

INDIANOLA

JULY 2022

# Living

## The SKY'S the LIMIT

Pilots, crew and  
volunteers are ready  
for hot air fun

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# WELCOME

## CREATING memories

Few things in life are more visually appealing than a sky full of hot air balloons. I think we would most all agree on that. And, as a result of that, no Iowa community has a festival that can match the National Balloon Classic.

Then again, fireworks are quite a visual display, too. And so is live music.

The phrase "something for everyone" is often overused, but it rings true with many community festivals. Clearly, the National Balloon Classic is much more than a festival, but, most importantly, it brings people together in a positive way.

OK, maybe fireworks aren't for everyone. I remember many a tear from our toddler children when they first saw and heard fireworks in the sky. And, as I recall, the dog wasn't too fond of them either. But most everyone else seems to enjoy fireworks. I know I do.

Don't forget the food. This is the one time of year when it is OK to devour the foods you may try to avoid the rest of the time. I mean, who can resist a funnel cake? Or a greasy cheeseburger? Or ice cream?

Nowadays, live music has become a staple in community festivals with a variety of genres and levels of talent. There's nothing like a cold beverage on a hot night with some friends while tapping your toes along to your favorite songs. The line-up of music at the National Balloon Classic is unmatched.

The hot air balloons, the fireworks, the music and the food are all great, but this event creates another very important thing: memories. Make yours this year at the National Balloon Classic. Look inside for details.

Thanks for reading. ■

**SHANE GOODMAN**

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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FEATURE

# The SKY'S the LIMIT

Pilots, crew and volunteers are ready for hot air fun

By Becky Kolosik

For those of us who live in Indianola, the sight and sounds of a hot air balloon floating above our neighborhoods and homes never gets old. The 2022 National Balloon Classic (NBC) is almost here, and the skies over Indianola and Warren County will be filled with more than 125 beautiful, colorful hot air balloons.

This year's NBC runs July 29 - Aug. 6 and is host of the National Balloon Classic Championship, State Championship, North Central Regional Championship, and the U.S. Women's National Championship. From unique and special-shaped balloons and music on the TruBank Stage to Dawn Patrol, Night Glows, food, fun and fireworks, this year's event offers something for everyone. Plus, on July 30, don't forget to come out and celebrate Warren County with a parade, followed by The Summer Arts Festival in Buxton Park.

Pilot-in-training Theo Hartman gets instruction from Grant Pfeifer during an inflate.

## FEATURE

### The desires of the heart

At 10 years old, Randy Stone remembers sitting at the dinner table one evening in their rural Indianola home and hearing a strange noise outside. He stepped out to look, and a hot air balloon was floating over their house.

It was the first or second year of the U.S. Nationals, and the pilot was from California.

"After the pilot landed the balloon, he popped open a little bottle of champagne," he recalls. "I just thought it was so cool."

As it turns out, the pilot told them the Nationals needed chase crews, and the Stones had a pickup. Randy's parents couldn't help but say "yes," and the family crewed the entire week.

When Randy was 16, his dad called a family meeting to discuss getting a new car. When he asked Randy and his brother what kind of car they wanted, Randy had something else on his mind.

"I didn't care about a car... I wanted a hot air balloon," he says, laughing. "Thankfully, Dad decided to compromise and get a used balloon and a used car."

That first balloon was named "Fly Away."

Ironically, Randy's dad was terrified of heights and said he would never get in a balloon basket, but he would help. So, Randy and his older brother, Kelly, started pilot training with Elton Freeman — one of Warren County's early pilots.

The process took longer than Randy had hoped, but weather was a big factor.

"I really wanted to get my license while I was 16," Randy says. "But I turned 17 in February 1978 and officially became a pilot that fall."

Randy nor his brother could convince his dad to fly. However, one of the competitors in the Nationals talked him into trying it, and he loved it. By the time his dad got a license, Randy had gone off to college and Kelly was married. The brothers would have never guessed their dad would end up flying the balloon more than they did.

A few years later, Fly Away was replaced with a used, but new to them, balloon. They named it "Fly On." Randy had gotten married and moved away but would fly when he came back to visit.

By the early 1990s, Randy was the only one flying, and Fly On was showing its age. His sister, Peggy, who lives in Michigan, along with her husband, would come back every year to help out with the balloon.

"We really needed to replace Fly On, but



Randy Stone in Heart's Desire gets a head start on take-off during last year's National Balloon Classic. Photo courtesy of Brock Banks Photography

Lisa and I had two small children and weren't sure if we could afford it," Randy recalls.

Their next-door neighbor heard their story and said that she would pray for a new balloon. Randy didn't know if that would work, but was struck by what she said next... "God grants the desires of the heart."

A few days later, Randy's sister called and said that she and her husband wanted to help get the Stone family a new balloon. Randy couldn't believe it.

"When I asked if she was sure, I remember her saying, 'Yes, because God grants the desires of the heart,' " he recalls. "She quoted the same Bible verse our neighbor did, so I knew it was meant to be."

Bill Clemons built the new balloon, affectionately named "Heart's Desire."

Randy has participated in every NBC since



Randy Stone and daughter Jessica enjoy flight time on Sundays as Jessica trains for her pilot's license.

1990 and enjoys the fun of competing and also re-connecting with fellow balloon friends and families every year.

"There's nothing like the serenity of floating through the air," he says. "Mornings are the best... It's so peaceful and pretty. I love packing up after a morning flight and heading to breakfast with our crew and other pilots. It's tough to get up that early, but I feel so accomplished, and I can sneak in a nap after lunch."

These days, Randy is excited to train his daughter, Jessica, to become a pilot. She started the process several years ago, but life got busy.

"A year ago, I decided to get it done," she

## FEATURE

says. “Dad and I work together on Sundays, weather permitting, to get my 10 flight hours in. I’m looking forward to taking the written test soon and also completing my solo flights.”

As for Randy, passing down his love of ballooning to his daughter means a lot.

“I’d love for her to fly Heart’s Desire, and I’ll happily be her crew chief,” he says.

### Women in flight

In the early 1800s, Sophie Blanchard was the first woman to fly a hot air balloon on her own. Her solo flights were spectacular; however, also dangerous, and, in the summer of 1819, she became the first woman to be killed in an aviation accident.

There’s no doubt that women have come a long way in hot air ballooning. And this year, the NBC will host the U.S. Women’s National Hot Air Balloon Championship.

NBC Executive Director Staci Scheurenbrand says the organization started working with the Balloon Federation of America (BFA) and the Hot Air Competition Division (HACD) of the BFA over a year ago. When the NBC was approached about hosting

the Women’s Nationals, Staci says they were “in” from the beginning.

“The HACD needed a host for the 2022 competition and, with Indianola being considered one of the most competitive events in the country and the place where it all started, we felt it was a good fit,” she says. “Our goal is to put female pilots on a larger stage than ever before.”

Female pilots are still far outnumbered in the sport of hot air ballooning. The NBC wants to honor the female pioneers (Esther Snyder and Dee Allen were both local) and highlight the female competitors of today.

Holly Pfeifer, who grew up in Indianola, pilots Cherry Bomb, and her first women’s nationals was 2019 in Brookfield, Missouri.

“I had no idea what to expect but was absolutely amazed at how friendly, helpful and supportive the other pilots were, which made the environment great for learning,” she says. “We all still were competitive but able to support each other — whether it was helping each other out of a landing spot or group briefings to talk about our flights.”

Holly is excited to have so many new people

experience what a great event Indianola has, and she says that hosting the U.S. Women’s National Championship as well is even better.

Cheri White is traveling from Austin, Texas, to compete for the first time in Indianola. In 1974, her father began flying and she crewed. At age 16, Cheri started pilot lessons and has been flying for more than 40 years, competing in every U.S. Women’s Nationals.

“Flying balloons has taken me all over the world and introduced me to many new friends and cultures,” she says, smiling. “There’s no better way to view nature than from a balloon.”



Cheri White from Texas will compete for the first time in Indianola with her friend’s balloon, Code Red, in hopes of taking a top spot in the U.S. Women’s National Championship.

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Holly Pfeifer's Cherry Bomb is a familiar balloon at the Classic and popular with the kids. She hopes to finish strong in this year's competition.

Angelica Haus, another local pilot, is also taking to the skies for the competition. It will be her second U.S. Women's Nationals, having placed second last year in Brookfield, Missouri.

"To have the competition in my own 'backyard,' I'd like to say it's an advantage, but at the same time, there are 14 other females competing that have so much more experience," she says. "I'm just excited to bring this type of competition to Indianola and to represent women in ballooning. It will be a great learning experience, and I can't wait!"

## Camaraderie in the balloon community

Growing up, Theo Hartman considered the Creston Balloon Days his "favorite holiday" because he was so fascinated with hot air balloons. His parents got involved with ballooning as sponsors of pilots for the Creston balloon event. Once his entire family learned about crewing and the mechanics of flying a hot air balloon, Theo was hooked.

They connected early on with Grant and Amy Pfeifer and have sponsored them every year. Theo got his first balloon ride from Grant at age 12 or 13.

As Theo got older, his family started coming to the National Balloon Classic for a weekend, and they would crew for the Pfeifers whenever possible. The NBC was always a fun, memorable experience — not only because of the balloons, but because of the people.

"I have made so many good friends through crewing, and we are always laughing, sharing stories, and enjoying the camaraderie of the balloon community," says Theo. "Crewing is very rewarding, and I have enjoyed getting close-up experience with the mechanics of how to fly a hot air balloon."

One of those up-close moments was while crewing during the 2021 NBC on a flight where the wind died down and shifted dramatically just as a lot of pilots were lining up to fly over the field for a marker drop. Most of the time, crews are driving to the next target to let the pilot know what the winds are doing on the ground and who is coming into the target before them.

"Because the conditions had changed so drastically, crew members got to get out of the vehicle and watch all the pilots work hard to find the

right wind to get them over the field," he recalls. "It was really cool to see how each pilot maneuvered their balloon to get to where they needed to be."

Through all of these experiences, Theo knew he wanted to become a pilot. Having a meteorology background makes the sport even more intriguing.

"Because navigating a hot air balloon relies on winds and altitude, having a good understanding of weather is important," Theo explains. "As a pilot, you need to have safe decision-making skills and flight planning tools at your disposal."

Theo enjoys the competition aspect of hot air ballooning and all the planning and preparation that goes into flying to multiple targets. It's something he's excited to take on in the next couple of years, after finishing his pilot training.

Aside from working with Grant Pfeifer, he's also trained with local pilot Jim Fromm as well as Randy Stone. Other pilots in the Indianola community have offered to fly with him as well.

"Jim has a wealth of knowledge, and he makes sure that I have a reason for everything I am doing regarding the ballooning process, plus, he's great at giving feedback on what needs to change and where I can improve," says Theo, smiling. "Randy is really good at explaining what he's looking for me to do and why that task is important to flying a balloon. He helps me feel more confident in my flying and maneuvering."

Theo can't say enough about the support this community of pilots offers, and he can't wait until he's flying and competing in future Classics with his balloon, That's No Moon. ■

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## GARDENING By Barry Laws

# STRIVE for diversity in tree selection



With all the recent storms and derechos, many of us are in need of new trees, and the question is, “What should I plant?” When choosing a tree, some things need to be considered and questions asked.

How much space do I have? Do I want an ornamental or shade tree, or both? Are overhead power lines close? Do I want an evergreen? Do I want unique foliage or bark or winter interest? These are just a few of the questions to be considered, but once you have answered these questions (and others), it is time to decide on what variety of tree to consider. With more than 60,000 species of trees from Giant Redwoods to dwarf fruit trees, which one should I choose?

If we look at history, we realize we don’t want a monoculture of trees in our yard, block or neighborhood. We need a diverse selection of trees around us. Many of us remember what happened to all the elms lining neighborhood streets and boulevards when Dutch Elm disease struck. We lost entire neighborhoods of trees. Then we replanted with ash trees, and now, with the introduction of the Emerald Ash Borer, we are again losing entire neighborhoods of trees.

So, if we look at what to plant from an insect’s point of view, they want variety to choose from, and, if we think about it, elms give them a smorgasbord of 65 varieties and ash 35 varieties. The more varieties, the better to find a host for a buffet.

So what to plant? There are several trees with only one species in their family, so these are better equipped to fend off insect problems.

Ginkgo biloba (considered a living fossil) is a great choice. Looking for shade? Autumn Gold at 50 feet tall and 35 feet wide offers a canopy to lounge under, and it has superior yellow color in the fall. Short on space? How about Princeton Sentry, a narrow 10-foot wide by 30-foot tall “sentry” for your garden, or Chi-Chi, which is a dense shrub-like tree at 5 by 5 feet? One thing to remember is to get a named Ginkgo since it will be a male and won’t produce seed.

Kentucky Coffee Tree anyone? This tree has awesome architectural appeal as it matures with both branches and bark. Twiggy when young, it will fill out and be great winter interest. Don’t like to rake? Well, with small composite leaves, you won’t have to worry about raking. The seeds were used as a coffee substitute, but if you don’t want seeds, purchase the male form, Espresso.

And then there is the Tulip Tree, the largest tree east of the Rocky Mountains (so cool, George Washington planted them lining the road to his home). You need room for this majestic tree, but your kids and grandkids will have the coolest leaf collection in school when they bring these large tulip shaped leaves to show and tell. The flowers are yellow and also resemble tulips.

Remember to talk with your nursery or garden center staff and don’t pick the same trees the neighbors have. Remember to diversify. ■

Information provided by Barry Laws, co-owner, Quilted Gardens Nursery and Landscaping, 19635 130th Ave., Indianola, 515-720-3089, [www.quiltedgardens.com](http://www.quiltedgardens.com).



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Sometimes an insurance adjuster will ask about prior medical history to learn about pre-existing conditions, usually, to make a reduced offer based on an assumption that the accident did not cause the claimant's current symptoms.

In Iowa, a claimant who had a pre-existing condition that was aggravated by an accident is entitled to recover damages caused by the aggravation but not to recover for conditions not caused by the accident.

If the claimant had a condition making him or her more susceptible to injury than a person in normal health, he or she is still entitled to damages caused by the accident.

A person who has been injured in an accident should be wary about his or her claim being "discounted" simply because of prior medical issues. A well-informed analysis of how past medical history may affect a claim for damages is crucial before accepting any settlement from an insurance company. ■



Information provided by Ken Winjum, The Winjum Law Firm, P.L.C., 1220 Sunset Drive., Suite 103, Norwalk, 515-981-5220, [www.winjumlaw.com](http://www.winjumlaw.com).

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## MYTHS and truths about hospice care

Considering end-of-life care for a family member who is ill can be overwhelming. Assistance from a qualified hospice provider can make the idea less daunting, help you initiate the conversation with other loved ones, and perhaps even reassure you that hospice care can benefit your whole family.

If your loved one's doctor has suggested hospice care and you're hesitating about making the call, the information below, compiled with assistance from the American Hospice Foundation, might help you better understand the benefits of hospice services.



**Myth No. 1: Hospice is appropriate only when a person is at death's door.**

**Truth:** The hospice conversation should begin before a person is in his or her last days; ideally, it should take place when individuals are still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a person to live life in comfort for the days, weeks, months, or longer that remain in his or her life. It's not unheard of for an individual's condition to improve and for him or her to "graduate" from hospice care. A philosophy of the hospice model is that life can and should be lived fully, no matter how much time remains.

**Myth No. 2: Families are discouraged from involvement in a loved one's hospice care.**

**Truth:** On the contrary, hospice care can benefit family members nearly as much as it can benefit clients. One of the gifts of hospice is its capacity to help families realize how much can be shared at the end of life through personal and spiritual connections. As part of a family-centered concept of care, hospice focuses almost as much on supporting a client's family members as on caring for the client. It's not unusual for family members to look back upon the hospice experience with gratitude.

**Myth No. 3: Hospice is a place.**

**Truth:** Some hospice providers care for patients in a dedicated hospice building; others care for clients wherever the need exists, usually in the client's home. You can seek and receive the care that feels right to your loved one and family.

**Myth No. 4: Hospice is only for patients with cancer.**

**Truth:** More than half of hospice clients nationwide have diagnoses other than cancer. Hospice commonly serves people who are living with chronic diseases such as emphysema, Alzheimer's disease, or cardiovascular and neuromuscular illnesses.

**Myth No. 5: Hospice care is expensive.**

**Truth:** Most hospice clients 65 or older are entitled to the Medicare Hospice Benefit, which covers virtually all hospice services and requires the client to pay little in out-of-pocket costs. This means there are no financial burdens incurred by the family — a situation that can contrast sharply with major expenses that can be incurred to manage a life-limiting illness when hospice is not used. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.



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“We fought the doctor about our dad needing hospice care because we were afraid, but we actually ended up wishing we had called WesleyLife sooner. We really feel the care Dad received from the hospice team allowed him to live longer.”

– Terry L., Des Moines

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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.**



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# WILL Medicare pay for rehabilitation therapy?

If you have Medicare coverage and meet certain criteria, it will pay for rehabilitation therapy services.

To qualify for coverage, your after-hospital care will need to take place in a nursing home, rehabilitation center, long-term care hospital or through a home health agency.



## Medicare will pay for inpatient rehab therapy services if:

- You were admitted to a hospital as an inpatient — not just under observation or for emergency room care — for at least three consecutive midnights
- You are enrolled in Medicare before your hospital stay
- A doctor has prescribed therapy and nursing services as medically necessary for you to recover after you leave the hospital

If these conditions are met, Medicare may pay for up to 100 days of rehab therapy services — including skilled nursing care, physical therapy, occupational therapy and speech therapy — if you're admitted to a Medicare-certified rehab location within 30 days of being discharged from the hospital.

Medicare will pay for outpatient rehab therapy services if they're deemed medically necessary.

Note that there are yearly maximums for how much outpatient therapy Medicare will pay for. Once these maximums are reached, you may be responsible for paying for the services out of pocket or with a supplemental insurance plan.

## What if Medicare doesn't cover what I need?

You may have other payment options available to you such as private health insurance, long-term care insurance or Veterans Affairs benefits.

## Is Medicaid part of Medicare?

No. Medicaid is a separate program from Medicare that helps low-income people of all ages receive medical care. Medicaid coverage and eligibility vary from state to state. You can be enrolled in both Medicare and Medicaid.

## What if I have more questions about Medicare?

To learn more about Medicare, visit [medicare.gov](http://medicare.gov) or call 1-800-MEDICARE (1-800-633-4227).

If you think you may need inpatient or outpatient rehabilitation therapy, be sure to learn what your insurance and Medicare policies will cover. ■

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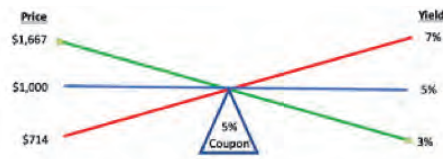
# DOES fixed income benefit from rising rates?

On June 15, the Federal Reserve hiked interest rates by 0.75%, the largest rate hike in more than 28 years. This puts the current rate at 1.65%. The current projections suggest rate hikes will continue to near 3.5% by December 2022. This is likely priced into the bond market yields today.



What affect does this have on bond investors, and is there a benefit to the rising rates? Over the past decade, we had seen continuous decrease in the interest rates. Now we are seeing a rising rate environment that has not been experienced in a very long time. Generally, interest rate moves have an opposite correlation to the prices on bonds. Rates moving higher pushes bond prices lower. The longer the duration of a bond, the more

negative an impact rising rates will have. (See graph below.)



So how can rising rates be a benefit to investors? Return on a bond is not just about the price. Rising rates can create losses. The shorter the duration of your bond portfolio, the shorter time horizon until the bond matures. As the bonds mature, you can now reinvest those proceeds at higher rates.

Bonds bring stability and diversification to our portfolios, so when investors see these “safe” investments lose value, this can understandably cause concern. However, this near-term view can overlook the longer-term value of higher yields. As simple as this sounds, bonds do

mature, and when they mature, we can invest these proceeds at higher yields, generating more income for our clients in the future. Bonds play an important role for retirees. Though rising rates will cause bonds to lose value, eventually the decline in price will be more than offset as bonds mature and can be reinvested at higher yields. Bond investors who are patient and let their existing bonds mature and reset at higher yields will be rewarded, versus those selling the bonds and locking in their losses. ■

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. The materials are based upon publicly available information that may change at any time without notice.



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# A FAMILY affair

The Michaels enjoy the thrill of the chase.

When there's a balloon in the sky over Indianola, there's a good chance Shawn Michael and at least one of his boys are on the chase.

"I enjoy being involved with the pilots and other crews because I'm always meeting new people," says Shawn. "I love seeing someone take their first balloon ride and the excitement — or nervous look — in their eyes when they get in the basket, and then the stories after they land about what an awesome experience it was."

Having grown up in Indianola, Shawn is no stranger to hot air balloons. When the U.S. Nationals were at Simpson College, he lived close by and would walk to the fields. Back then, Shawn was too young to crew but sold programs. He started crewing in high school.

Shawn's wife, Angie, was familiar with ballooning because her uncle was a pilot. She started crewing when she was in high school, too.

About 20 years ago, crewing became a family affair. Their two boys, Troy and Tyler, have grown up around hot air balloons. They enjoy helping any pilot, but local ones they crew for include Jeremy King, Leroy Clair, Eric Martens, Cory Bloom and Jim Gebhart.

A few years ago, Shawn decided he didn't want to just chase — he wanted to fly.

"Crewing all those years fueled my decision to pursue a pilot's license," he says.

Shawn completed the required 10 hours of training flights with a commercial pilot, two solo flights, and two days in the classroom. Then there was a final test with the FAA and a "check ride" with an FAA official.

The Michaels got their balloon — a 77,000-cubic-foot 1986 Firefly — in 2015. It's multi-colored white, blue, light blue and navy blue with the name "Midnight Blue."

Shawn's most memorable flight was when he took his sons up for the first time. And while Shawn doesn't get the opportunity to fly as much as he would like, his family crews every chance they get.

"Troy and Tyler absolutely love crewing, and both are planning to get their pilot's license in the future," he says, smiling. "Hot air ballooning is a sport that is part of our family and something we can do together for many years to come." ■



Shawn Michael has passed down his love of ballooning to his sons, Troy and Tyler, who are now old enough to become pilots.



## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Check for cancellations



### Warren County Fair

July 27 - Aug. 1

Warren County Fairgrounds

Enjoy all the favorites of a county fair: grandstand shows, contests, exhibits, food, kids' activities, and a variety of fun for all ages. For more information, visit [www.warrencofair.com](http://www.warrencofair.com).



### National Balloon Classic

July 29 - Aug. 6

Memorial Balloon Field,  
15335 Jewell St., Indianola

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit [www.nationalballoonclassic.com](http://www.nationalballoonclassic.com).

### Coming up at the Des Moines Metro Opera

Various dates

Blank Performing Arts Center, 513 N. D St., Indianola

The Des Moines Metro Opera's 50th summer season will include four productions, beginning with "Porgy and Bess" featuring Simon Estes as Lawyer Frazier and a cast of more than 60 of today's most remarkable Black operatic talent. This will be followed by "A Midsummer Night's Dream," featuring John Holiday of NBC's "The Voice." Then, "A Thousand Acres" will make its debut, based on the 1991 Pulitzer Prize winning novel by Jane Smiley. Finally, DMMO will perform the new opera "American Apollo." Details can be found at [dmmo.org](http://dmmo.org). The schedule is:

- July 16, 21, 24: "Porgy and Bess"
- July 15, 23: "A Midsummer Night's Dream"
- July 17, 19, 22: "A Thousand Acres"
- July 20, 21, 23: "American Apollo"

### Indianola Classic Car & Truck Show and Shine

July 23, Aug. 27, Sept. 24, 4-7 p.m.

TruBank parking lot, 1901 W. Second Ave., Indianola

Car show season is beginning, and you won't want to miss the 11th annual show. There will be music, homemade food, pop/water, Kids' Pick, Wife's Pick, door prizes and 50/50 drawings. There is no entry fee. Proceeds go to St. Jude's Children's Hospital.



### Farmland Leasing and Management Workshop

Monday, Aug. 1, 1-3 p.m.

Warren County Extension, 200 W. Second Ave., Suite A, Indianola

ISU Farm & Ag Business Management specialists will present information and updates on farmland leasing topics including: current cash rental rates, land values and crop price survey results; determining a fair cash rent; tenant/landowner communications and legal aspects; and approaches to writing and terminating a farm lease. They will share ISU Extension web-based resources. To register, contact Bethany Cecot, [bcecot@iastate.edu](mailto:bcecot@iastate.edu), 515-961-6237, at least two business days before the meeting. Registration is \$20 per individual and includes one Farmland Leasing Arrangements book.

### Warren County Conservation StoryWalk

Various places and dates

StoryWalk is a fun idea to get communities outside and reading. Each month, new nature-themed children's stories will be placed along trails in different parks. Bring your whole family out to hike and read a page of the story every few feet as you go along. A few days before the end of the month, the StoryWalk will move to the next park. Call 515-961-6169 if you want to know the exact location of the StoryWalk within the park. Sign the guest book at the end of each StoryWalk so attendance can be noted.

- July (Woodland Mounds) "A Backyard Birding Adventure: What's in Your Yard?" by Kermit Cummings and illustrations by Holly Weinstein
- August (Otter Creek) "If Animals Built Your House," words by Bill Wise and pictures by Rebecca Evans

**July 12-17**

**Aug. 2-7**

**Aug. 9-14**

#### Promotions

**July 14**  
Christmas in July

**July 15**  
Betfred Koozie Giveaway  
Betfred Sports

**July 16**  
Marvel's Defenders of the Diamond Night

**July 17**  
Outdoors Night  
Outdoors Dan Radio Show | DNR

**Aug 6**  
Pop it Giveaway

**Aug 7**  
Demonios  
Principal | Prairie Meadows | Barilla |  
Atlantic Bottling Coca-Cola | Tito's

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# WHERE country meets the sky

The Sheltons are landowners, pilots and volunteers.

The National Balloon Classic is a special and busy time for the Shelton family. Bob and Janice are landowners, and having a competition target located on their land is something they don't take lightly.

"The relationships between pilots and landowners across the county is vital to the existence of the Classic," says Bob. "Without permission to launch/land a balloon, pilots could not fly."

However, the Sheltons are not just landowners. Bob is a pilot, and both he and Janice are long-standing volunteers with the Classic.

Ballooning is a family affair that started in the 1980s when Oldsmobile started a balloon team. The parts manager at Watters Autoland at the time, Bob helped set up a display at the dealership. He and his family started crewing whenever the balloon team came to town. They also crewed for local pilots until son, Jon, caught the ballooning bug after college. Jon bought a used balloon and became a pilot.

"In 2005, he convinced me to pursue my pilot's license," says Bob. "When Jon became interested in competition, he got a racer-style balloon, and I bought his original round style."

Bob and Janice started volunteering for the Classic about 10 years ago. As part of Pilot Relations, he actively works on the competition targets, visiting and verifying GPS coordinates and availability of existing targets. He also obtains new targets, and, as the Classic draws closer, checks availability/visibility of targets in hayfields. All the while, he's building trust and solid relationships with landowners.

At the field, he mows and paints the outline of the target area and serves on the Facility Committee.



When Bob Shelton is not flying his balloon, he and Janice are their son Jon's regular crew, along with Jon's wife, Amy. Daughter Lori and her husband, Adam, as well as Shelton's grandkids, Brooke and Jake, help when they can, too.



For her part, Janice obtains items and donations for welcome packs given to each pilot.

"I call a lot of businesses and sponsors asking for contributions for the packs or if they would like to sponsor a pole grab for an evening flight," she says. "Nurturing and maintaining those relationships year after year is vital."

Janice has also served as treasurer of the Iowa Balloonist Association for nine years, and Bob is a past president/vice president. The club's annual continuing education seminar, which is known as one of the best in the country, educates, trains and refreshes pilots' and crew members' abilities while promoting safety.

As landowners, pilots and volunteers, the Sheltons say they are happy that the Classic showcases Indianola and Iowa.

"It's one of the premier balloon events in the country, and we like to think we have had a small part in helping continue that reputation," says Bob, smiling. "Our family loves ballooning, and we encourage anyone — young or old — to get involved as a volunteer. You never know if you could end up catching the balloon bug, too." ■

# INDIANOLA Public Library events



• **Family Bingo! Friday, July 15, 6-7 p.m.**

• **Splash and Story, Saturday, July 16, 10:30-11 a.m.**, a storytime at Indianola Aquatic Center, 714 W. Detroit Ave. Join Janis at the pool for this special edition of Tot Splash Time. Come at 10:30 a.m. with the interactive storytime to begin at 11 a.m. Then stay after for some exclusive time with your toddler. Swimsuits required. This program is designed for children and accompanying adults. Please plan to attend and be engaged with your child at this program.

• **Off the Map: Abandoned and Disappearing Towns Around Iowa, Tuesday, July 19, 6:30-7:30 p.m.** Thousands of towns and communities were established during Iowa's pioneer and railroad era. Many existed for a few years, some slowly faded away over time, and a few never existed except as "paper" towns. Regardless of why they originated or why they diminished, each community has its own unique story. Take a tour around Iowa exploring a sampling of these idiosyncratic communities in photographs and stories. This event is presented by Rosa Snyder and sponsored by Humanities Iowa.

• **Puzzle Competition, Wednesday, July 20, 6:30-7:30 p.m.** Puzzle competition for adults. Teams of up to five adults will compete to finish their puzzle first and win prizes. The puzzles will be 500 pieces each.

• **Family Escape Room, Thursday, July 21, 5:30-6:30 p.m. or 7-8 p.m.**, for kids and families. Registration for this event will be open until July 20 at 8 p.m. We now have more time slots for you to join in the Escape Room fun! This event is designed for elementary-aged kids and their families, including adults and older siblings. Please register for only one time. This program is designed for children and accompanying adults. Please plan to attend and be engaged with your child at this program.

• **Craft & Chat: Basket Weaving, Thursday, July 28, 6:30-7:30 p.m.** for adults. Finish the summer with the classic camp craft of basket weaving. All supplies are provided. ■

**Indianola Public Library**

[www.indianolaiowa.gov/Library](http://www.indianolaiowa.gov/Library)

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Monday – Thursday, 10 a.m. to 8 p.m.

Friday – Saturday, 10 a.m. to 5 p.m.

Sunday – 1–5 p.m.

# FREE to serve

The word "serve" is a good and beautiful word. But, as with many other good and beautiful words, through the years, the word "serve" has suffered a fate like that of a certain man who went down from Jerusalem to Jericho. It fell among thieves who robbed it and left it wounded by the side of the road. You see, people today do not like the word "serve" because to serve marks them as servants. And who in the climate of our time wishes to be a servant — one who pushes self aside to give attention and show concern for others?



Who wishes to do this? The apostle Paul does. He writes in Galatians 5:13: "For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." We are free from worrying about our sins, our life, our salvation because Jesus Christ has died and risen in our place. By His wounds, we are healed. We've been set free. Set free to serve.

This Independence Day, as we remember that we are a free nation, let's also ask ourselves how we can serve where God calls us to serve: family, community, work, school or church. Through love let us serve one another. ■

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*

## 4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.



Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

### 1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen

levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes and sedentary lifestyle.

### 2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

### 3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart risk factors. Continuous stress releases an excess

of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

### 4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

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

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# SUMMER is the season of the Fire Element

In Chinese Medicine, summer is the season associated with the fire element. The organs associated with this element are the heart, small intestine, pericardium and triple heater.



We typically think of the heart as an organ that pumps in our chest, circulating our blood, and performing all that is related to the heart functions. Without the heart, there would be no life.

The heart in Chinese Medicine is considered the emperor of all of the organs. It is the regulator of rhythms of the body, circulation, sweating, warmth; it houses the shen (or spirit) of the person; and it regulates the five emotions. The health of the heart is reflected in your face. In Chinese Medicine,

the heart and mind energies are connected. We know in Western psychology that our mind can affect our heart by increasing the heart rate, our breathing, even causing insomnia, anxiety or panic attacks. Often, when treating cases of insomnia, the energy of the heart is where the imbalance is. When the heart energy is balanced, the heart is strong and healthy, the mind is calm, and you sleep soundly. We also know the heart is an organ of feeling. For example: "My heart is not in it," or "I have a broken heart." It is very common for patients to have symptoms of depression (lack of joy) after a heart attack, stroke or bypass surgeries.

Surrounding the heart is the pericardium. It is a physical structure that surrounds and protects the physical heart from infections and holds the heart in place in your chest. In Chinese Medicine, we refer to the pericardium as the "heart protector."

The heart protector's job is to be a guard to who and what we allow in or out of the heart energy. It is important for setting boundaries, as in the ability to say "No" or "Yes, you may come into my life." When our pericardium energy is balanced, we know we are loved, when we are safe, and when we are not. We make sure to surround ourselves with those healthy situations where we are safe, loved and boundaries are appreciated.

Ways to nourish our heart and pericardium energies is through connection — to fellow humans, to animals, to nature. Find a way to experience joy every day.

Next month we will discuss the small intestine and triple heater. ■

Information provided by Dr. Renee Dalrymple, LAc, SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 14849 130th Ave., Indianola, 515-729-2705, call or text.

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## INSURANCE

By Mike Richey

### WHEN a disaster makes your home unlivable

Most homeowner's and renter's insurance policies include Loss of Use coverage, also known as Additional Living Expense coverage. This important component of an insurance policy pays for additional expenses you incur when your home sustains damage to the point where it cannot be lived in. The source of the damage must be something covered by your policy. For example, suppose a fire or tornado severely damages or destroys your home and your belongings. Your Loss of Use coverage would pay for a hotel or a short-term rental, plus other extra expenses such as food.

I myself once had to use my Loss of Use coverage, when I was renting an apartment and plumbing issues in the building caused my ceiling to collapse and water to come into the unit. I was displaced for 10 days, and the Loss of Use coverage on my renter's insurance policy paid for a hotel for me to stay in and covered meals for those 10 days. I hope to never need to use Loss of Use coverage again, but I was glad I had it when I needed it.

To find out how much Loss of Use coverage exists on your homeowner's or renter's policy, 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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## HEALTH

By Elijah Evans

### PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■

Information provided by Elijah Evans, T-LMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).



## RECIPE

# MEDITERRANEAN-inspired dinner parties made easy

*(Family Features)* Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit [GenovaSeafood.com](http://GenovaSeafood.com). ■

## Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna  
Servings: 4-6

### ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

### TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided
- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained, patted dry and halved

- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped

- To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.
- In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste forms. With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.
- To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and



season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.

- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

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# OPEN for business



The Indianola Downtown Square is open for business, despite getting some badly needed upgrades so our businesses and residents will have a safe place to gather. The good news is we are on the home stretch. Construction is completed on Buxton, Salem and Howard. Ashland between First Street and B Street will be closed on approximately July 11 with a construction goal of being completed by early November.

When you visit our businesses on the Downtown Square, remember there is on-street and/or public parking lots available just one block off each side of the square. During each phase of the project, certain streets will be closed, but you can still access all of our downtown businesses. Watch for signage to help guide you. Once the roads are completed, the sidewalks will be replaced, and you will still have access to your favorite businesses.

Remember, our loyal businesses have supported this community for years, and you can support them by continuing to buy local. Please continue to support them during construction. Follow them on Facebook as they provide you with instructions on how to visit them. If Mother Nature is kind, Phase 3 will be done before we know it.

Businesses around town, too, are open and ready to serve consumers who are enjoying summer. While workforce continues to be an issue for some businesses, it has gotten a little better. Yet, you still might find yourself standing in lines, having longer than normal waits or slower than normal service. Please continue to have patience and be kind. Instead of complaining, show your appreciation with a smile and some warm thoughts. Those workers and businesses are doing their best to serve you.

Summer is the best, and our events are in full swing and open for business. As we move into our event season, I invite you to take advantage of all of our local entertainment. Whether it's enjoying a world class opera at the Des Moines Metro Opera (July 1-24), feasting on a corn dog at the Warren County Fair (July 27 - Aug. 1), catching the breathtaking view as hundreds of balloons take to the sky during the National Balloon Classic (July 29 - Aug. 6), or watching disc golf pros compete during the TruBank Des Moines Challenge, there's something here, in Indianola, for you.

Perhaps enjoy an outdoor patio for lunch or dinner with family and friends. Regardless, enjoy your summer right here in Indianola! #ThinkIndianolaFirst ■

Information provided by Brenda Easter, President/CEO of the Indianola Chamber of Commerce, 111 N. Buxton St., No. 117, 515-961-6269, [www.indianolachamber.com](http://www.indianolachamber.com).

Come and join us to eat, visit & listen...

## Trinity Tunes & Treats

Trinity United Presbyterian Church  
Summer 2022

4:00 pm Social Hour \*\*\*\*\*5:00 pm Free Concert

---

**JUNE 19**  
Juan Jaramillo, violinist  
Des Moines Metro Opera

Ice Cream Sundaes will be served by  
Trinity Middle School Youth  
Funds will go towards the youth trip in 2022.

**JULY 17**  
Indianola Trombone Quartet

**AUGUST 21**  
Greater Des Moines Community Band

Trinity  
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Treats

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[www.trinityupc.org](http://www.trinityupc.org) - [trinityupc@dwk.com](mailto:trinityupc@dwk.com)

## INDIANOLA SIZZLES IN THE SUMMER

<b>NATIONAL BALLOON CLASSIC SKY PARADE</b>  <b>July 21</b> 5-8pm Indianola Downtown Square  <a href="https://facebook.com/NationalBalloonClassic">facebook.com/NationalBalloonClassic</a>	<b>INDIANOLA SUMMER ART FESTIVAL</b>  <b>July 30</b> 10am-4pm Buxton Park  <b>CELEBRATE WARREN COUNTY PARADE</b> <b>July 30</b> 10am  <a href="https://desmoinesmetroopera.org">desmoinesmetroopera.org</a>	<b>DES MOINES METRO OPERA</b>  <b>July 1-24</b> Porgy and Bess A Midsummer Night's Dream A Thousand Acres American Apollo  <a href="https://desmoinesmetroopera.org">desmoinesmetroopera.org</a>
<b>WARREN COUNTY FAIR</b>  <b>July 27 - Aug. 1</b> Grandstand shows, contests, exhibits, food, kids' activities and fun  <a href="http://warrencofair.com">warrencofair.com</a>	<b>NATIONAL BALLOON CLASSIC</b>  <b>July 29 - Aug. 6</b> 100+ hot air balloons, live bands, kids' activities, food and fun  <a href="http://nationalballoonclassic.com">nationalballoonclassic.com</a>	<b>TRUBANK DSM DISC GOLF PRO TOUR</b>  <b>Aug. 18-21</b> Pickard Park Elite Disc Golf Pro Competition Spectator Passes Available  <a href="http://desmoineschallenge.com">desmoineschallenge.com</a>

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## OUT & ABOUT

# FRIDAY Night Live

Friday Night Live at Memorial Park June 24 featured a concert by Past Vertical.



Jim Tupper



Pam and Tim Pepper and Ryan Whitesitt



Carynn, Drew and Carson Brazie



Kathy Morrison and Jessica Robinson



Mimi Kelly-Meyer and Doug Meyer



Morgan Singleton, Amelia Ruiz, Cort Singleton and Natalie Metzger



Kari, Graham, Collins and Miles Albaugh



Tanya Marks and Loni Nehring-Crews



Suzanne Schrodtr and Carol Richmond



Joanna Carson, Paula Chew, Katharine Haberlad and Pritesh Patel



Mary Jacobs and Lori Hebron

## OUT & ABOUT



Grace Avitt, Carlisle Charlton and Andy Lent at Friday Night Live at the Past Vertical concert June 24 at Memorial Park.



Gary and Sheri Ramquist at Friday Night Live at the Past Vertical concert June 24 at Memorial Park.



Laurie Bowers and Dave Williams at Friday Night Live at the Past Vertical concert June 24 at Memorial Park.



Andy English and Bob Lane at Friday Night Live at the Past Vertical concert June 24 at Memorial Park.



Jackson Pribil, Natalie Gordon, Kaylee May and Jen Pribil at Friday Night Live at the Past Vertical concert June 24 at Memorial Park.



Rachel, Hannah and Elizabeth Dee visiting the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.



Kathy, Lydia, David and Cheryl Dee visiting the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.



Harold Balk and Keeley O'Keefe visiting the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.



John Carlson, the driver of the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.



Blair Lawson visiting the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.



Mason, Jackson and Vickie Northway and Cooper Wacht visiting the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.



Gordon Blacksmith visiting the Department of Cultural Affairs traveling exhibit, "History on the Move," at the YMCA on May 25.

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## MEET the ICSD Technology Team

Supporting administrators, teachers and students in the digital age

### Editor's note:

*This is part one of a two-part series.*

Technology is everywhere in education. Ray Coffey, director of technology for the Indianola Community School District, and his team understand the importance of a technology

environment that enhances education, supports business operations, and provides the necessary tools to promote a quality education.

"Nearly everything we do in the district involves technology in one way or another... from classroom instruction to door systems and security cameras to HR, finance and more," says Coffey. "I often say that our department is somewhat unique as it supports both sides of the business because we have a direct impact on the educational side of the district and the operational side as well."

Coffey oversees a variety of technical and non-technical staff.

On the tech side are Ethan Finck, Garry Bockholt and Mitchell Sparks, IT support services specialists; Justin Gilkerson, IT support services manager; and Nathaniel Brand, network/systems engineer. They are responsible for a variety of activities related to computer hardware, software, and networking.

Denise Moss, enrollment coordinator, along with Justin Bristow, SIS manager, provide expertise when it comes to student enrollment, records, attendance, reporting and much more.

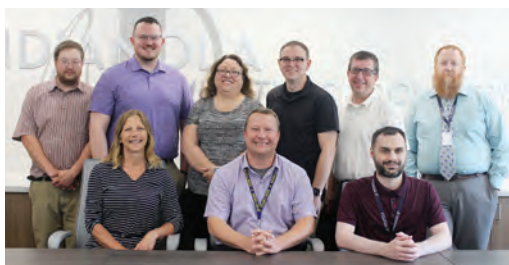
As technology integrationists, Ali Sauter and Celeste Lumsden work closely with the core technical staff, as well as collaborate with administration and teachers to implement technology related to curriculum and other educational tools for the classroom.

Kimberly Lorton, print shop specialist, rounds out the team and enjoys working with teachers and staff, making their jobs easier by managing all copying for the district.

With technology constantly changing, new challenges are also constantly arising. Perhaps one of the greatest challenges came in March of 2020 with COVID. IT played a critical role as the district moved to virtual learning.

"We were put into action quickly to determine the best way to get devices into students' hands swiftly and safely, using the resources we had available at that time," recalls Gilkerson. "We worked with building principals and staff to ensure that families who needed a device (this was before our one-to-one) for virtual learning had one."

Next month, learn how technology is being used to enhance student learning. ■



As technology grows, so does the ICSD technology team. Back row, from left: Ethan Finck, Mitchell Sparks, Denise Moss, Justin Gilkerson, Garry Bockholt and Justin Bristow; front row: Kimberly Lorton, Ray Coffey and Nathaniel Brand. Not pictured: Ali Sauter and Celeste Lumsden.

## THE ANTIDOTE to worry

If you've ever played tug of war with a dog, you've seen this happen. Should you let go of the tug, whether intentionally or accidentally, the dog will shake its head back and forth with blazing speed, whipping the rope toy (or an article of your clothing) from side to side. This maneuver is called "worrying" and comes from the fact that dogs are predators (I'll let you connect the dots on that part).



Here's the point. They remind me of, well, us. When something concerns us, we pull and yank on the issue for all we're worth. Given half a chance, we'll fly into a frenzy of fruitless mental activity around the issue (worry), only to end up with nothing having actually changed. Just as the dog is still standing there with a tug in its mouth, we still have our problem.

In Scripture, Jesus actually commands His followers not to worry, "Then He said to His disciples: 'Therefore I tell you, don't worry about your life, what you will eat; or about the body, what you will wear. For life is more than food and the body more than clothing'" (Luke 12:22-23).

He doesn't just suggest it or try to get us to see that it's better for us not to worry. A human approach like that misses the point completely. We say things to ourselves or others like, "Be positive." Or "Things could be worse." Or "You have to see the glass as half full." Not only is none of that helpful, it's actually counterproductive. That's simply telling our anxious friend or self, "Hey, here's an idea. How about not worrying?" Thanks heaps.

Instead, Jesus points us to God, not just the one who fills the glass, but the one who created the glass. And the Creator can easily provide the contents of the glass when need be.

The apostle Paul sums it up so well with the phrase, "I am able to do all things through Him who strengthens me" (Philippians 4:13). This is often misunderstood to mean any idea or dream or goal I set out to accomplish I will be able to do if I trust Jesus enough. Uh, no. The context of Paul's words fills in the rest for us. When talking of sometimes having plenty or having little, he has learned the secret: Being content. How can he be content? Paul can because Christ enables him to be so — "all things through Him."

The antidote to our worry is a greater dependence on the Creator of all things. ■

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

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