

INDIANOLA

JANUARY 2023

Local History *Living*

MAGAZINE

Local History Research

Local History research books may be used in the library but are not available for checkout.

These books have a call number before the call number.

Digging Up

ROOTS

Residents share their family tree discoveries

Meet Mike Constable

EDUCATION

Feta roasted salmon and tomatoes

RECIPE

Changing perceptions and changing hearts

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WELCOME

MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to — other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even if it was just a fraction.



A few decades passed, and I, on occasion, would try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave.com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading. ■

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FEATURE

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Local History Research

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Digging Up ROOTS

Residents share their
family tree discoveries

By Becky Kolosik

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find “royal blood”? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with Indianola Living magazine.

While online resources make genealogy easier than ever these days, Denise Coré says people often overlook one of the most valuable sources for family history research — their local library.

FEATURE

The thrill of the hunt

Barb Rasko has been doing research on her family since 1975 and says she feels it is a way to honor family members' memories and legacies. Her genealogy quest started when she was in her 20s and heard her family talking about the ancestry of her maiden name, Birlingmair.

"The story was about the widower who, in 1821, brought five of his eight children as stowaways on a ship from Germany to 123 Prescott St. on the shores of Chesapeake Bay, Baltimore, Maryland," she explains.

While her initial search didn't produce much information, it sparked what would become a life-long interest in genealogy.

Rasko's mother-in-law soon connected her with the Warren County Genealogical Society. The women in the group had walked the 50-plus cemeteries in the county, recorded the names on index cards and stored the information in shoe boxes... 17, to be exact.

"They didn't know how to deliver the information to the public," she explains. "I was 24, enthusiastic, and suggested they publish a book."

Rasko led a committee to proof the cards, index the names, visit trustees in each township to inquire about death records and take photos in every cemetery.

That involvement led to her becoming president of the society. During that time, the group published Cemetery and Death Records of Warren County, Iowa, and sold 500 books to locals and libraries across the United States. She also led the group to publish History of Warren County, Iowa, as well as early birth records and plat maps.

In addition, the genealogical society taught beginning genealogy classes. They had Genealogy added to the Premium book at the Warren County Fair so that youth

and adults could exhibit their genealogical research or family history for the public to see — as well as compete for ribbons.

Members of the group also advocated for adopted children or those in foster care by protesting at the State House against a law that redacted fathers' names on birth certificates. They also protested deleting the cause of death from obituaries, because knowing family/generational health history can be helpful for surviving family members.

As far as her own family genealogical adventures, Rasko has made some amazing discoveries, including:

- Learning 22 relatives had been killed at the Pigeon Roost Massacre in Indiana during the War of 1812.
- Finding an ancestor had fought in the Indian Wars with Daniel Boone in Kentucky and was with him on the first trip on the Wilderness Road through the Cumberland Gap.
- Uncovering a pay slip from the Civil War for an ancestor Union soldier signed by Ulysses Grant.

Rasko also discovered an ancestor from Pennsylvania who came up the Ohio River in a canoe in 1806 with only a rifle and a knife, married and raised 15 kids in a two-room log cabin in Illinois. After the Civil War, his family built a two-story, four-room house, in which Rasko spent the night on one of the low beds, with ropes and a tick mattress. She also had a meal cooked over the original fireplace and met his grandson, who was one of the first to develop ethanol.

When Rasko learned that the father of her father-in-law had died before his son was born, she went on a hunt to discover the family her father-in-law had never met.

"It was my deepest honor to find and introduce him to his aunts and uncles," she says, smiling. "When they met, he was presented with the 'pin-up girl'



For Barb Rasko, genealogy is a source of exploration, discovery and pride in what she's discovered not only about her ancestors, but also about herself.

Genealogy Research Sources

National Archives: Resources for Genealogists

www.archives.gov/research/genealogy

Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

Find a Grave

www.findagrave.com

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one's memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

Ancestry

www.ancestry.com

ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world's largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

23andMe

www.23andme.com

The focus of 23andMe, is "real science, real data and genetic insights that can help make it easier for you to take action on your health." It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives. ■



Cousins Marcia Hansen and Shelley Wedergren say Wedergren's research has allowed them to not only remember their grandfather, Andrew Anderson (pictured here in 1968 at the age of 78), but to honor his life and legacy.

knife that his father carried."

They say a genealogist shows up in a family every 100 years. Rasko has embraced that role and has felt a responsibility to record family trees and the stories of her ancestors' everyday lives.

"My parents wrote their memoirs to record simple details of their lives," she says. "They are not only a treasure to our family; they will be a great discovery for that genealogist in 100 years."

A local treasure trove

Libraries can be a treasure trove of information when it comes to genealogy research — from vital records indexes and city directories to family histories, maps, military records, surname periodicals and property records.

Denise Core, who recently retired from the Indianola Public Library after 16 years, is no stranger to hunting for family history and other historical information. During her last several years at the library, she handled any research requests, which were made through an online form submission or via phone.

"Sometimes those phone calls could get pretty long, as people really love to talk about their families," Core says, smiling.

After taking the request, Core would research using any and all resources available, including the library's collection of donated family histories, Warren County history books (and other Iowa county histories), cemetery and death records books, will and probate

books, church directories, as well as newspapers on microfilm, which include four Indianola newspapers beginning in the mid-1860s.

After collecting the research fees, Core sent whatever information she found via email or regular mail.

"Shortly after I retired, all newspapers through 1989 were fully digitized into a searchable format thanks in part to the Warren County Historical Society," explains Core. "That means people can now access those editions and do their own research."

Aside from digitized newspapers, the Internet has also simplified the process. Today, people can easily type a name into a search engine and see what information they get. Ancestry websites associated with genealogy and DNA testing have become popular, too.

Core says one of the benefits, however, of visiting libraries, county offices and historical and genealogical societies in person is there's often the chance to locate a relative's burial plot, homestead or business.

Working at the library, Core says there were often fun and interesting stories uncovered in the process of her research. However, one day, she had an unexpected surprise when a couple from Arizona came in to look around the library's genealogical section.

They asked her if she happened to know any Dixons or Shaws living in Indianola.

"I about fell over because that was my mom and aunt's last name," Core says.

The husband had written a family

history book and was hoping to glean more information. At that time, most people were still listed in the phone book, so he was just hoping for a phone number... not to actually meet a member of the family at the local library.

"It was serendipitous that I happened to be in the library that day because I worked part-time, and I'm pretty sure my co-workers would not have connected those names to me," she says.

Core knew that her mom and aunt were home and made plans to introduce everyone. The Arizona relatives ended up staying several days to visit, and they enjoyed sharing more family information as well as touring Madison County together. They remain in touch to this day.

Ironically, Core had yet another experience while working at the library that involved her family — this time her husband's side.

"A gentleman from Switzerland found my name on the library's website and emailed me to inquire if I was related to a World War II bomber pilot he was researching," she explains.

The man's name was Mr. Meurs, and he was writing his third book about members of the 8th USAAF (The Mighty 8th). The book was specifically about six bombers shot down over Berlin, Germany, on June 21, 1944 — one of which was piloted by Core's husband's uncle.

Mr. Meurs had been interested in the Mighty 8th since he was 9 years old when one of the bombers crashed directly behind his

house in Nazi-occupied Holland.

“Several family members compiled all the information we had in our family history files (which was quite a bit) and sent it off to him,” says Core. “However, with the onset of COVID, lack of information from other airmen families, and the writer’s advancing age, he sadly decided to table the project.”

An ancestor’s tale

In Norway, the eldest son, by tradition, inherits the family farm, and the other siblings must find vocations and livelihoods elsewhere. Imagine it’s 1902, you’re 14 years old, and your father is deceased. You have no money and no land to inherit since you’re not the oldest, so you join an uncle who is an officer on a Norwegian merchant marine ship.

That 14-year-old was Anders Johan Grimenæs, the grandfather of cousins Marcia Hansen and Shelley Wedergren. He traveled around the world twice, stopping at the main ports of Sweden, Denmark, England, Ireland, Australia, South Africa, Brazil and India, helping load and unload commodities.

“One can only imagine what he experienced at such a young age,” says Wedergren, smiling. “He had never traveled beyond his local area in Norway, only spoke Norwegian and was largely unsupervised on the ship.”

Hansen, who taught history, enjoys storytelling. Growing up, she and her cousin, Wedergren, enjoyed hearing stories about their grandfather and other relatives.

“It’s always been interesting,” says Hansen. “Shelley asks, ‘Do you know this?’ and then we have long and amazing conversations.”

Wedergren is glad to take on the role of family genealogist for several reasons. First, it honors the research her mother started, and she feels the responsibility to pass it along to her kids. Second, it’s helped her discover a deeper personal identity — a feeling of belonging or being anchored.

What happened to Anders after he traveled the world? At 16, he arrived in Brooklyn, New York, but not through Ellis Island, as there are no records. He worked near the Dumbo neighborhood

for Arbuckle Coffee Company, the largest coffee manufacturer in the U.S. at the time. While in New York, he legally changed his name to Andrew Andersen but did not seek U.S. citizenship.

He later traveled to Colorado and farmed/ranched but eventually signed up for duty in the United States Army on April 27, 1918, at age 30. As an immigrant, he hoped it would lead to U.S. citizenship.

“Ironically, he trained at Camp Funston, which, in March 1918, was identified as the nation’s first influenza outbreak — eventually known as the Spanish Flu Pandemic of 1918,” explains Hansen. “While we don’t know if he became sick, how crazy is it to think that his grandchildren recently lived through a pandemic, too.”

Andersen went on to serve in World War I in France. He fought on the front line against the Germans in the now-famous Argonne Forest and St. Mihiel sector in France near the Belgian border and was gassed twice.

After serving, he married Sigrid Lillian Banks on Jan. 22, 1925, at age 37, and they settled in Colorado where they had three children. Through Wedergren’s research, she learned about the hardships faced by farmers/ranchers and how the family was considered poor in those days. In 1944, a hailstorm destroyed Andersen’s crop, and, the next year, they moved to southwest Iowa.

“While these are just a few highlights of our grandfather’s life, there’s no question we had tough souls as our foundation,” says Hansen. “I’m so glad some of the things I knew or felt early in my life have been validated.”

This circles back to the third reason Wedergren embraces recording her family’s history: It gives her confidence and hope in a world where she feels people have lost their sense of resiliency.

“Our relatives had stamina and strength in the midst of suffering, hardship and loss,” she explains. “If they could do it without all the resources we have available today, I can do it — and my kids can do it, too.” ■

‘UNBEARABLE inconveniences’

It seems that people have always worried about the new generation. I found an article in the *Indianola Record*, Aug. 23, 1940, that explained what some of our grandparents and great-grandparents might have complained about. The article was titled “Unbearable Inconveniences.” It was difficult to tell if the author was serious or just being sarcastic. According to the author, the rising tide of inconveniences explained why the standard of living in the United States was going down and why there were so many unhappy people and so many old and young afraid of insecurity. “If we must continue to put up with these devastating inconveniences, we are on the road out as a nation.”

The first example of an inconvenience was the electric iron. “Millions of women are still pushing electric irons, when ironers are available.” Another inconvenience was ordinary electric washers with the wringer attached. The new washers wash, ring and dry the clothes in one operation. Another example is the radio. Remote control is the way to solve the inconvenience of having to go to the radio to turn it on or off. “It is not yet available to thousands of families who must struggle along with the old-fashioned, leg-wearying radios... Before the day of radios, we had no such suffering.”

The next target was the telephone. “Who wants to be subjected to the back-breaking strain of standing up to a telephone or even holding the transmitter in one hand and receiver in the other? Before telephones, we didn’t have such inconveniences.” The misery of the treadle sewing machine was blamed on Elias Howe, who invented it. Bathrooms were another inconvenience. One bathroom, a welcome relief at first, had become a nerve racking inconvenience when two or more people needed it at the same time. “We were happier before the days of bathrooms. Never was there such moonlight as that which filtered through grapevines into the open door of that house at the end of the arbor.”

The author longed for the romantic days of horses and buggies. “Nowadays the average American family is in a constant uproar over the inconvenience of only one car... Perhaps the reason girls show their legs so much more now than they used to is because they don’t use them enough to prove otherwise that they have any.” Then the coal stove was condemned. “Not until the last family has been rescued from the hand-fired coal stove will life be worth living” because of the smoke and intermittent bursts of heat.

The article then ends with a warning. The country “cannot endure with half the people enslaved to one car, one bathroom, manually controlled radios and stand-up telephones. No sir. We must have three bathrooms, at least two cars to the family, remote controlled radios, gas or electric furnaces, centrifugal washers, shorter hours and more pay.”

Next time you are bored, use your “inconvenient” phone, tablet or computer to search the digital archives of Warren County newspapers. The link is: warrencountyhistory.org/ research. Enjoy the items that our ancestors thought were significant. ■

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GARDENING

By Barry Laws

FOCUS on birds, houseplants and seeds

The holidays are over (big sigh), gardens are put to bed, and the blanket of snow is providing a layer of protection for the bulbs you planted, as well as a backdrop for the winter-interest plants and shrubs you planted last summer. So, after that long sigh and a hot cup of tea (or coffee or hot chocolate), let's start thinking about the year ahead and what projects we can take care of during this cold dark month to give us some brightness and cheer.



Feeding those bright, cheerful birds outside is something that will make you smile over morning coffee. If you still have that beautiful Christmas tree, consider putting it in the backyard, giving our feathered friends a place to huddle and stay warm during the next few months. You can spend a craft day with the kids or grandkids making a popcorn (air-popped preferred) garland for it. Feeding black sunflower seeds and nut mixtures will give these friends more energy than those mixes that contain mainly millet. Suet and nut/suet mixture blocks will bring those clinging woodpeckers and nuthatches to your feeding site. Consider placing your feeders close to shrubs or conifers. This will give the birds a safe place to rest and eat, without being in the open.

You have been so busy outside all year with your gardens, you have probably ignored your indoor garden and not given it the attention it deserves. Now is the time to give some love and care to your house plants. First and foremost, they need a bath. Place your house plants in the shower and gently shower them with cool to barely warm water, cleaning off all that dust they have accumulated, giving them freedom to breathe. While you are giving them their shower, inspect for insects and pests. Look for scale, mealy bugs and spider mites. If you find any unwelcome guests, hit your local garden center for products you can apply to take care of them. There are a number of products available, depending on the pests you find. Now is the time to repot them if they need more root room. Select an appropriate pot and report for the next year of enjoyment.

And, the garden! This is the time to start thinking about seeds and seed starting. Peruse those catalogues and websites for those seeds you have been thinking about. Order them and then pull out your calendar, look for when you need to start them to be able to plant outside and get produce. (AND PLEASE REMEMBER: Our last frost date is May 15, no matter what April and early May seem to say.) Mark the calendar for when to start and keep track. And if you need trays, seed heating pads or planting kits, be sure to buy now, as you see them.

Now sit back, relax as you are taking care of the color in your garden (the birds), your indoor garden (oh, those awesome houseplants) and next year's garden (seeds, seeds, everywhere) and enjoy what you did in the gardens last year and what awesome things are to come. ■

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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RECIPE

ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

15-minute weeknight pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest
- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

DIRECTIONS

- Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.
- In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.
- Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.
- Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired. ■



UNDERSTANDING a car owner's liability

Iowa Code §321.493 is known as the Owner's Liability Statute. It provides that, in all cases where damage is done by any motor vehicle by reason of negligence of the driver, and driven with the consent of the owner, the owner of the motor vehicle shall be liable for such damage.

As stated in the code provision, the vehicle must be driven with the consent of the owner for liability to exist. For example, if the car were stolen, the owner would not be liable for damages caused by the driver.

Questions about consent can arise when the person with permission to drive gives yet another person permission to operate the car. In these instances, the issue of whether §321.493 holds the owner liable will turn on the particular facts and circumstances of the case.

In most cases, the liability insurance policy that covers the owner of the vehicle will be available to compensate those injured by the driver of the vehicle.

Those who allow others to use their vehicles should make sure the car is well insured. The Iowa Owner's Liability Statute may create liability even if the owner did nothing to cause an accident. ■

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



HOSPICE services help ensure quality of life

When his wife's doctor suggested it was time for her to receive hospice services, Paul C. of West Des Moines found himself feeling angry.

"I thought it meant she was at death's door," he recalls. "But her doctor encouraged me to do my homework, and, after learning more, I became more open to the concept of home hospice care. My wife was discharged from the hospital and came home, and the nurses came a couple times a week."

The decision ended up being the best one for the family, Paul says. "She was more comfortable and more relaxed, and her pain was controlled. She had some really good days — active ones, even — and we were able to make some memories that are very comforting to me now."

If you're considering hospice services for a family member, it may seem counterintuitive to think about "living" in conjunction with services offered at the end of a person's life. But even during hospice care, a person is living — and it's important to understand that hospice services can actually help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models, and the type of care you and your loved one select is truly an individual choice.

But no matter the type of services you're considering, you should always ask any provider on your list: "How can you help me or my loved one continue to live through this stage of life?"

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice services, enabling an individual to live life in comfort for the days, weeks, months or longer that remain in his or her life. And the earlier hospice services are started, the more they can benefit the person who is ill as well as the whole family.

"We didn't know, for example, that once my wife went on hospice, we would get a hospital bed brought to the house and that she would receive music therapy and pet therapy and all kinds of things she really enjoyed and that really relaxed her," Paul says. "Before that, we were having a hard time managing the pain from her cancer, and she was really agitated. The pain control was a really big deal."

So, as we all wind down from the holidays, give some thought to what the coming months look like for you and your family. If you decide it might be time for some help, know that making that first call to a hospice provider can be difficult — but once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■

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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“When my wife’s doctors suggested hospice, I was angry. I thought it meant she was at death’s door. After learning more, though, I became more open to it — and it ended up being the best thing for her and for our family. She was more comfortable and more relaxed, and we were able to make some memories that are very comforting to me now.”

— Paul C., West Des Moines

WesleyLife Hospice helps people spend their days the way they want to, continuing to make memories with those closest to them in the environment that they find most comfortable. We offer care anywhere, and virtually anyone with a life-limiting illness can qualify. What’s more, as everyone processes end-of-life issues differently, **we offer support for the whole family.**



If you’d like to know more about hospice services for someone you love, visit wesleylife.org/hospice or call **(515) 978-2777**. We’d be honored to help your family.

5 WAYS to improve your finances in 2023

With the holidays in the rearview mirror, we all look forward to a fresh start in 2023. A new calendar year presents an opportunity to reflect on what we've accomplished in the past and focus on what we would like to improve. In this article, we will look at five ways to simplify your financial picture and provide opportunities to make 2023 the best year yet.



1. Review your budget. Having a budget is the backbone to a strong financial statement. Track your spending on fixed vs. variable expenses to find ways to potentially free up cash flow.

2. Pay down debts. In 2022, we saw rate hikes that make borrowing more expensive. In 2023, look to avoid the trap of paying the minimums on what you owe and chip away at your debts from smallest to largest balance.

3. Increase your retirement contributions. The IRS increased 401(k) retirement contributions for eligible employees to \$22,500 and \$6,500 as a catch up for those older than 50. Individual Retirement Accounts (IRAs) also saw an increase to \$6,500 and \$1,000 for a catch

up. The new year is a great time to increase your 401(k) deferral 2-3% or to consider starting your own IRA.

4. Manage your risk by reviewing your current allocations. The year 2022 gave us a great opportunity to analyze our current risk and the potential for a market draw down. Review your allocations of stocks vs. bonds to ensure they align with your time horizon for retirement.

5. Have a financial plan. In the words of the late, great Yogi Berra, "If you don't know where you are going, you'll end up some place else." Trust and investment advisors believe this rings true regarding retirement planning. It's essential to have a vision of how you want to spend your retirement years, so we can position your assets to help meet those goals. ■

For more information, please contact Chad Stevens with City State Bank Trust & Investments at 515-981-1400. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice.

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EVENTS IN THE AREA

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

Check for cancellations

Snakes!

Tuesday, Jan. 17, 6:30-7:30 p.m.
Buxton Room, 2204 W. Second Ave., Indianola

Slither off those winter blues and join a naturalist from Warren County Conservation to learn about the splendid work of snakes. This is a chance to learn more about these helpful creatures that so often get a bad reputation simply because they are misunderstood. Learn about snakes in general and get a chance to meet one of the animal ambassador snakes. For all ages. Children must be accompanied by an adult. Free, but registration is required by Monday, Jan. 16 at www.warrencb.org/events.



Live Music

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

- Jan. 21: Brian Herrin
- Feb. 4: Tank Anthony
- March 17: Tony Bohnenkamp

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

Call Me Chef! Kids Cooking Class

Sunday, Jan. 22 or 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.



Pie & Puzzle Palooza

Tuesday, Jan. 24, 1-3 p.m.
Indianola Activity Center
2204 W. Second Ave.
For ages 50 and older

Do you love to assemble puzzles? Then beat the winter blues and join the fun at the first Puzzle Palooza at the Indianola Activity Center. Teams of up to four people will join in a friendly competition to see who can put together the same 300-piece puzzle the fastest. Come for the puzzles, then stay to enjoy a delicious piece of pie as a reward for your efforts. Register as a team of four or sign up as a single and be assigned to a team. The event is free but you need to pre-register. Space is limited. https://anc.apm.activecommunities.com/cityofindianola/activity/search/detail/1900?onlineSiteId=0&from_original_cui=true.

Lee Cole's Parent/Child MagiCamp

Saturday, Jan. 28, 9:30 a.m. to noon
Buxton Room, 2204 W. Second Ave., Indianola

New Year's resolutions... Have more fun! Be more amazing! Take up a hobby with my kid! This event is just the thing for you: Lee Cole's Parent/Child MagiCamp. Join professional magician Lee Cole for a fun Saturday morning as you team up with your child to learn awesome tricks and magic that will entertain and amaze your family and friends. For children ages 6 to 15 with a parent. No experience necessary, and all materials are provided. Registration fee only applies to child. Cost is \$47 nonresidents, \$42 Indianola residents. Registration deadline is Monday, Jan. 23, or when full. https://anc.apm.activecommunities.com/cityofindianola/activity/search/detail/1895?onlineSiteId=0&from_original_cui=true.



Snowshoe Hike

Saturday, Jan. 28, 1-3 p.m.
Pickard Park, 2205 E. Second Ave., Indianola

Bundle up in warm boots and clothing and join Warren County Conservation Board staff at the shelter at Pickard Park to learn how easy and fun it is to snowshoe. Class will be cancelled if snow cover is less than 5 inches. For ages 6 and older; children must be accompanied by an adult. Free, but registration required by Thursday, Jan. 26, at www.warrencb.org/events.

The Underground Railroad in Southwest Iowa

Tuesday, Jan. 31, 2-3 p.m.
Buxton Room, 2204 W. Second Ave., Indianola

Desperate times and desperate measures: How helping your fellow man can put you in prison, a \$10,000 bounty on your head, or cost your life. Join Linda Griffith Smith, Madison County Historical Society president, and Deb Taylor, past president, for a fascinating program about the Underground Railroad movements through southwest Iowa with details of activities in Madison and Warren counties. Hosted by Indianola Parks & Recreation. Free and open to the public. No pre-registration, just come and enjoy.

Family Fun Night

Friday, Feb. 3, 6-8 p.m.
Indianola YMCA, 306 E. Scenic Valley Drive

Multiple generations can enjoy an active night of fun making memories together with activities like dodgeball, Nerf wars, an inflatable jousting battle, tic tac toe races and giant trike races. Bring your swimsuit and towel and enjoy swimming, kayaking and stand-up paddle boards. Children (ages 5 and older) must be accompanied by an adult. Event fee includes drinks and snacks. Cost is \$12 nonresident/\$10 resident (inside Indianola city limits). Each person attending should register. https://anc.apm.activecommunities.com/cityofindianola/activity/search/detail/1890?onlineSiteId=0&from_original_cui=true



EVENTS IN THE AREA

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

Check for cancellations

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.

Think Spring! Garden Seminar

Saturday, Feb. 25, 9 a.m. to 3 p.m.
Hubbell Hall, Kent Campus Center, Simpson College

The annual Masters Gardeners Think Spring Garden Seminar will feature inspiring speakers, door prizes, shopping with vendors, and a catered lunch. Master Gardeners earn four CEU credits for attending. Featured speakers are: Jessica Lancial on Wild Edibles, Adam Janke on Birds and Wildlife, Cindy Haynes on Container Gardening and Karen Salmi on Gardening for Bees. Warren County Master Gardeners host this fun event to raise funds to provide the educational seminar as well as provide grants and educational opportunities to nonprofit organizations.

Tickets are \$50 through Jan. 22 and \$60 Jan. 23-30. No refunds after Jan. 30. Reserve your spot by registering at <https://go.iastate.edu/RUCYYV>. For more information, contact Bethany Cecot at the Iowa State Extension & Outreach Warren County office at 515-961-6237.

To reach the Kent Campus Center at Simpson College, travel from Highway 65/69 west on Girard Avenue to the parking lot between C and D streets, immediately northwest of the building.



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.



Des Moines Buccaneers

Buccaneer Arena, 7201 Hickman Road, Urbandale

This month's home games for the Des Moines Buccaneers. Find tickets and details at bucshockey.com.

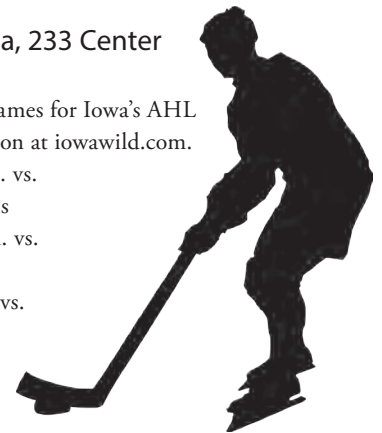
- Jan. 13 at 7 p.m. vs. Waterloo Black Hawks
- Jan. 27 at 7 p.m. vs. Sioux City Musketeers
- Jan. 28 at 6 p.m. vs. Lincoln Stars

Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines

This month's home games for Iowa's AHL team. More information at iowawild.com.

- Jan. 16 at 2 p.m. vs. Grand Rapids Griffins
- Jan. 20 at 7 p.m. vs. Milwaukee Admirals
- Jan. 21 at noon vs. Milwaukee Admirals
- Jan. 24 at 7 p.m. vs. Rockford IceHogs
- Jan. 26 at 7 p.m. vs. Coachella Valley Firebirds
- Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds



Winter Hybrid Training

Feb. 20 - April 28

Master Gardeners come from many different backgrounds but have a few key things in common: They love gardening, they love learning and they love contributing to their local communities. If you want to deepen your horticultural knowledge and serve your community, join the group this year. To be awarded the coveted Master Gardener title, there are a few things you'll be asked to do:

- Complete a 10-week online training through Canvas
- Take a pre- and post-test at the beginning and end
- Participate in four in-person sessions with your county/region
- Volunteer 40 hours in your county by Dec. 31, 2024

Applications due Feb. 3. For more information and complete schedule, contact Bethany Cecot, 515-961-6237 or bcecot@iastate.edu. ■

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LOVE where you live

The Lampmans are ready to “settle in” in the new year.

Realtor Emily Keller-Lampman is in the business of helping clients find their dream homes. She knows there are many things that factor into this very important decision. Perhaps it’s family traditions or a particular time in life. But, mostly, she knows people select a home for the experiences and happiness it can offer their lives.

For the Lampmans, it was no different when they got the itch to move.

“I’ve seen and toured many beautiful houses over the years, but it never really prompted me to want to make a change,” explains Emily. “We were in our previous home for over 10 years. We loved that house and the neighborhood, so, for us, we had to find something really special if we were going to move.”

In early 2021, Emily was preparing to list a home on Buxton Street. She had driven the tree-lined route every day on her way to work for nearly 11 years. It didn’t occur to her that this home might be “the one” for their family.

When she told husband Seth about the listing, he responded, “Let’s buy it!” After thinking about it, they decided they liked that the home was in a well-established neighborhood, and it provided the bedroom space they needed.

“It didn’t take long for Seth to convince me,” Emily says, smiling. “The vision for how we could make it our own quickly fell into place.”

Emily knew she wanted a more open living space and a white kitchen. They removed a couple of walls; remodeled the kitchen; added new flooring, woodwork and doors; and installed new lighting. To maintain the home’s character and charm, a coat of paint easily updated the brick fireplace, surrounding shelves, bathroom vanities and wet bar cabinets.

The family of four camped out — literally — in the driveway for about a week starting July 1, 2021, and then in the basement for two weeks until the main level was complete. In addition to contractors going in and out, Seth spent many late nights doing much of the work himself.

The Lampmans decided to open their home for the 2022 Holiday Tour of Homes.



One of the most noticeable changes the Lampmans made was painting the brown exterior white with black trim, giving the home a modern, yet classic, farmhouse look that they love.



“We have people asking all the time about the work we’ve done in the house,” says Emily. “They can see we painted the exterior but are curious about the inside projects. We thought the home tour would be a great way to welcome others in to see the changes.”

Tour goers experienced classic Christmas with lots of black, white and red décor in the main living area, and daughters Elliot, 11, and Livvy, 7, got to pick themes for their rooms that fit their personalities — boho chic and Star Wars. The lower-level showcased Hawkeyes and the North Pole.

After nearly 18 months of home projects, the Lampmans are ready to settle in and enjoy their new space. They will eventually replace windows, but, for now, they say it’s nice not to be discussing their to-do list every night at dinner. ■



CHANGING perceptions and changing hearts

Rabe's vision comes to life at Lighthouse Community Center.

Pastor Jeff Rabe lived in Indianola until age 15 when his family moved to Sacramento, California.

"My wife, Sue, and I stayed in California for 38 years, with no intentions of returning," he says. "But God had other plans."

In 2010, Rabe was led back to Iowa to pastor at what was then called Chapel of Faith. Today, Freedom Fellowship is a thriving and growing church with a mission to spread God's love to the community and beyond.

As the church grew, so did its outreach, which included Backpacks for Hunger and a Thursday night recovery ministry. For both, Rabe felt that a location closer to town was needed to make a greater impact.

When the pandemic hit, a lot of things changed, but Rabe says he knew God was still at work. In 2021, he learned that the old Friends Church building was vacant. Rabe inquired with the former pastor and ultimately met with several trustees at the Iowa Friends Yearly Meeting. They were excited the church would once again be used for ministry and graciously donated the building.

"That was such a gift, because God has been doing work in this location since the late 1800s," says Rabe. "We all crave belonging and community. People can find that at Lighthouse Community Center."

Rabe and many others have put a lot of work into the building itself, and there's still more to do. But ministry and outreach continues to grow, thanks in part to generous support from several local churches, businesses and organizations.

In addition to being the new hub for Backpacks for Hunger, Thursdays have transitioned into an "alternative" church night at 6:30 with live Christian worship music, time in the word, and free Crimson Anchor coffee. On Tuesday nights, there's a free community meal from 5:30-6:30 p.m.

"The term 'community meal' is often associated with the poor or homeless," explains Rabe. "Our door is open to everyone... we simply want to bring individuals and families together and foster a sense of community. There is no other motive except to love on people."

Wednesday nights include a men's Bible study as well as prayer group, and Friday Friends & Family is every other week from 4-5 p.m., offering activities, community and fun for young adults with disabilities.

Lighthouse hopes to expand its ministries this year to include life skills classes and free Friday night Christian concerts.

"God has blown this up much more than we could have ever anticipated," says Rabe, smiling. "We will continue to watch his plan unfold and do our part to build up our community and connect people with resources for the glory of God."

For more information on the ministries or how to get involved, follow TheLighthouseCtr on Facebook or visit indianolaffc.org/lighthouse. ■



Volunteers at Lighthouse Community Center prepare for a Tuesday community meal. From left: Pastor Jeff Rabe, Carla Weed, Sue Rabe and Urbanno Burriola.

JUST the way you are

Some of you may be old enough to remember the old Billy Joel song, "Just the Way You Are" from 1977. The song starts out with this great line: "Don't go changing to try and please me..." Love accepts someone right where they are.

Once again, we've come to a new year and, with that new year, comes new habits and resolutions to improve ourselves. We're going to read more, look at social media less, eat better, and spend more time with friends and family. And behind those resolutions comes this thought: "If I change who I am, people will love me more." Or, sometimes our thought is, "I have to change who I am before God will love me."

If you've bought that second lie, God might say to you in Billy Joel's words: "Don't go changing to try to please me." As you begin this new year, know that God does love you just the way you are. As Paul writes to Timothy: Christ Jesus came into the world to save sinners (1 Timothy 1:15). Sinners are imperfect people, people who don't have it all together, people who need to be saved. God doesn't have time to wait for you to be lovable; He loves you just the way you are. Learn that first, then seek to make a change. ■

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

A NEW YEAR'S resolution for hearing loss

Happy New Year! Now is the time to resolve your hearing difficulties. Results of recent studies reveal the benefits of early intervention of hearing loss. Below is a list of common signs and symptoms of hearing loss.



Increasing the volume of the television, radio and/or telephone

Raising the loudness of these devices increases levels of both the dialogue and background noise. Therefore, everything becomes louder. This volume is often bothersome to others.

Difficulty hearing and/or understanding, especially in noisy conditions

Noise can mask, or disrupt, speech. Lower pitch sounds, such as running water, mask higher pitch speech sounds, including consonants (e.g., /k/, /f/, /s/ and /th/). Consonants convey the most meaning in speech.

Frequently asking others to repeat themselves

Individuals with hearing loss ask for repetition when they do not hear and misunderstand. These individuals may rely on a spouse or close family member with a familiar voice to repeat and/or rephrase.

Difficulty hearing women's and children's voices

Women's and children's voices are higher in pitch and softer in volume than men's voices.

Frequently asking others to speak loudly, clearly and/or slowly

Hearing loss can negatively affect the volume and clarity of sound. Without appropriate stimulation, the brain is not able to efficiently process sound.

Ring in the ears (tinnitus)

Tinnitus is the perception of ringing or other noises (e.g., buzzing, chirping, hissing

or roaring) in one or both ears. This noise may be constant or intermittent. Tinnitus is more noticeable in quiet environments, such as falling asleep at night.

Avoiding social situations

Individuals with hearing loss experience difficulties communicating. These difficulties may cause feelings of anxiety, stress or embarrassment. Therefore, these individuals withdraw from social interactions, which may lead to isolation and depression.

If you or a loved one experience any of these signs and symptoms of hearing loss, schedule an appointment today with an audiologist. Early diagnosis and treatment of hearing loss often leads to better outcomes. ■

Information provided by Dr. Kelly Cook, audiologist, Iowa Hearing Center, 1228 Sunset Drive, Suite B, Norwalk, 515-416-5990, www.IowaHearingCenter.com.

New Year's Resolutions

- ✓ Schedule a hearing exam
- ✓ Hear better



Hear Your Best in 2023!

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INTEGRATING yoga into the every day

There are several aspects to traditional yoga which allow for a deeper human experience. In fact, there are eight different areas (called limbs) which include meditation, general principles and breath work, to name a few. Here are simple ways to incorporate them into your every day to experience better wellness.



Deep belly breathing

Did you know that most Americans are not breathing correctly? The very first thing we do at the start of a yoga class is identify the breath by feeling the air enter in through the nose and completely fill the bottom half of the lungs as the belly rises. We mindfully release the air as an exhale as the belly falls. Slowing the breath automatically calms our

nervous system, which signals safety and ease to the brain. Try it for a few rounds yourself, perhaps counting to four seconds as you inhale, pausing at the top of your breath, and exhaling for four seconds.

Mindful walking

Walking with purpose is an effective way to connect with the Earth. Start by standing upright and rock from the heels and balls of your feet. Take a step with each foot but lead with the heel, pass through the ball of the foot, and ground into the toes. Walk around your house for a few minutes or opt to take a slow walk outside. This is also a lovely exercise to do barefoot outside in the summertime to enhance our connection to the Earth.

Gentle morning stretching

Stretching is a nice way to warm up our muscles, ligaments and internal organs after

a good night's rest. Start by sitting upright and ground your feet into the floor. Take a nice big belly breath, and reach your hands overhead. Create circles with your wrists before releasing your hands down to the sides of your body. Twist from side to side, pausing on each side to do a few rounds of deep belly breathing to warm up the spinal cord and kickstart digestion. Lastly, reach down for your ankles or toes to keep the lymphatic system flowing.

Everybody can do yoga. These are three simple ways to integrate mindfulness, movement and breath work into your daily routine. ■

Bethany with Begin Again Yoga combines yoga postures, breath work and mindfulness into a complete package for therapeutic classes. Follow @BeginAgainYoga, visit beginagainyoga.com or call 515-962-9093 to learn more.

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HEALTH

By Monica Meier

TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■



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

HEALTH

By Ashley Powell

THC content and benefits of hemp

This is hemp-derived, that's hemp-derived. What's up with all this hemp? Is it marijuana? What's the difference? Scientifically, there's not much difference between hemp and marijuana. It's really the law that separates the two. According to the law, hemp is the strain of the cannabis sativa plant that contains 0.3% or less of THC by dry weight. Marijuana typically contains 5-30% THC. The cannabis industry has flourished in states where marijuana is illegal due to the 2018 Farm Bill that legalized industrial hemp. The seeds and oil from hemp are rich in protein, fiber and magnesium. They also contain high levels of Omega-3, which contribute to relief from symptoms of discomfort and improve heart and skin health. Besides its wellness effects, fibers from hemp stalk are extremely strong and have been used for more than 2,000 years as material for clothing, construction and food supply. Hemp cultivation is exceedingly more environmentally friendly versus crops such as flax and cotton. It grows quicker and under a wider array of conditions. It can absorb carbon from the air and transform it into plant materials, and it can decontaminate soil by absorbing harmful heavy metals and turning them into harmless plant matter. Since THC is so popular, the spotlight on marijuana plants seems brighter. Fortunately, hemp can provide many of the same benefits. Ask your local cannabis retailer for more information, and you're likely to discover how going heavy on the hemp will get you the results you're looking for. ■



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.

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MEET Mike Constable

Making the rounds and spreading cheer

For Mike Constable, nothing is better than seeing the smiling faces of elementary students when he gives them a thumbs up and tells them, “You’re awesome.”

“It’s such a great feeling when the kids call me by my name and say, ‘Hi!’” says Mike, smiling. “And then there are the high school and middle school students who are always so courteous and helpful when they open and hold doors while I’m bringing packages into the buildings.”

Mike has become acquainted with many members of the staff, administration and student body. He’s held five different positions since starting at ICSD in 2017 and is currently the warehouse operator.

“Mike always has a positive attitude,” says Renee Strub, Emerson instructional coach. “We all look forward to his daily deliveries but, more importantly, we look forward to his cheerful smile and genuine conversation.”

Helping students and staff is what fuels Mike, he says, adding that being asked to do something makes him feel like he is doing his job right. He says serving others is one of the most important things he learned during his 30 years working in the grocery industry — in both marketing/sales and retail.

Mike’s day typically starts at 6 a.m. delivering print shop items to the schools. He then drops off returns to the print shop, delivers packages to the staff, and returns items left on the busses, such as cell phones, lunches and computers. He also picks up the mail from the post office, sorts and delivers it — along with inter-school envelopes and repaired Chromebooks — to each building.

And that’s just his morning routine.

In the afternoon, Mike picks up deposits from the food service department and drives to the bank and then tends to any other packages that come in.

He recently won the facilities department’s first annual “Make It Shine” award for the cleanest facility vehicle. Mike not only deep-cleaned his van from top to bottom but included some extra special surprises that set him apart and earned top accolades from the judges.

“Probably what sealed it were the quarters I set on the dash for each of the judges,” he says, laughing. “I just wanted to have fun with it, and it was all in good humor. I enjoyed seeing the judges’ reactions.”

Mike has had a lot of memorable moments in his five-plus years in the district, including working the gates at the stadium and hearing the compliments from visiting teams about the district’s beautiful, clean athletic facilities. He also had fun working in food service.

“The kids coming through would often ask for two slices of pizza,” he says. “I always kept a pizza cutter close while serving, and, when they asked, I’d cut their piece of pizza in half and say, ‘There you go — two slices.’”

When Mike’s not working, he enjoys time with his family, as well their farm and Australian Shepherd dogs and horses. ■



Mike Constable enjoys being part of the Indianola Community School District’s facilities team and serving administration, staff, students and the community.

LIFE Insurance 101

There are many types of life insurance policies. Here are three of the most common:

Term life insurance can offer coverage for a specific term or length of time, such as 10, 20 or 30 years, and is often purchased to provide funds for short-term financial obligations such as a mortgage or a child’s tuition in the event the insured dies.

Whole life insurance generally provides coverage throughout a person’s life with level premium payments, as well as a level death benefit. Unlike term insurance, a whole life policy may gradually accumulate a cash value.

Universal life insurance offers more flexibility than whole life insurance. It allows policyowners to change premium payments, subject to certain limits, which may affect the cash value of the policy. The death benefit may also be increased (subject to continued insurability) or decreased.

For help determining the right type of life insurance policy for you, talk to your insurance agent. ■

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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NEW YEAR, new faces, new places we'll go

The year 2023 will be a year for the making in Indianola. With a solid foundation of tenured leadership in our community, as well as new faces of leadership at Simpson College, the Indianola School District, the City of Indianola, and here at the Indianola Chamber of Commerce, there is significant collaboration taking place to move Indianola to the next level. Through that collaboration, it's been identified that the Indianola Chamber of Commerce, a nonprofit organization with a 103-year history, is a key part of helping make that happen.



As laid out in our community's comprehensive plan, there is a need for the Chamber to play both a leading and supporting role to achieve economic growth and contribute to community betterment. To accomplish the strategies laid out in that plan, the Chamber must adjust, grow and implement new initiatives that align with that vision for the future.

In 2023, the Chamber will be focused on the following to help take those next steps:

- **New tourism initiative** – The sky is the limit when it comes to what Indianola can offer visitors to our community. In 2023, the Indianola Chamber will be working with tourism stakeholders throughout the community to develop a comprehensive tourism and convention strategy and, in the spring, will roll out a new tourism website to market to visitors near and far. Tourism is critical to the economic vitality of a community, and this initiative will be a game changer for Indianola.

- **Workforce development** – It is a priority of the Indianola Chamber in 2023 to collaborate with educational partners, community leaders and Chamber businesses to tackle workforce issues and provide educational opportunities that transform the workforce of today and tomorrow.

- **Entrepreneurship** – In collaboration with economic development partners, educational partners, community leaders and entrepreneurship programs, we will be working to develop a strategy to incubate ideas, foster entrepreneurship and help start-up businesses thrive.

- **Business connectivity** – It is a priority of the Chamber to revitalize opportunities for businesses to connect, learn and mentor. With an emphasis on small business, leadership, employee development and young professionals, the Indianola Chamber will be offering new business networking opportunities and educational tracks.

Lastly, the Indianola Chamber is committed to helping our business community thrive, and you are an important part of that equation. As you develop your plans for 2023, we ask that you make shopping, eating and doing business locally a part of your New Year's resolutions. As always, #thinkindianolafirst.

On behalf of the entire alliance of the Indianola Chamber of Commerce, we wish you a happy New Year and a prosperous 2023. Speaking of New Year's resolutions, do you have a big business idea on your list of things to accomplish in 2023? The Indianola Chamber of Commerce would like to help you navigate that process. Contact us at chamber@indianolachamber.com. ■

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.

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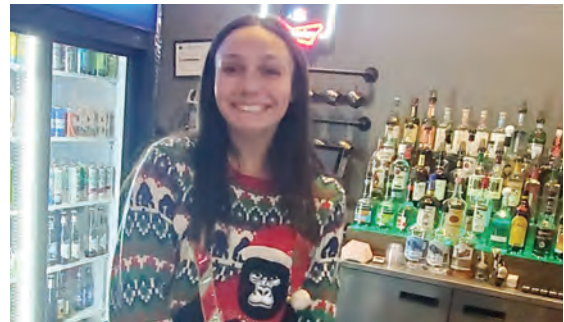
OUT & ABOUT



Rylan Wadle, Alexa Inman and Regan Wadle at the Ugly Christmas Sweater Party at Sticks & Balls on Dec. 22.



Crystal Inman, Jolene Ledlie and Alexa Inman at the Ugly Christmas Sweater Party at Sticks & Balls on Dec. 22.



Aryss Forbes at the Ugly Christmas Sweater Party at Sticks & Balls on Dec. 22.



Nick Bryan and Ryan Benn at the Ellis Law Firm Hat and Glove Drive open house on Dec. 8 at Ellis Law Firm. Photo by Amelia Phillips from Ellis Law Firm



Front row: Crystal Inman and Grasen Inman; and, back row: Captain Wadle, Natalia Wadle, Rylan Wadle, Corbin Wadle, Regan Wadle and Alexa Inman at the Ugly Christmas Sweater Party at Sticks & Balls on Dec. 22.



Haley Swanson, Amanda Zwanziger and Missi Bryan at the Ellis Law Firm Hat and Glove Drive open house on Dec. 8 at Ellis Law Firm. Photo by Amelia Phillips from Ellis Law Firm



Alex Berry and Breanna Vickroy at the Ellis Law Firm Hat and Glove Drive open house on Dec. 8 at Ellis Law Firm. Photo by Amelia Phillips from Ellis Law Firm



Lexi, Traci, Kenzie, Ryan and Bailee Ellis at the Ellis Law Firm Hat and Glove Drive open house on Dec. 8 at Ellis Law Firm. Photo by Amelia Phillips from Ellis Law Firm



Chrissy Mathews, Madi Parrott and Carrie Johnson at the Ellis Law Firm Hat and Glove Drive open house on Dec. 8 at Ellis Law Firm. Photo by Amelia Phillips from Ellis Law Firm



A ribbon cutting was held for Swagabees, 1709 N. Jefferson Way, on Nov. 9.

OUT & ABOUT

RIBBON Cutting

A ribbon cutting was held for Sauced Up, 1709 N. Jefferson Way, on Dec. 29.



A ribbon cutting was held for Sauced Up, 1709 N. Jefferson Way, on Dec. 29.



Paul DeYarman and Steve Richardson



Chase Henry and Mike Oeffner



Kailey Peters



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Stan and Eileen Thompson



Amanda Zwanziger and Rick Valentine

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FREESE honored by ISU

ISU College of Design presents the 2022 Outstanding Young Professional Award.

Caroline Freese, owner of Caroline Freese Designs LLC, is a recipient of the 2022 Outstanding Young Professional Award presented by the Iowa State University College of Design.

Established in 2020, the award

recognizes College of Design alumni who received their most recent degree from Iowa State within the past 10 years and have excelled in their professions early in their career.

Freese, from Indianola, received a bachelor of fine arts in integrated studio arts from Iowa State in 2016. She was honored at the ISU Alumni Association's 91st Honors and Awards Ceremony at Stephens Auditorium.

In early 2022, Freese established her private pottery studio in Indianola, where she creates primarily utilitarian ceramics embellished with custom decals derived from her original folk animal paintings. Her business also includes custom acrylic paintings on wood, printed pillows, greeting cards, stickers and coloring books for children and adults. She maintains a robust online merchandising presence and sells her work through shops in Ames and Perry as well as art fairs around the country.

Freese is a member of the nonprofit Creative Artists Studios of Ames (CASA), where she served as the gallery coordinator from 2019-2021 and a board of trustees chair member from 2018-2021. During the pandemic, she found the support to renovate the gallery and reallocate studio space. She also mentored Iowa State students, helping them learn about CASA and how to set up a studio, and hosted a summer intern in 2021. For her exemplary efforts, Freese was recognized with the Ames Community Arts Council's 2021 Hazel Hammer Cherished Volunteer Award.

Freese's work has been juried into national and regional exhibitions. She won first place in the pottery category of the Iowa State Fair Fine Art Competition in 2022 and an honorable mention in mixed media in 2021, and a Merit Award in the 2022 Omaha Summer Arts Festival. She has been an invited speaker and inspiring role model for students in the professional practice seminar and advanced ceramics course in the ISU Department of Art and Visual Culture. ■



Caroline Freese, owner of Caroline Freese Designs LLC, is a recipient of the 2022 Outstanding Young Professional Award presented by the Iowa State University College of Design.

PROMISE of the new year

Each of us — at the start of something new — projects in our minds how we anticipate things will pan out in the end. We've recently begun a new year, and you likely have already had thoughts in your mind like, "This has to be a better year than 2022 was. It's all looking up from here." Or, "I'm sure this year will be just as bad as the last." And we'll chalk up anyone's opinion on what the next 12 months will bring to whether they're in the "glass half full" or the "glass half empty" camp. (There's actually a third, and better, perspective but more on that below.)

In the end, what we're saying is that this new year holds the "promise" of something — a promise of blessing or hardship. It's as if we've already resigned ourselves to what may come. We'll work and labor and scurry as if everything depends on our own efforts, but, at least for the moment, we believe the new year is holding some cards it refuses to show us.

Yet in Isaiah 46:10 God says, "I declare the end from the beginning, and from long ago what is not yet done, saying: My plan will take place, and I will do all My will."

First, we can know with certainty that nothing that will happen this year — in your life, in the world — is going to catch God by surprise. God will never say, "I didn't see that one coming." From before the year begins, God knows the ending — and every step along the way. And second, nothing will happen that is beyond God's control. "My plan will take place."

That last thought is deep stuff indeed and worthy of far more discussion than we can cover here. But, let's not miss an important point that grows out of God knowing the future and being in control. God can make promises — and keep them. We often make promises with complete sincerity, only to have them thwarted because of an unforeseen turn of events or because we were unable to do what we said we would do. But not God. All the promises we find in Scripture He has made (such as the sending of a Messiah, whose arrival we celebrated just last month) are rock solid. The coming year may or may not turn out as I imagine as I sit here in the middle of January, but each and every promise of God is something I can cling to, certain of its fulfillment. ■



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

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