensembles, too, allowing them to try a little bit of everything.

Even though Terrell spends her workdays making music, she still needs a creative outlet that she enjoys just for fun. For her, that’s cooking for herself, friends and family. She also enjoys spending time with husband, Michael, and their English bulldog, Winnie. She and Michael enjoy outdoor activities, but they are also both musicians so often play together. ■



Indianola orchestra teacher Heidi Terrell says it’s truly an honor to teach kids starting in fifth grade through high school and watching them grow as musicians and people.

THE COMMON thread of love

In February, we celebrate St. Valentine’s Day, a day filled with hearts and romance and flowers and love.

“Love” is a strange word in English. In one sentence we say, “I love my grandma,” and in the very next sentence we might say, “I love hot dogs.” I would hope that we feel differently about our grandmothers than we do about hot dogs! We tell our children we love them, and we tell our spouses we love them... but those are two different kinds of love that take very different forms of expression.

One thing that is common to most of these kinds of love is sacrifice. When we love someone, we are willing to sacrifice for them. I love my grandma, so I’ll sacrifice a Saturday afternoon to sit with her and put a puzzle together. I love my children, so I’ll sacrifice some of my desires to make sure they can pursue their passions. I love my husband, so I’ll sacrifice my Saturday night to watch yet another football game.

In 1 John 4:16 it says, “God is love...” God’s love for us is very different from any other kind of love except for one thing: it is a sacrificial love that gives Jesus for us. ■



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



*A Caring Family
Sharing Christ*



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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

RECIPE

A FRESH take on family dinner

(Family Features) If your family gets stuck in a dinner routine rut, it can feel like you're eating the same recipes over and over again.

However, this fresh and unique recipe for Cuban chicken with salsa fresca might inspire you to think outside the culinary box and give your family members the satisfactory flavor they desire at dinnertime. With fresh ingredients and a wholesome flavor, this meal is perfect to add to your menu.

Find more recipes and family dinner ideas at Culinary.net. ■

Cuban chicken with salsa fresca

Servings: 5

- 1 cup grapefruit juice
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper
- 1 1/4 pounds boneless, skinless chicken breasts

Salsa fresca:

- 1 cup grapefruit segments
- 1/2 jicama, cubed
- 1/2 red onion, chopped
- 3/4 cup grapefruit juice
- 4 tablespoons olive oil
- 1/2 cup fresh cilantro, chopped
- 1 jalapeno pepper, chopped

Directions

- Heat oven to 400 F.
- In large bowl, mix grapefruit juice, oil, garlic powder, cumin, paprika and red pepper until combined. Add chicken to bowl and turn to coat. Refrigerate 30 minutes or longer.
- To make salsa fresca: In medium bowl, mix grapefruit segments, jicama, red onion, grapefruit juice, olive oil, cilantro and jalapeno pepper until combined. Refrigerate until ready to serve.
- Remove chicken from marinade. Place chicken in baking dish. Bake 25-30 minutes until chicken is cooked through.
- Serve chicken with salsa fresca.



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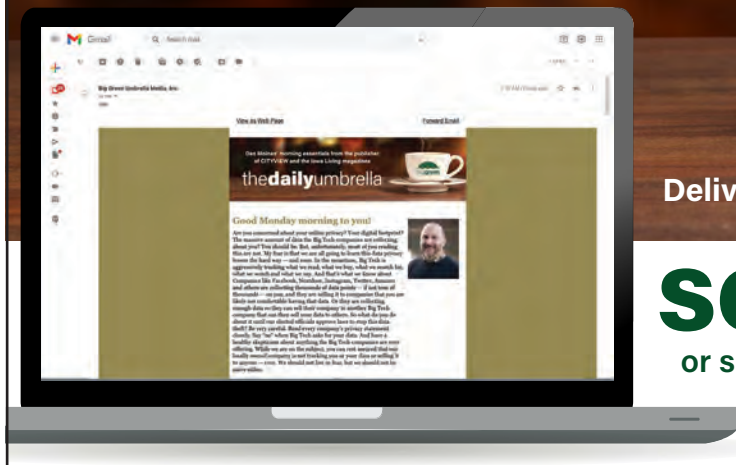
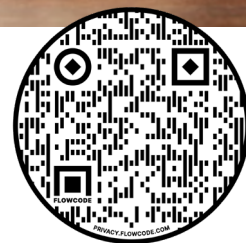
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LET the celebration begin

There is no better honor than to recognize individuals and businesses who have demonstrated leadership, commitment and dedication to serving others or who have accomplished goals that make Indianola better.

Each year, the Chamber accepts nominations and recognizes and celebrates businesses and individuals who have made significant contributions to our community. We are happy to announce the winners. Please enjoy some of the excerpts from some of the nominations:



Distinguished Chamber Leader of the Year – Nate Fehl.

"Nate has positively impacted the Indianola community in so many ways. He goes above and beyond to donate his time, resources and knowledge for the betterment of our community every day. He has been a strong leader on the Indianola Chamber of Commerce Board of Directors for several years, as well as holding leadership roles for many other Indianola organizations. His leadership at Hy-Vee is unparalleled. His employees have nothing but wonderful things to say about him, which is a key part of every successful organization."

Indianola Emerging Business of the Year – Willow Moon Apothecary, owner Brandy Werner. "This person is the type of business owner you want in a community. She's active, forward-thinking and event-minded. Her storefront is welcoming, and she offers many unique products. Not only does this business have a strong social media presence, she excels at marketing her products in a visually appealing way. Located just off the Square, the shop revitalized a building, extended shopping offerings and has brought new life to the Indianola Square."

Steven G. Pfeifer Volunteer of the Year – Rick Barnard. "Rick's commitment to the Indianola Booster Club has contributed to its success for 30 years. He has shared his financial expertise with the organization from his career at the State Auditor's office. The knowledge it takes to properly operate a nonprofit can make or break any club or organization. He knows the rules to a 'T' and helps support the board to make responsible decisions."

Educator of the Year – Kent Halstead. "This teacher brings history to life — connecting students' lives to their community. His class is seldom sitting down. They are up and collaborating with each other — creating and designing activities to learn by doing. He sets clear expectations — students will have fun while learning. He brings great energy to the school and does the same as a successful coach for Indianola High School."

Congratulations to all of our award winners. Thank you for your dedication and commitment to our community. ■

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

Friday Night Live Live summer concert series

JUNE 10 TrainWreck
JUNE 24 Past Vertical
JULY 8 Final Mix

7-9:30 P M **MEMORIAL PARK**
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CITYVIEW West Glen Town Center

OUT & ABOUT



Kelsey Longnecker at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Kaitlyn and Hank May at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Beau, Bryce and Kristin Bailey at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Gary Brown and Mary Vercioe at the potluck dinner hosted by Vintage Hills and held at the Parks & Recreation Activities Center on Jan. 21.



Bryant Vickroy and Danyel Wilson at the potluck dinner hosted by Vintage Hills and held at the Parks & Recreation Activities Center on Jan. 21.



Kathy Warner, Sue Ellen Hansen and Toots Garvin at the potluck dinner hosted by Vintage Hills and held at the Parks & Recreation Activities Center on Jan. 21.



Carol Ellsworth, Cathy Ball, Lois Halterman and Yvonne Lusk at the potluck dinner hosted by Vintage Hills and held at the Parks & Recreation Activities Center on Jan. 21.



Betty Albers, Ron Schuster and Madeline Weeks at the potluck dinner hosted by Vintage Hills and held at the Parks & Recreation Activities Center on Jan. 21.



Amber Rose and Gail Rose at the potluck dinner hosted by Vintage Hills and held at the Parks & Recreation Activities Center on Jan. 21.



Bill Rath, Randy Bittner, Jack Bean, Jim Flinn and Rick McGeough play pool at the Parks and Recreation Activities Center Jan. 19.

OUT & ABOUT



Kristen Dixson and Sammy Schreier at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Val Cameron at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Ashton and Afton Bradley at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Dilcia and Airam Luna at the Play Date held at the Parks and Recreation Activities Center Jan. 19.



Lanny and Jeanie Feight at the Ellis Law Firm open house held Jan. 13.



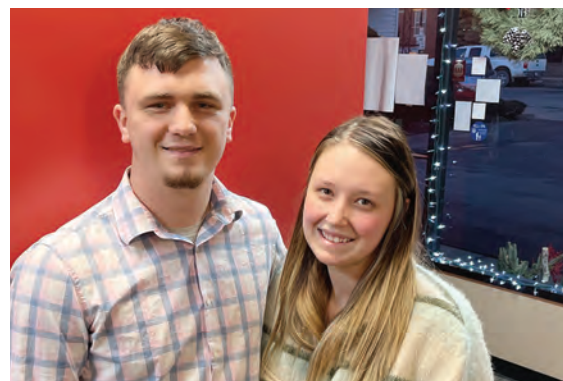
Brandey and Mark Smith at the Ellis Law Firm open house held Jan. 13.



Traci Ellis and Jo Vesey at the Ellis Law Firm open house held Jan. 13.



Ryan Ellis and Kenny Cummer at the Ellis Law Firm open house held Jan. 13.



Brandon Plecker and Ericka Wittrock at the Ellis Law Firm open house held Jan. 13.



Ashley Allen and Bre Vickroy at the Ellis Law Firm open house held Jan. 13.



Jay and Fonda Hess at the Ellis Law Firm open house held Jan. 13.



Mike Vesey and Lexi Ellis at the Ellis Law Firm open house held Jan. 13.

INDIANOLA Public Library news

Featured events

Dr. Seuss Birthday BASH, Saturday, Feb. 26, 9 a.m. We're celebrating Dr. Seuss's birthday with doughnuts, stories, and all kinds of silly fun. This year's event will be at the library. Sponsored by the Friends of the Indianola Public Library.

Friends of the Library Trivia Fundraiser, Saturday, Feb. 26, doors open at 6 p.m. and trivia starts at 7 p.m. The annual Trivia Night Library Fundraiser is back. Registration is \$20/person or \$160 for a full table of eight. Register at the library or at indianolaia.gov/friendsofthelibrary. Preference will be given to full-table registrations. All proceeds benefit the Friends of the Indianola Public Library.

Kids and family

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

Family NERF! Saturday, Feb. 12, 5:30 p.m. After hours, so we have the whole library to play in. All supplies provided. Personal Nerf guns/darts will not be allowed. This is a family event, so everyone under 18 must be accompanied by an adult.

Teens grades 6-12 only

Anti-Valentine's Day NERF Attack! Friday, Feb. 11, 5:30 p.m. Come celebrate the mushiest holiday the way we do it best: with a NERF war at the library. And, yes, there will be candy. It's after hours, and you'll have the run of the library. We'll play different games and free-for-all time. Nerf supplies are provided. Outside Nerf supplies will not be allowed.

Teen Hangout, every Wednesday, 2:30-4:30 p.m. (after school). 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. 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)

ESL Café (new), second and fourth Thursday of each month, 5-6 p.m. Practice your English conversation skills during a conversation hour at the library. Adults of any learning level and language background are welcome to attend.

Craft & Chat: Origami, Tuesday, Feb. 24, 6:30-7:30 p.m. Learn some folding techniques at this month's craft and chat. We'll make origami designs that range from simple classics to intricate decorations.

Escape Room: Envy, Murder Mystery Escape Room Event, Thursday, March 3, 5 p.m. and 6:30 p.m. Escape the room with a twist; a murder has been committed. Get to the bottom of the mystery so you can escape before you're next. Choose one time slot. Registration is required. Register by calling the library or by going to the events page on the library's website: indianolaia.gov/library.

Bingo! Tuesday, March 8, 6:30 p.m. Stop by the library every second Tuesday to play Bingo. Winners can choose a prize. BYOB (beer and wine only).

Handpicked. Sign up by the seventh of every month to pick up your box the 15th-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. ■

GOALS, reflections, and the Good News

A new year is already underway. Are you, like many others, considering how this year could be better than last year? One place to start is reflecting and assessing how last year went. To create change, you need to have a direction and goal. So, can you see your progress or lack of it, in hindsight of last year?

When looking at typical goals of health and wellness, we can easily see where food — usually too much — and exercise — usually too little — had a cumulative effect over time.

Having goals and tracking results are important. But then comes the “work.” The effort, often daily, moment by moment, is where choices are made and actions are taken to reach goals. Often, we fail incrementally and not in a single action.

Recognizing our limitations, weaknesses, and the short time we live out our lives, is important. We won't always have a “next year.” So, at the end is what matters most. We set goals to change who we are but there are some things we can never fix in our own power.

At your spiritual core, the Bible says, “and you were dead in your trespasses and sins” (Ephesians 2:1 HCSB). We are without hope or ability to change without God. Apart from Jesus' death and resurrection, all our efforts are like a body void of life. Spiritually, we can't move a muscle. It is only at the point God intercedes and breathes new life into us that we can do anything of meaning. Our response to this gift is simple.

Romans 10:9. If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.

Saved! We only need to speak and believe. Simple, yet a lifetime of obedience and faith follow that simple first step. No matter what good or bad thing is going on in your life right now, there is greater hope and better news found in Jesus. What he has to offer you is going to last for eternity — not fade over time.

So, while you make plans for this year, take a moment to consider if you know who Jesus is. If you do know him, then your life should be shaped and molded by that truth. For those who choose to acknowledge their spiritual weakness/death, there is hope. Hope that not only will 2022 be better, but that, no matter what happens in 2022, eternity will be better having found a God who cares intimately and greatly for you. I welcome you to visit a local church and seek to understand this great hope found in Jesus alone. ■

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



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