

INDIANOLA

JANUARY 2022

Living

MAGAZINE

Pets OF A *different* KIND

What City ordinances
and owners say about
unusual pets

Baked tomato goat cheese dip
RECIPE

The importance of substitutes
EDUCATION

Dixon's cars hold a place in his heart
GARAGE

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WELCOME

THAT'S NOT a rat

I don't like spiders and snakes. That's what Jim Stafford sang in his 1974 hit single, and I am with him on this one. But not everyone agrees. In fact, a surprisingly large number of people choose to have these and other unusual pets.

Throughout my life, we had the typical array of household pets: dogs, cats, fish and a handful of hamsters. Although rodents can be popular as pets, my childhood choice came about by accident.

My family was at a local park when we saw a small animal scampering across the parking lot. "Look at that rat!" my brother yelled. "Wait, that's not a rat," he added. "That's a hamster."

We slowly walked up to the rodent and discovered that it was, in fact, a hamster. What it was doing on the loose in a city park was anyone's guess. We assumed it escaped from a home and was doing its best to avoid becoming a hawk's lunch. So we did what most anyone would do and threw it in the river.

That's a joke. We took it home and made a makeshift home for it from a cardboard box, which, of course, it ate through in a matter of a few hours. We then constructed a metal box from scrap material in the garage, which this hamster was not going to gnaw through. We even built a hinged opening at the top so we could reach in and get it in and out. What we didn't envision was that this opening would eventually become an escape hatch for the little hamster — and escape it did.

Our family spent hours looking for this newfound pet, leaving food out as an attraction in hopes that it would appear. It didn't appear, but we did find it — floating in the water in the sump pump. That's certainly not a pleasant ending to this story, but we did learn a few lessons in the process, which helped immensely with the three hamsters that my daughters had years later. For the most part, we did become responsible hamster owners, except for the dog eating one of them.

On second thought, maybe spiders or snakes would have been a better choice.

Thanks for reading. ■



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Pets **OF A** *different* **KIND**

**What City ordinances
and owners say about
unusual pets**

By Becky Kolosik

Pet owners often say they can't imagine life without their beloved pet. Dogs, cats, bunnies and other furry friends provide companionship, entertainment and even affection to those willing to give them the time, attention and care they deserve and need to thrive. While the typical pet owner prefers to cuddle with the run-of-a-mill canine or feline, some opt for a more unusual or "exotic" choice. While others may find their pets less than adorable — and perhaps even a tad repulsive — these pet owners are just as attached to their critters of choice as cat and dog owners are to theirs.

If you are thinking of buying an exotic or unusual pet, there are things you need to consider. First and foremost, it's a good idea to check with the city's pet ordinances (see sidebar) to make sure the pet is not considered dangerous or prohibited within city limits. Second, be sure you are armed with knowledge. Research the social, nutritional and environmental needs of the species you are considering. You don't want to end up with a pet whose needs are more than you can meet.

Anita Christensen's hens all have quirky personalities. Some like to "talk" more than others, some, like "Repecka," pictured, like to be held or stroked, and some just like to eat treats out of Anita's hand and go about their business.

Happy hens live here

When you own chickens, you get to go on an egg hunt every day. Hens are also known for their hilarious antics and sunny dispositions — and are a hoot when they come running for snacks.

The Christensen family has lived on a rural acreage for almost 20 years. They are animal lovers in general and have a miniature schnauzer named Willa, a parakeet, barn cats, horses and chickens.

Anita had been thinking about getting chickens for a few years but knew she had to be willing to do the work.

“Our family likes to eat eggs, and I wanted to know that we were getting eggs from chickens that were treated well,” she says. “How better to know than to care for them myself?”

About a year and a half ago, some friends were moving to town and needed to find a new home for their chickens. Anita couldn’t pass up a good deal on the hens and everything that went along with them.

She didn’t know much about caring for chickens or about them in general, other than there are egg-layers and broilers. She did some reading but has mostly learned on the job and by researching when issues arise.

Facebook groups have been a good resource, and she also has a couple of friends who raise chickens.

At night, chickens need to be in a predator-proof coop with space to move around and a roost with space to get out of the weather. They also need a pen so they can get out during the day while still being protected. And then, of course, there are necessities like waterers, feeders, bedding, feed... and something to clean up after them.

Ninety percent of their diet consists of layer feed, which contains protein for egg laying and all of the other nutrients, vitamins, and minerals they need. They also like treats.

“My chickens especially love tomatoes, watermelon and the oats that the horses drop on the ground,” Anita says, smiling. “They can eat most table scraps, too.”

Anita’s chickens like to roam. In the afternoons, they can’t wait to “free range” outside of their run. They head over to visit the horses and peck around for oats. However, if they think you have treats, they come running.

As for naming the chickens, Anita’s daughter, sisters and nieces helped with that.

They originally had three australorps, and, having just seen Hamilton, they named them

for the Schuyler sisters: P-eggy, Eggliza and Anjegglica. They call the two buff orpingtons The Nuggets because they are the color of chicken nuggets. Then there is Repecka, a Delaware, two black and white wyandottes named Salt N Pepa, and an ameraucana named Henrietta.

At first, Anita would sit and watch them while they were free ranging and says it was interesting and fun seeing their personalities and how they interact.

“Chickens have a pecking order, and Repecka is definitely the boss,” Anita says, laughing. “She is very adventurous and does her own thing while the others tend to follow.”

Anita says her hens lay about two dozen eggs a week in the summer. All are brown, except the ones from Henrietta, which are blue. In the fall, chickens start to lose feathers — a process called molting — so they can grow new, fresh feathers that keep them warm in the winter. That process takes so much energy that they stop laying eggs, or lay a lot fewer. Chickens also need about 14-15 hours of light, so they likely won’t lay eggs in the winter unless there is artificial light in the coop.

Hens have a loud “I laid an egg” song, and they occasionally squawk or cluck at something that’s bothering them.

“They also have some cute, soft noises, but I haven’t figured out what they all mean,” says Anita.

Chin, Chin... Chinchilla

Jolene and Kyle Miller both grew up with pets. In 2004, the couple got their first pet together — a beagle named Macy. They added a second beagle in 2009 and a cat in 2011.

You may think the Millers are a traditional pet family, but think again. In their home you’ll also find two White’s tree frogs (one Australian and one Indonesian), two snakes, a red-footed tortoise, a bearded dragon, and a chinchilla.

Chinchillas have quite a history. Their ancestors were some of the first rodents to infest South America. Their fur became popular in the 1700s, and the animals were hunted nearly to extinction by 1900. In 1923, American mining engineer Mathias F. Chapman received special permission from the Chilean government to bring chinchillas to the United States. Today, according to the American Pet Products Association, Inc., more than 5 million American households have chinchillas as pets.

Jolene had wanted a chinchilla from the time she was in high school. In April 2013, they



Nichole Miller has grown up learning to take care of not only dogs and cats but also unusual and exotic pets. Her furry little Chinchilla, “Wisp,” is no exception.

happened to be at a pet store that was having a sale, and she asked to hold the chinchilla.

“When the pet store manager handed the chinchilla to me, it ran up to my neck and nuzzled in,” she says, smiling. “The store employees were shocked because chinchillas are normally very shy and take a while to bond with someone.”

Jolene fell in love with the sweet, little gray pet, so they brought him home.

Chinchillas have a lot of whiskers, so whenever the little guy’s nose was moving, his whiskers would twitch rapidly up and down. Kyle thought Whiskers was the perfect name.

“Whiskers loved to run up and down the stairs and play with our cat,” she recalls. “He enjoyed being held and loved on by almost anyone, and he gently nibbled your hand and cuddled.”

After they lost their furry little family member, the Millers eventually adopted a white and gray chinchilla and named him Wisp.

“Wisp also likes to play with our cats... we now have two,” says Jolene. “He is very gentle and loves to have his head and behind his ears scratched, but he really doesn’t like being held much.”

Chinchillas need a cage large enough that they can jump and run in, and they need timothy hay and pellets specifically formulated

FEATURE

for their diet. It's also important to provide them with sticks from a pet store to chew on, because their teeth never stop growing. Chinchillas also have thick coats of fur that cannot get wet. To keep their fur clean and healthy, they take dust baths in a volcanic ash that they roll around in inside a small dust house.

Jolene and Kyle stress, when taking on a pet, it's important to make sure you have the time to take care of it, and, if it's an exotic or unusual pet, to make sure to research it thoroughly.

People, pets and policies

When moving into a new community, most people research schools, neighborhoods and other community resources. Another area to investigate is the keeping of animals. Municipal codes usually regulate animals more specifically than state laws, and they are often enforced to a greater degree. While owning five dogs in one town may have been allowed — or even having a pet boa constrictor — not all communities are the same.

Interim City Manager Charlie Dissell says that Indianola's code regarding the keeping of "dangerous animals" is in line with most other cities and communities.

City code defines "dangerous animal" in part as any animal which is "not naturally tame or gentle and is of a wild nature or disposition and capable of killing, inflicting serious injury, or causing disease among human beings or domestic animals." Examples include wolves and coyotes; badgers, wolverines, weasels, mink, and other Mustelids (except ferrets); bears; all apes; monkeys, except the squirrel monkey, female spider monkey and female woolly monkey; black widow spiders and scorpions; snakes which are naturally venomous or poisonous, with the exceptions stated in Section 56.02; all cats, except domestic cats, as well as raccoons, opossums, and skunks.

It is also unlawful for a person to keep livestock within the City except in compliance with the City's zoning regulations. For example, in order to be zoned properly to have poultry, you have to have a minimum of 15 acres or be able to keep your poultry 300 feet from the nearest resident plot.

Dissell says that the rule on chickens was revisited in the past due to a request from residents, but no changes were made at that time.

"Ordinances are in place so animals, their owners, and neighbors can live together in safety and harmony," says Dissell. "Everyone with pets should take an active role in being responsible pet owners by complying with local and state animal laws." ■

A desert life year-round

While the rest of us are bundled up for the winter, "Jerry Garcia" is living the desert life.

"It could be negative 20 degrees outside, but you can be assured that Jerry enjoys basking in 110-degree temperatures all year round," says its owner, Lance Haar.

Jerry is a 2-year-old bearded dragon or "beardie." Out of all the reptiles available for hobbyists today, the bearded dragon is the most popular and sought after. One of the reasons for this is because they make excellent pets.

Lance had a few friends in college who had reptiles as pets, and it intrigued him. When he and his wife, Paige, bought a house, he finally had room for a beardie.

There are a lot of things to research and consider before taking a reptile on as a pet.

"You have to pay close attention to the amount of UV light a bearded dragon needs," says Lance. "Their diet can be strict, but they eat mostly insects and vegetables, so it's not too difficult to maintain."

The enclosure is also important, and Lance says any beardie owner needs to be prepared to purchase larger terrariums as the reptile grows. Jerry started in a 20-gallon and recently moved into a 45-gallon terrarium. Beardies also need both a UV light and a basking light, and experts also suggest having a hot and cold side of the tank.

Lance feeds Jerry 12 to 20 superworms a day and makes sure his lettuce container stays fresh. Besides a misting once a day, Jerry gets a "soak" once a week.

"Although they do not absorb much moisture, beardies love taking a warm soak," Lance says. "This helps release shedding skin and cleans up anything they picked up in their cage."

Young beardies can sometimes cause a little trouble when they are first handled, but once they get used to it, they enjoy getting out of their cages.

Jerry likes to jump on Lance's hand and explore the house. As for Lance's wife, Paige,



Lance Haar has a close bond with his bearded dragon and likes it when Jerry jumps on his arm, as it shows the trust they have developed for one another.



you might say she and Jerry have a "love/hate" relationship.

"I have left for work or vacation for weeks at a time, and Jerry refuses to eat from Paige because she is not his buddy," he says, laughing. "She's even gone as far as placing one of my worn T-shirts near his terrarium to coax him to eat or respond to her." ■

WARM UP winter with comforting classics

(Family Features) Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Baked Tomato Goat Cheese Dip. Easy to make and fun to create, this simple snack is perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Find more recipes perfect for warming up this winter at Ragu.com. ■

Baked tomato goat cheese dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

Ingredients

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-10 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

Directions

- Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.
- Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.
- Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.
- Place baguette slices on baking sheet. Drizzle or brush with olive oil and sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.
- Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.



- **Note:** To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.

Polenta bites

- 1 tube (18 ounces) polenta
- 1 1/2 teaspoons olive oil
- 1 jar (24 ounces) RAGÚ Chunky Tomato, Garlic and Onion Sauce
- 1 package (8 ounces) shredded mozzarella
- 2 sprigs, rosemary, destemmed and chopped
- 3 basil leaves, chopped
- 1 block (8 ounces) hard Parmesan cheese

Directions

- Cut polenta into slices. In skillet, heat olive oil over medium-high heat; fry polenta slices 10-12 minutes on each side until crispy and golden brown.
- In saucepan over medium heat, warm sauce.
- Place polenta slices on tray and sprinkle with mozzarella. Place 1/2 teaspoon warm sauce on each slice then sprinkle with chopped rosemary and basil. Grate hard Parmesan onto each slice for topping.



CLUBS of many purposes

How did people socialize before the days of social media? They created clubs, of course. A variety of clubs and organizations have existed in Indianola, giving our citizens a way to stay informed about world affairs, share philosophical ideas, be charitable, and catch up on the latest gossip. A few examples are the Quarter Century Club, James Whitcomb Riley Club, Shakespeare Club, Monday Club, and some that you wonder why they were created. In going through a stack of documents last year, we found a page that listed members of the “Clean Fingernails Club.” I suspect that particular club might have been created as a joke.

One of the more interesting clubs was the Clio Club, a women’s group founded in 1899. They were organized to help women “thoroughly cultivate every faculty with which she has been endowed, and that growth and development of mind, together with fluency of speech, can best be attained by investigation and discussion.” The membership of the club was limited to 15. Clio, a muse of history in Greek mythology, is pronounced with a long “I” sound. It wasn’t unique to Indianola. There was another one in Carroll that first met in 1884. There may have been more around the state.

The first year, programs were on a wide range of topics. “The life and writings of Washington Irving” was followed by a discussion on the subject of whether or not women should be examined before marriage. Topics at later meetings included, “The War in Africa,” “Congressional districts in Iowa,” “Switzerland and the Alps,” and “Greek Mythology.”

There might have been some problems with attendance in their fifth year. At the September meeting, they decided to fine those responsible for the program 25 cents if they were not present or if they did not send or provide for their part. In March, the minutes read, “Literary program came next, but as none of the members who were on the program were present, we omitted that part of the work.”

In 1909, the Clio Club joined the Federation of Women’s Clubs for the purpose of doing philanthropic work. For the next 14 years, they voted to join and drop out of various sections of the FW Club. No reasons were given for their actions. The state federation urged member clubs to give “wholehearted devotion and earnest work for two great causes: Enforcing the Prohibition Amendment as it now stands and the cause of peace.” Prior to their 30th anniversary, the women were referred to as Mrs. or Miss. After that, they began to use the first names of members.

They also included the shortcomings of some of the members in the minutes. In 1943, their treasury was “replenished with \$1.25, part of which was delinquent dues and a special assessment, which we had never hoped to get from Eliz R.” Another time, the flower committee reported sending a card to Bertha B. and threatened to take it back when Bertha arrived looking quite healthy. “Glad we didn’t send flowers.” I wonder what kind of comments would have followed if these things had been posted on Instagram or Facebook! ■

MAGIC words

Part two: More helpful tips on how to care for your loved one with dementia

“Yes!”

How often do you say the word “YES!” to the person you’re caring for?

I recently heard about a new member in a memory care community who was very anxious. She responded well when the care team figured out that starting every sentence with the word “Yes!” (pay special attention to that exclamation point) in answer to her concerns helped her feel understood and kept her calm.

Here are some examples:

- I didn’t get any breakfast! YES! you must be hungry!

Let’s find you a little snack.

- I don’t know what to do! YES! And I’m going to help you get busy!

- I want my mother! YES! Your mother means the world to you! I miss my mom, too!

- I need to get to work! YES! You are such a good worker! You know, they called to say you have the day off today, but I have a job for you.

“Yes!” is powerfully affirming. It’s a way to validate the person. People with dementia need to hear it more. (They also need to hear “You’re right” as often as possible.) Do you think “You’re right!” could be substituted for “YES!” in any of the above examples? Yes! You’re right!

“I wonder.”

The words “I wonder” are extremely useful. Use “I wonder” instead of asking so many questions. Questions can feel overwhelming for persons with dementia. “I wonder” keeps pressure off the person. Wondering is about you, not about them. It’s gentle. It simply conveys curiosity, which makes life easier for a person with dementia who may feel overwhelmed by a direct question or by having to make a choice.

Instead of asking the person, “Do you want to do this, or do you want to do that?” experiment with “I wonder.” For fun, read the following statements out loud. Make sure you are truly wondering and not inflecting your voice as though you were asking a question.

- I wonder if you’d like to wear this red shirt today.
- I wonder if I could help you get freshened up for the party.
- I wonder how you’re feeling right now.
- I wonder how you got so smart.

I wonder how many of you will now practice thinking “So what?” and saying “Yes!” “You’re right!” and “I wonder” more often.

I hope you have found these Magic Words helpful while caring for your loved one with dementia. ■



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

ENJOY the indoor garden and start planning

Ahhhh....the holidays are over, the garden is put to bed, and the blanket of snow is providing a great backdrop for all those "winter interest" plants you planted last summer (oh, how we are hoping). 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.



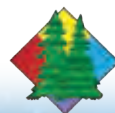
Feeding those bright and cheerful birds outside is something that will make us smile over morning coffee. If you still have that beautiful Christmas tree, consider putting it in the backyard, giving our feathered friends a place to huddle and stay warm during the next few months. You can spend a craft day with the kids and make 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 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 forgotten to give your indoor garden the attention it deserves. Now is the time to give some love and care to your house plants. First off, 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 some 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.

Oh, the garden.....! Now is the time to start thinking about seeds and seed starting. Look though those catalogues (websites) for those seeds you have been thinking about. Order them and then pull out your calendar, look for when you can start to plant outside. (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. (You know about the supply chain concerns now.)

So, sit back, relax as you take care of the color in your garden (the birds), your indoor garden (those awesome houseplants) and next year's garden (seeds, seeds, everywhere) and enjoy what you did in this garden this 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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STAYING out of debt in 2022

If you met your personal financial goal of paying off unsecured debt in 2021, then the last thing you want to do is go back into debt this next year. Spending less than you earn can be challenging for even the best budget-savvy consumers.

Here are some general tips:

- Find additional income. A temporary part time job can help to fund extra savings so that emergencies don't end up on a credit card. If your employer allows, work over-time. Review tax withholding allowances. Find a flexible side hustle.
- Track your expenses. If you are over spending, take a look at your bank statements for a month and find the leak.
- Continue to make savings a priority even if it is a small amount.
- Check your subscriptions. Do you have multiple streaming options, an unused gym membership, or magazines that you can cut back on?
- Grocery prices are rising. Take advantage of meal planning around ads or shopping discount grocers. Stick to the list. When eating out, take advantage of discount nights, happy hours, or sharing meals.
- Brown bag it. Lunches and coffees on the go can be a budget buster. Save by making it at home.

Congratulations on making financial wellness a priority in your life. Cheers to a debt-free New Year. ■

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



ADULT day centers

Respite for families caring for loved ones

When her husband was diagnosed with dementia at the age of 53, Sara Harless of West Des Moines began thinking simply in terms of coping — of anticipating bleak days spent watching her healthy, vital spouse decline into someone she would no longer know.

She couldn't have anticipated that she'd spend the next several years watching him not only survive, but thrive in an environment that would make the most of his days.

"I think being in an adult day center actually extended Michael's life," Sara said.

Adult day centers serve older adults who typically live with family members because of health-related needs. Participants visit the centers while their caregivers are at work or are busy with other responsibilities and benefit from involvement with their peers in a safe and enriching setting that focuses on their abilities and preferences.

Many have memory challenges — a situation that is welcomed by many adult day centers, as programming often specializes in memory support.

Becoming aware that adult day centers existed was akin to finding water in the desert for Sara, who had been struggling with her husband's care when she learned one day about a nearby center.

"It was quite literally as if God had set an actual sign down in my path," Sara said. "He knew I was struggling and that Michael was struggling, too."

Sara's experience was typical; families that could likely benefit from adult day services often have never heard of them or have no idea what the services involve. Once someone finds out what an adult day center has to offer, they end up wondering why they hadn't taken advantage of services sooner, as services can provide so much help that improves not only the lives of participants, but of their families.

The knowledge that her husband was enjoying the center's programming while being treated with kindness and respect helped Sara focus on her job — and assisted her in letting go of the guilt she had initially felt about spending time away from him.

"The simple fact that he was safe was such a blessing to me, and it was icing on the cake that he actually enjoyed his time there and participated in so many activities," Sara said. "And I was able to hang on to my work, which was something that I needed for a sense of normalcy as well as income."

Adult day centers are usually private-pay but often have financial aid available through grants or other means. To learn more, search online for adult day centers in your area. ■



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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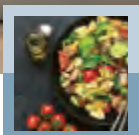
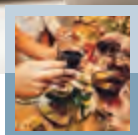
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HOW DO you know if you're a caregiver?

You check the mail for Mom since you're already at the post office. You offer to pick up Dad's groceries because "it's just easier." You schedule a follow-up appointment with their doctor, stop by to mow the lawn, or cook a few meals to keep in the freezer. Even if you don't realize it, helping your parents with daily tasks puts you in the beginning stages of caregiving.



Why does it matter that I'm a caregiver?

Caregiving may not be the first thing that comes to mind if helping out from time to time seems like the kind of thing you just do for someone you care about. But acknowledging the importance of what you do as an informal

caregiver can make all the difference in your relationship — and your health.

Mom may not be the only one who depends on you, especially if you're sandwiched between caring for your own children and your parents. Not recognizing you and your parent's busy routine can lead to caregiver burnout, which can leave you feeling drained, stressed and overwhelmed.

So what do I do now?

It's important to remember that, in order to care for another person, you must take care of yourself.

There are many people just like you who struggle to find balance in their role as an informal caregiver. Knowing the signs of caregiver burnout before it happens is key.

- Get the facts. Find out answers to your caregiving questions.

- Care for your body. Get enough sleep, proper nutrition and exercise.

- Get equipped. Make home and vehicle modifications for an easier routine.

- Maintain other interests. Hobbies, work and social activities are vital.

- Spend time away. Even 15 minutes alone or away with others can be rejuvenating.

- Talk to others. Find a friend, pastor, family member or support group to talk to.

- Get help. Find others who can offer a hand or hire someone to assist.

- Give thanks. Take a minute each day to focus on something positive. ■

At the Good Samaritan Society, we're here to help, no matter what stage of caregiving you're in — or how much help you and your parent need. And if you're not sure where to start, contact us. We have a team of people ready to offer you support, encouragement and assistance. Call (515) 961-2596 to learn more.

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YOUR Social Security statement: What's in it for you?

The Social Security Administration (SSA) provides personalized Social Security statements to help Americans age 18 and older better understand the benefits that Social Security offers. Your statement contains a detailed record of your earnings and estimates of retirement, disability, and survivor benefits — information that can help you plan for your financial future.

You can view your Social Security statement online at any time by creating a my Social Security account at the SSA's website, ssa.gov/myaccount. If you're not registered for an online account and are not yet receiving benefits, you'll receive a statement in the mail every year, starting at age 60.

Benefit estimates

Your Social Security statement tells you whether you've earned enough credits by working and paying Social Security taxes to qualify for retirement and disability benefits and, if you qualify, how much you might receive. Generally, retirement benefits are projected for up to nine claiming ages, including full (ages 66 to 67), early (age 62), and late (age 70). If you qualify, you can also see the benefit amount your survivors might receive in the event of your death.

The amounts listed are estimates based on your average earnings in the past and a projection of future earnings. Actual benefits you receive



may be different if your earnings increase or decrease in the future.

Amounts may also be affected by other factors, including cost-of-living increases (estimates are in today's dollars) and other income you receive, and are based on current law.

Annual earnings

In addition to benefit information, your Social Security statement contains a year-by-year record of your earnings. This record is updated when your employer reports your earnings (or if you're self-employed, when you report your own earnings). Earnings are generally reported annually, so your most recent earnings may not yet be on your statement.

Because Social Security benefits are based on average lifetime earnings, it's important to make sure your earnings have been reported correctly. Compare your earnings record against past tax returns or W-2s. If you find errors, let the Social Security Administration know right away by calling (800) 772-1213. ■

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EVENTS IN THE AREA

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

Check for cancellations



IHS Show Choir presents 'Cabaret'

Jan. 27, 28, 29, 7 p.m.
Blake Field House

This year, the performance offers table seating with dessert and beverage for \$20 and bleacher seating for \$10 per ticket. To order tickets online, visit www.vancoevents.com/YVA.

Indy Winter Vendor Fair

Jan. 29, 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.



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.

Child Care Business Seminar

Jan. 20, Jan. 27, Feb. 3, 6:30-8 p.m.
Virtual via Zoom

For those considering starting a child care business, this seminar will assist in navigating the Department of Human Services employment processing surrounding child care, assist in completing required documentation and trainings to become a registered child care provider in Iowa, and provide community support. For more information or to RSVP, email Julie Davis, CCR&R Community Development specialist, at jdavis@orchardpace.org.



Gymnastics: Chow's Winter Classic

Jan. 13-16
Hy-Vee Hall in downtown Des Moines

The balance beam, vault, floor, uneven bars... Witness the excellence of 1,500 gymnasts from around the country this month as Chow's Gymnastics hosts the 19th Annual Chow's Winter Classic. The event features gymnasts competing in USAG Levels 3-10 and Xcel. This year, the Winter Classic will also showcase a dual meet between the Iowa State Cyclones and the Temple Owls. For more information, visit www.ChowsGymMeets.com.



Tedeschi Trucks Band concert

Wednesday, Jan. 19
Civic Center, downtown Des Moines, 221 Walnut St.

This 12-member collective continues to push musical boundaries. From uplifting soulful anthems to bittersweet ballads and driving rock and roll, Tedeschi Trucks Band delivers an impactful sound and message with its genre-defying repertoire. For more information, visit DMPA.org.



Samantha Fish concert

Wednesday, Jan. 19
Wooly's, in downtown Des Moines' Historic East Village

This live performance features Samantha Fish's explosive brand of blues/rock-and-roll. For more information, visit www.woolysdm.com.



Fire & Ice Winter Pub Crawl

Saturday, Jan. 22, 1-4 p.m.
Valley Junction

CITYVIEW'S winter event returns. Tickets, ordered in advance, are \$20. Cost is \$30 at the door. Ticket covers 10 sample winter specialty drinks at participating establishments in Valley Junction. Tickets are available online at fire-and-ice.dmcityview.com.

EVENTS IN THE AREA

Check for cancellations



Winter Jam - All Together Now Tour

Saturday, Jan. 22

Wells Fargo Arena, 233 Center St., Des Moines

Winter Jam, Christian music's biggest multi-artist tour, returns this year, and the 2022 lineup is loaded, featuring Skillet, Tauren Wells, KB, Colton Dixon, I Am They, NewSong and pre-jam artists Abby Robertson and Bayside Worship along with speaker Shane Prutt. General admission is a \$10 donation at the door starting at 4 p.m. The pre-show is at 5 p.m., and the show starts at 6 p.m. For more information, visit www.jamtour.com.

That Golden Girls Show! A Puppet Parody

Jan. 25-30

The Temple Theater, 1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit www.desmoinesperformingarts.org.

Immortal Beloved by the Des Moines Symphony

Saturday, Jan. 29, 7:30 p.m. and

Sunday, Jan. 30, 2:30 p.m.

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

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit www.dmsymphony.org.



Iowa Wolves home games

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

The Iowa Wolves basketball team is affiliated with the Minnesota Timberwolves of the NBA and plays in the NBA Gatorade League, which is the NBA's official minor league. Home games are set for:

- Sunday, Jan. 23 vs. Texas Legends/ Mavericks, 4 p.m.



Des Moines Buccaneers home games

Various January dates

Buccaneer Arena in Urbandale, 7201 Hickman Road

The Buccaneers, a Junior A Amateur Ice Hockey team, entertains local audiences with fast-paced action. For more information, visit www.bucshockey.com. Home games are:

- Friday, Jan. 14 vs. Waterloo Black Hawks, 7 p.m.
- Saturday, Jan. 15 vs. Lincoln Stars, 6 p.m.



Transcending Trauma seminar

Friday, Jan. 28, check-in starts at 9 a.m.

Program 9:15 a.m. to 4:20 p.m.

Grand View University, The Student Center

Crossroads of Iowa is offering its ninth annual community seminar for "the helping professionals and survivors of trauma." Tuition, which must be prepaid, is \$100 or \$85 if postmarked by Jan. 21. Register online at www.crossroadsofiowa.org or mail checks to 2815 199th St., Suite 111, Urbandale, IA 50322. Walk-ins welcome if space is available with payment of cash only. Topics include Eye Movement Desensitization Reprocessing; Rounding, Grieving, Growing Steps of Recovery from Trauma; An Extensive History Validated by Research; and Healing Trauma Through Yoga.



Iowa Wild Hockey home games

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

- Friday, Jan. 14 vs. Chicago Wolves, 6 p.m.
- Saturday, Jan. 15 vs. Chicago Wolves, 6 p.m.
- Monday, Jan. 17 vs. Milwaukee Admirals, 2 p.m.
- Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.
- Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

Iowa Quilt Museum exhibit

Through Jan. 23

68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit www.iowaquiltmuseum.org.

GRIEVING in the New Year

If you lost a loved one in the past year, facing the new year may seem daunting. The idea of starting over in a new year can just seem overwhelming. Are you making New Year's Resolutions? Are you trying to end your grief and start the new year without the sadness and loneliness?

For those who are grieving, starting a new year isn't always a happy time. You may feel more sad than you have recently as you watch your friends and family rejoice that 2021 is over. You may have felt numb until the moment the clock strikes midnight, and then you realize you are starting a new year and your loved one won't be a part of it.

Instead of making resolutions that may be difficult, if not impossible to manage, consider putting yourself first. Count your blessings. Take a deep breath, sit still, and take a few minutes to feel the warmth of the sun through

the window, go for a walk in the fresh new snow, or spend an hour in the company of a good friend. The loss of a loved one changes us. Grief changes us. You are not the same person you were one year ago.

Think about it. You have probably struggled to get through Christmas without your loved one, but you've never thought about the new year. You may be surprised by the emotions you may feel. So, as the big silver ball drops in Times Square on New Years Eve, take a minute and think about the upcoming year. Consider the following ideas.

1. Don't be afraid to say "No, I'm not OK" and share your feelings with those close to you. Be gentle with yourself. It's OK to not be OK all of the time.

2. Let yourself feel joy. It doesn't mean you don't miss your loved one, it doesn't mean you have forgotten him or her, but letting

yourself have moments of joy will help.

3. Don't "should on yourself." Don't say, "I really should do that." Look back at No. 1. Be gentle with yourself. You may not be able to today, but tomorrow is another day, and you may be able to face that challenge.

As much as it makes us uncomfortable, sad and feeling lost, death is a part of life. Finding a way to continue living, loving, and laughing is important. Take one small step at a time and don't be afraid of setbacks. Just start once again. Forge a new path, taking a little of the past with you, holding your loved one close in your heart, and learn to navigate your world all over again. ■

Written by Jeanne Yordi, Acting Manager and Family Advisor, O'Leary Funeral & Cremation Services, 1020 Main St., Norwalk, IA 50211, 515-981-0700, www.olearyfunerals.com.



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GOOD things come to those who wait

The McDonalds' dream of country living is finally a reality.



Terry and Amber McDonald had wanted to live in the country for some time.

"We envisioned our family being outside exploring, cutting wood, and raising hobby farm animals," Amber says. "We also knew it would be ideal for our oldest daughter who loves horses. She started riding at my aunt and uncle's farm and took years of riding lessons at Wesley Woods."

Amber dreamt of a big farmhouse with lots of windows, a large front porch and beautiful woodwork and trim.

When the family moved from Chariton to Indianola in 2011, they quickly realized the difference in housing prices. Terry and Amber decided to make a five-year plan and purchased a home in town.

"Five years turned into 11," Amber says. "We, or should I say, my husband, had a very specific list of criteria."

Terry's list included little to no gravel, less than 10 miles out of town, at least 5 acres and move-in ready — all in their price range. Amber prayed specifically for all those things.

"I honestly thought those requirements were too picky," she says. "Convinced we would never move, I gifted all of our daughter's tack to a family with young children who were saving for a horse."

Two months later, their dream home hit the market. The large, stately farmhouse is rich in



The wait may have been longer than anticipated, but the McDonald family found the perfect country home.

history. Ruth Buxton Sayre, known as the "First Lady of the Farm" moved into the home (which was her father's) in 1929. Ruth inspired millions of rural women in her role as the national leader of the American Farm Bureau's Organization of Women and also through her work in other organizations related to women and farming.

The home checks off almost all the boxes the family was looking for. And Amber says the kids love it, too. They've got plenty of work to do to make it their own. Besides painting, a kitchen remodel is top of the list, followed by the bathrooms.

They are also leveling the floors and will eventually cut out sections of wall and built-ins near the dining room to place another support post.

"My dad is a gifted carpenter and will be



able to restore or recreate part of the built-in," says Amber. "He'll also build a custom range hood in the kitchen."

Amber's favorite space is the dining room because it's big enough for a large table, plus it has beautiful windows that stream in natural light and showcase the amazing views.

They've got plans for the barn and hope to make their daughter's dream of owning a horse come true, too.

"Being able to call this home is an amazing feeling," says Amber, smiling. "God had a plan, and all it took was a dream, some prayers and a little patience. It was definitely worth the wait." ■

IMPORTANCE of cervical health

In 2021, about 14,000 women in the United States were diagnosed with cervical cancer, and about 4,000 women died of the disease. Cervical cancer is almost always caused by the human papillomavirus (HPV), and this cancer can be largely prevented with screening and vaccination.



Q: What is cervical cancer?

A: Cervical cancer is a malignant tumor of the cervix, which is the lowest part of the uterus. Sometimes, precancerous changes to the cervix (dysplasia) are diagnosed and steps can be taken to prevent cancer from developing.

Q: Can cervical cancer be prevented?

A: Screening is a key component in the effort to eliminate cervical cancer. Pap testing involves collecting cells from the cervix for examination under a microscope to look for abnormal cells. Since most of these abnormal changes are caused by HPV, screening also includes testing for the presence of the virus. Regular Pap and HPV testing improves detection of precancerous changes to the cervix.

HPV vaccination is recommended for everyone around age 11 or 12. It can be given later if necessary, up to the age of 45. Since most cases of cervical cancer are caused by HPV, vaccines that protect against this virus can dramatically reduce the number of cases per year.

Q: What are the signs or symptoms of cervical cancer?

A: Cervical cancer in its early stages generally produces no signs or symptoms. However, with more advanced cervical cancer, a woman may experience:

- Bleeding during intercourse
- Vaginal bleeding between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor

Make an appointment with your health care provider if you have any signs or symptoms that worry you. If you're thought to have cervical cancer, you may be referred to a gynecologic oncologist, a doctor who specializes in treating cancers that affect the female reproductive system. ■

Information provided by Dr. Abby Gonik, gynecologic oncologist with MercyOne Des Moines Surgical Group, 411 Laurel St., Suite 2100, Des Moines, 515-247-3266, MercyOne.org/desmoines

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TREATING 'lurking pathogens'

East Asian Medicine has a long history for treating "lurking pathogens." There are whole treatises written on this subject that date back thousands of years.


What are these lurking pathogens? They are typically viral infections that linger in the body. Some can be a lingering "cold" or respiratory illness; others may be long-term viral exposures that go dormant in the body which then become activated at some later time.

Chicken pox and shingles, herpes simplex and cold sores, polio and post-polio syndrome are all examples of viruses that go dormant on the nervous system then reactivate after "lurking."

Here in the U.S., we are now seeing people who have had the current COVID-19 virus that may continue to present with lingering symptoms such as fatigue, muscle and joint pain, continued loss of taste and smell, anxiety, lung congestion, shortness of breath, etc.

A recent research study demonstrated that acupuncture can help those patients that have continued loss of taste and smell and/or tingling and numbness of their tongue. As a preliminary study, it was so significant it demonstrated that continued research was warranted as a treatment to help recovery from this lingering symptom. ■

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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NEW YEAR, new affirmations

With the new year come resolutions — quickly followed by guilt for breaking the resolution. Guilt and negative self-talk can go together in a vicious cycle. Maybe the best New Year's resolution is not to make one, but if you are going to, make two instead. The second being not to allow feelings of guilt or negative self-talk sneak into your mind. If it does get in your brain, then challenge those thoughts and feelings.



To challenge negative thoughts and guilty feelings, think back into your life and ask, "Have I experienced guilt or negative thoughts before about a similar experience?" For instance, when former resolutions were broken, did guilt or negative talk help or come true? Chances are the answer is no, so challenge the negative guilty thoughts with the fact they are unhelpful. Think of yourself as a prosecutor collecting all the facts and arguments against the negative guilty thought to prosecute it.

Another way to challenge negative guilty thoughts is listening to or reading affirmations. Affirmations are often the opposite of negative thoughts. Create affirmations using the opposite. Such as, "I can't do it" becomes "I might be able to do it because I have not tried." Look for affirmation apps and books. Write favorites on sticky notes to put around the house where you will see them. ■

Information provided by Janet Rieckhoff, LMHC of SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com, rieckhoff@sstherapyandconsulting.com.

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EVERY car has a story to tell

Dixon's cars hold a place in his heart and memory.

DeVerne Dixon's passion for cars dates back to his teenage years. You've likely seen him (and other family members) behind the wheels of his 1929 Fargo Packet, 1947 Mercury and 1965 Buick Riviera in local parades.

At 93, Dixon has owned many cars over the years, and each represents a specific time or memory — like the 1940 Ford his dad bought when he was a newly licensed high school junior.

"Dad was a salesman, and when he was home on the weekends, I'd get to drive it," Dixon recalls. "I quickly found out I could outrun all of my buddies' cars." Dixon himself purchased a 1940 Plymouth for \$500 after getting out of the service. It wouldn't be long before a 1928 Buick Roadster a friend owned caught his eye. That friend asked Dixon if he would consider a trade.

"Of course, I said yes," says Dixon, laughing. "That Roadster was sporty, and it was a convertible. To this day, it's one of the most fun cars I ever owned."

Little did Dixon know he would eventually have the opportunity to purchase that first 1940 Ford from his dad. It held a lot of memories and would be the car he was driving when he met his future wife, Dawn.

"We started dating, and, one night after going to the movies — Dawn's younger sister, Carol, tagged along, too — I did some donuts in the freshly fallen snow," he says, smiling. "I thought it was fun, but I'm pretty sure Carol didn't."

Dixon's passion for collecting cars took off in the 1970s when he, his brother, Doyle, and friend Wendell started buying cars together.

The 1929 Fargo Packet was purchased in 1971 at a collector's auction in Pennsylvania. The bidding was slow because it was unrestored, but it finally sold to Dixon, Wendell and Doyle for \$350.

"Wendell met an elderly man after the sale and realized he was the original owner whom he bid against," Dixon explains. "The man had ordered it new with crank down windows to use as a delivery truck for his business selling cleaning compounds and Fritos, which was a brand-new tasty snack at the time. You can still see the emblem on the side."

After 30-plus years in storage, they overhauled the engine and drove it for the first time in the 2016 Log Cabin Days Parade. It received the "Historic Best" award.

Dixon's 1947 Mercury was in nearly perfect condition with only 60,000 miles when he got it in 1976. As for the 1965 Buick Riviera, it was gifted to him by his brother-in-law in the 1980s. Dixon and his wife flew to California and drove it back to Iowa. ■



DeVerne Dixon, a Cavalry/World War II veteran, enjoys driving his vintage cars in local parades and has also brought them to The Village, where he lives, for residents and friends to see.

BE A hero helping heroes

Sub authorization course could put you at the head of the class.

Teachers and staff have been nothing short of heroes the last two years. But even heroes need time off for things like professional development, to stay home when they are ill, or to take care of their own families. Like many districts, Indianola schools are facing a shortage of substitute teachers, and that means finding creative ways to meet the needs of students.

Mimi Kelly-Meyer, director of Human Resources for Indianola Community Schools, says, because of the pandemic, many subs were not interested in working during the 2020-2021 school year, and the shortage continues. While the district is thankful for the certified teachers, retired teachers and other community members who sub, more are needed.

"Most days, the district has between nine and 13 substitute positions that don't get filled," Kelly-Meyer explains. "Administrators and other staff are covering those classes, sometimes by a different person each period, often making for a chaotic learning environment."

Kelly-Meyer says that substituting has its benefits. It offers flexibility, plus, it's a job that doesn't go home with you.

The district wants more people to know about the state's substitute authorization. Anyone 21 years of age or older with an associate's or bachelor's degree, or 60 semester hours or higher can substitute for a contracted teacher out on leave in any subject grades Pre-K-12 upon completion of the course. Even though she is in HR, Kelly-Meyer has taken the authorization course herself.

Kally Chilton has a bachelor's degree in international management as well as Spanish and is currently working on her master's degree in teaching for elementary education. She looked into the sub authorization in 2016 because she was ready to re-enter the workforce part-time after being home with her kids.

Chilton took the three-day course and completed observations in two classrooms. The course, however, has changed quite a bit because of the pandemic and shortage of substitute teachers.

"It wasn't difficult, but rather more eye-opening and informative," she says. "The course focuses a lot on being prepared for zero substitute plans and what you need to do. At ICSD, I've always had support from other teachers to obtain lesson plans, or at least help creating them if it's an emergency/last minute situation."

Chilton has worked in every building and says it is fulfilling to support teachers, students and staff.

"Our teachers work hard to prepare for days they may be absent, so I know that just showing up and doing my best makes a world of difference," she says. "Our schools need more people that enjoy helping others, and, if that's you, this job will fill your cup right up."

Interested in the sub authorization course? Find out more at www.heartlandae.org/professional-learning/licensure-info/sub-auth/ ■



Kally Chilton says that subbing is a "feel-good" type of job that, while challenging, makes a difference — for both teachers and students.

REFLECT and renew

There's something exciting about a new calendar. A new year, a blank slate, a clean page to write the next chapter upon. But, before we rush too quickly into the new year, consider these words from Ecclesiastes: "The end of a matter is better than its beginning, and patience is better than pride" (Ecc. 7:8, NIV). Take a few moments to consider 2021 before getting too far into 2022. There's a simple two-step process for this.

First, reflect. Take some time to pause and think about the past year. Skim through your calendar to remember the big things and the little things, the good things and the bad things. This can be done with friends and family or with a pen and paper. Process what happened in 2021 and give thanks for it all... the ups and the downs... because they're all gifts from God.

Then, renew. Evaluate all that has happened and then choose what to bring forward. Remember the good things and set a goal to repeat them again this year. Remember the bad things and create a plan to make improvements or to remove them this year. Plan to make 2022 a better year with God's grace and guidance.

"With the Lord begin your task, Jesus will direct it..." ■

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



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CHAMBER By Brenda Easter

HAPPY New Year ... and thank you

As I reflect on 2021, I am reminded of the kindness and support this community has shown each other, as well as to our local businesses. I want you to know how much I value and appreciate you for making a difference in the lives of our business owners.



Time and time again, you rallied around our local businesses and showed them how much you value and appreciate them, and you showed them how important they are in your life. Thank you.

In return, as you can see from some of our local businesses, you mean more to them than you will ever know. Here's what some of our local businesses are saying about you:

"It is with tremendous gratitude that we greet today. Despite a pandemic, despite our street closure due to construction, you called, you emailed, and you found us through our back door. Because of you, we not only survived, but thrived. Thank you." — *Leslie Held, Bob's Custom Trophies*

"Today and every day, we are thankful for you, our customers. Thank you for choosing to shop small and for loving our little space in the world." — *Erin Freeburg, adorn and Feed & Foster*

"Yesterday was incredible. We were overwhelmed with the amount of support our local businesses received. Because of you, our businesses are successful. Thank you a million. As always, we believe we have the best shops around the square where you can find the best gifts for others or yourself." — *Pamela Bruce, Pamela's Place*

"I am beyond humbled and grateful for the love of Lula this season. So many people came out to shop our local square, and it makes my heart so happy. It is only going to get bigger and better for #squarelife as we continue to progress. Thanks to you all for supporting my big dream and shopping local." — *Kami Haynes, Lula Belle Designs*

"We are so thankful for our wonderful customers." — *Don Struebing, Todd's Shoes for Women*

"I cannot thank all our customers enough for all the love and support the last seven years. When we thank you in store or send a note in your shipped order, know you are supporting a dream, a family, and our community when we give back, too." — *Amanda Binder, BnB Family Boutique*

We, too, want to thank our local businesses for supporting our community in so many ways. Indianola is a better place because of you. We are looking forward to a prosperous 2022. ■

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

SANTA Event

The drive-thru Santa event was held in McCoy's parking lot on Dec. 4.



Makenna Feters and Emma Graham



Allen Read



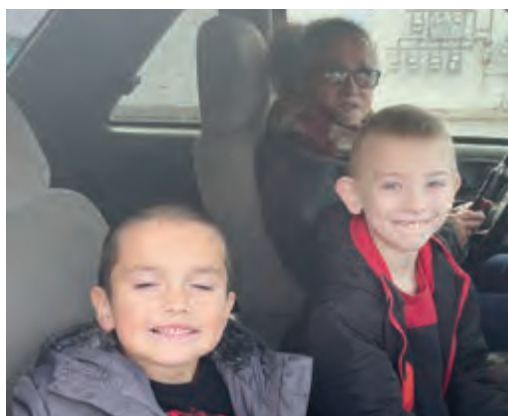
Jessica Anania and Abbey Peterson



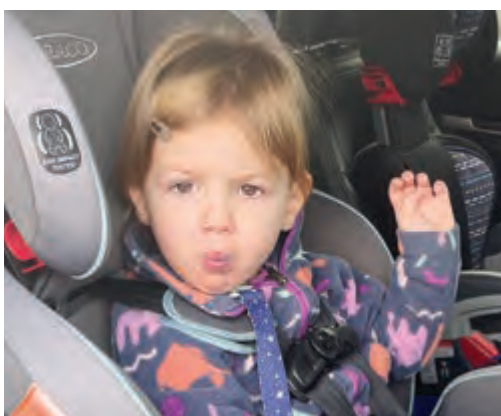
Lane and Kellen Carda



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Braelyn, Payton and Rose Knouse



Elyse Noftsgen



Bella, Caleb and Ady Blair



Sydney and Michelle Jones



Cheyenne and Archibold Theo



Bella Shivers and Gracie Hamilton

OUT & ABOUT



Vivian Houk, Christie Avant and Amy Zuck at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Bella Parker and Allison Britton at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Danyel Wilson and Rich Clarke at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Nicky Huntoon at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Michaela Bradley and Hanna Graham at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Brenda Easter and Kathi Pfeifer at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Santa and Mrs. Claus at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Mia Wilson and Nathan Wilson at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Kensi Malaney and Torey Wilson at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



Jackie Edgington and Nathan Wilson at the drive-thru Santa event held in McCoy's parking lot on Dec. 4.



A ribbon cutting was held for Journey Mortgage on Dec. 14.

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INDIANOLA Public Library news

Winter Reading Challenge, Jan. 1-31.

Keep track of your reading on our Beanstack site at indianolaiowa.beanstack.com or download the Beanstack Tracker app and search for your library. Earn raffle tickets for reading, writing a review, and completing a few activities. A raffle prize will be awarded to each of four age groups.

Featured event

Stuffed Animal Sleepover, Tuesday, Jan. 25, 6:30 p.m. Bring your stuffed animal to the library so they can have a sleepover. We'll have lots of activities for you and your stuffies, then we'll read a bedtime story and tuck them in. Your stuffies get to sleep over at the library before you pick them up the next day (so maybe bring your second favorite one to spend the night away from home).

Kids and family

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

Teens, grades 6-12 only

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. Teens grades 6-12 only. Sign up by the seventh of each month. Boxes will be ready for pickup by the 15th of each month. You can sign up by going to the library's website.

Adults (18-plus)

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: Bullet Journaling, Tuesday, Jan. 27, 6:30-7:30 p.m. Keep your new year's resolutions just a little longer by tracking them with a bullet journal. You'll learn some tricks to keeping your journal organized, making it work for your specific needs, and decorating it to add some fun.

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

Indianola Public Library

www.indianolaiowa.gov/Library
207 N. B St., Indianola
515-961-9418
Monday – Thursday, 10 a.m. to 8 p.m.
Friday – Saturday, 10 a.m. to 5 p.m.
Sunday – 1-5 p.m.

QUENCHING the thirst

It's probably already started for some of you. After a couple months of holiday push, exhilaration, frustration and activity — nothing. No more days off from work to look forward to. The post-holiday letdown has set in (because nothing can live up to the vague hype in our minds). And, if we all can be honest, by mid-January, the thoughts of the “new me” we're each going to create are already starting to fade, at least for most of us. The cold blast of January isn't so much the air as it is the blast of reality that hits us.

Thoughts like this can be depressing. The Bible describes this experience as a thirst, one that, under normal circumstances, doesn't get quenched. We long for what will fulfill, what will satisfy, but nothing does. So we live year-round in the mid-January of life.

Jesus had an encounter with a woman who might just embody this thirst. They met beside a well in a place called Samaria, and you don't have to do much reading between the lines to see that she's lived a hard and unsatisfying life, and certainly a large portion of it has to have been the result of her own choices. I'm not casting a stone of judgment at her — we must all say that about ourselves when we're being honest. The continual pursuit of our own selfish desires always leads to this thirst. Living to please myself is like drinking salt water. It only makes me thirstier.

But Jesus knew what the Samaritan woman truly needed was himself. In the conversation, he draws a parallel between the water from the well where the two have met and our pursuit of our own selves. John 4:13-14 tells us, “Jesus said, ‘Everyone who drinks from this water will get thirsty again. But whoever drinks from the water that I will give him will never get thirsty again — ever! In fact, the water I will give him will become a well of water springing up within him for eternal life.’”

Why can Jesus say that? Because he's the Messiah sent from God, the son of God. And in a bit of subtle irony, he's actually just what the woman has been looking for all along, but she hasn't even been aware of it. In their conversation she says, “‘I know that Messiah is coming’ (who is called Christ). ‘When He comes, He will explain everything to us.’” “I am He,” Jesus told her, “the One speaking to you.” (John 4:26) ■

Information provided by Pastor Kevin Mayer,
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