

INDIANOLA

MARCH 2023

AR Realty
Living

IN THEIR FOOTSTEPS

**Residents share how they
were inspired to follow a
loved one's path**

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WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.

I remember the first time Dad had me back the dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. ■



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Realty

IN THEIR FOOTSTEPS

**Residents share how they
were inspired to follow a
loved one's path**

By Becky Kolosik

If you're a parent, you know — or will know — the joy of watching your children grow older and start to think about what they want to be “when they grow up.” When children choose to follow in the footsteps of Mom, Dad or another important relative, they have a role model who can show them the ropes, provide connections, and set the stage for what to expect. Read about Indianola residents who have followed in a parent's footsteps and found careers they enjoy and the passion to serve people and, more importantly, their community.

Kim Tierney-Keller and Emily Keller-Lampman enjoy helping clients with one of the most exciting times in their lives. At the end of the day, they are each other's biggest cheerleaders and wouldn't have it any other way.

A family legacy

Helping people in their time of need is one of the most worthwhile aspects of being a funeral home director.

Alex Petersen says following in his father's footsteps boils down to two things: 1. His father's passion to serve others during one of the worst times in their lives, and 2. Carrying on the legacy of his family.

Alex will also tell you that, at one point in his life, his goal was to graduate from high school and move as far away from Indianola and the funeral home business as possible.

When his father, Jeff, began working alongside John and Barb Overton, Alex was a young kid.

"I delivered funeral notices around the square and mowed the yard for John and Barb," he says. "At that age, \$10 a delivery or mowing was exciting. As I grew older, I began to help with washing and detailing vehicles along with moving flowers when I was able."

But he wasn't just the "funeral director's son." Being a funeral home director was rooted much deeper into the family tree because his father, Jeff's, passion for the profession began with Alex's late maternal grandfather, Eldon Grarup.

"When my mother and father were married, Mom had every intention of not being a funeral director's wife," Alex says, smiling. "Grandpa was a funeral director in Sheffield. My father decided to follow in Grandpa Grarup's footsteps and pursued an education at Worsham College in Illinois."

His uncle on his mother's side is also a funeral director.

As Alex got closer to graduation, he started to see Indianola and the business from more than just a one-sided view. It took looking in from the outside for him to appreciate everything that his father sacrificed for their family — as well as his love of the community.

"All the days and nights my father missed sporting events, choir, conversations at the dinner table or simply just being at home was part of a larger picture," he explains. "I didn't really understand that until after my graduation and part way through my first year of college."

Alex quickly saw, while working visitations and funeral services, along with being more involved with the business, the impact his father had with grieving families.

"I see how my father strives to bring peace and dignity to people's loved ones and shows compassion to their family," he says. "I admire



Funeral directors need compassion, passion and integrity. Alex Petersen says, every time he watches his dad, Jeff, he's seen all three in action, and he hopes to continue that legacy.

his sense of duty, passion to help others, and his love of people."

These days, Alex can't imagine being in another business. However, with a young family, he's tried to be more present at home with his wife, three children and two dogs. As his kids get older, he hopes to make more time to be involved in community organizations.

"It takes a lot of compassion to be in this profession, and being a third-generation funeral director is something I take pride in," says Alex. "I want to make my entire family proud and continue to impact people and this community."

Like mother, like daughter

Kim Tierney-Keller and Emily Keller-Lampman have a close bond. A three-generation real estate family (Kim's father was also a Realtor with Iowa Realty in Chariton for 19 years), this mother and daughter share a love of community and helping people buy and sell homes.

Real estate wasn't Kim's first career. After graduating from Simpson College, she went

into banking. She enjoyed it but soon realized she needed to devote more time to her family.

"When the time was right to jump back into the workforce, my dad suggested real estate," she explains. "But I kept thinking about the insecurity of being self-employed, so I wasn't sure if I wanted to take that risk."

Kim says, one day, a check came in the mail for the six-week pre-license course.

"Dad won," she says, smiling. "I cashed the check and started studying. I paid him back with my first commission check, and I have never looked back or regretted my decision."

Daughter Emily was 10 years old when her mom started her real estate career. Emily heard many real estate-related phone calls and conversations growing up.

"Every once in a while, I would go to an open house or showing with Mom," she says. "I like to think that I learned the language of real estate early on from hearing all of her business calls."

Emily hadn't thought much about a career in real estate until she graduated from high

FEATURE

school and headed to Simpson College. In her marketing classes, she quickly realized many of the tools and ideas she was learning could easily be applied in the real estate world. Emily began sharing ideas with her mom and then started to think about real estate for herself. She interned with Iowa Realty twice and, following graduation, began pre-licensing classes.

After studying in the summer of 2009, Emily passed all her required exams.

"My mom was the first person I called after passing my exam and officially becoming a Realtor," Emily says, smiling. "That was a moment I will never forget."

Emily started with the Indianola Iowa Realty office in September 2009 — 13 years after her mom.

"I welcomed Mom's guidance and support," says Emily. "She was able to share real-life examples of what I was learning and really helped me zero in on the things that would be most beneficial to me as I started my career."

While real estate can be a flexible career, there are lots of nights and weekends with showings, appointments and open houses. When Emily and her husband, Seth, started a family, there were a few challenges. Their newborn daughter, Elliot, would occasionally go to the office — her Pack 'n Play set up between Mom and Grammy's desks.

"That was a busy time, but I am so thankful that Elliot was able to be with both her mom and Grammy most days," says Emily. "She brought lots of energy and smiles to our workdays."

Now a mom of two, Emily focuses on managing her time and makes the most out of the hours her girls are in school — working around their schedules to ensure she misses very few of their events and activities.

Emily says it's an honor to follow in her mom's footsteps. Their desks are still close to one another at the office, and, although they don't work together on every transaction, it's a blessing to get to bounce ideas and questions off one another each day.

As hard as it is to separate "work talk" and "mom/daughter talk," they try to find a balance.

"I love sharing this connection with Emily, and it was so fun when Dad, Emily and I could all talk the same work language together," says Kim. "I was adding up my dad's 19 years, my 27 years and Emily's 14 years — that's a total of 60 years with Iowa Realty in the Tierney-Keller-Lampman history."



Stacie Baker says working side by side with her mom prepared her for success, and she is grateful to have had a pair of strong women build the foundation of the business she's now proud to call her own.

Sew far, sew good

Growing up, Stacie Baker has fond memories of the appliquéd T-shirts and sweatshirts her Grandma Dorothy Ter Louw would make and give to all the grandkids.

"We always looked forward to birthdays or Christmas and getting those special, one-of-a-kind gifts from her," she says.

While Stacie's mom, Lois Van Wyk, loved the appliquéd sweatshirts and T-shirt gifts, too, she had an idea: other people might like them, and maybe she and her mom (Grandma Dorothy Ter Louw) should start a business. And that's how it all began.

In 1986, Lois Van Wyk and Dorothy

Ter Louw launched a small home-based business creating unique, hand-sewn appliqué sweatshirts for colleges, craft shows, Indianola's annual balloon festival and Pella's Tulip Time. They called the business Dorlo — a combination of their first names — and the mother/daughter team spent the next several years traveling the Midwest visiting college campuses and bookstores marketing their specialty apparel. When their designs made it into an Iowa State Apparel catalog one year, they knew their hard work was paying off.

Stacie was a busy high school student during those early years of the appliqué/apparel business. While it was fun watching her mom and grandma work together, she didn't take

much interest.

After graduation, Stacie headed to Augustana College and majored in geography. There were times during those four years when she wasn't exactly sure what she wanted to do after college.

"I would talk to my mom, and it was so easy to see how much she loved her business," recalls Stacie. "It gave me hope that someday I'd be as lucky as her and find something I truly loved doing."

Stacie decided to pursue a master's degree in landscape architecture from Iowa State and worked in that field from 1998-2002 in the area of park and trail planning for the City of West Des Moines and Dunbar/Jones.

"I really loved it, but there were a lot of evening meetings that made it difficult when Brian and I started a family," she says. "I planned to take a break, raise our kids and then go back."

During that time, the appliqué and apparel business continued to grow. So much so that the Van Wyk basement was too small for the equipment upgrade they needed. The business moved to its current location to better serve

an increasing customer base. It also underwent a name change: Casual Rags Embroidery & Apparel. With Dorothy retiring, Lois began to focus on business embroidery and apparel.

Stacie often brought the kids to the store to visit their grandma, but she didn't really have much involvement. Fast forward to 2013. Stacie's kids were all in school, and she needed something to do.

"I started helping Mom at the store and quickly saw how much it had grown," she says. "I was impressed with how she'd built such a successful business from the ground up."

They became another mother/daughter team. Stacie had a lot to learn — so much more than just how to run the embroidery machine and digitizing software.

"Mom was a good teacher and very patient," says Stacie. "She taught me about bookkeeping, invoicing, production and working with customers. Sometimes I would just step back and watch her. That's when I learned the most."

In 2016, Lois was ready to retire. Stacie had never been interested in owning a business, but taking over Casual Rags seemed like the

perfect fit. She not only enjoys the embroidery process but also the creativity and problem solving that goes into helping customers realize what they want or need and making it happen.

She says she is grateful for the solid foundation her mom and grandma built. The business continues to grow, especially with online sales having such a presence in the market. While there are things Stacie does differently, the changes have been gradual. Regardless, her mom approves and likes to help out.

"Mom doesn't run the machines anymore, but she unpacks boxes, preps shipments and other things," says Stacie. "She enjoys helping because it gives her something to do."

There's not a lot of time for "mother/daughter" talk on those days, because the new, computerized embroidery machine is usually running, and it drowns out their voices. But they appreciate the time together.

"Stacie made a perfect business partner," says Lois, smiling. "I continue to enjoy helping her when needed, but most of all, I am so proud of her, and her grandmother would be, too." ■

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GARDENING

By Barry Laws

TIME to get your hands dirty

March is finally here, and outside gardening is beginning to take off. Though the warmer daytime temps and frost coming out of the ground are giving us a push to get out and start digging, there are still cautions that need to be heeded. But, we can still start to get our hands dirty with some digging.



First things first. Find all your tools and get them ready for spring. Locate pruners, trowels, gloves, shovels, saws, garden twine and wire, vegetable cages and other assorted garden necessities. Take time to sharpen your pruners, shovels and saws. Doing so now will keep you from looking for them when you need them, and they will be ready for this garden season.

Remember those conifers you may have covered with burlap last fall to minimize desiccation? Now is the time to take off that burlap and, if still in good shape, store it away for next year. Also, it is time to take protection off the roses. You don't want to have the plants being heated up and pushing new growth while there is still a chance to have frosts.

Grab your pruners and prune back the red and yellow twig dogwoods, if you haven't already. The great winter color is a result of the new stems from summer growth. By heavy pruning now, you will promote growth that will brighten next winter's gray days. Also, take a look at the hydrangea paniculata and prune back and shape while you can see the structure of the bush. If you have a Japanese maple, see what it looks like, and, if you would like to shape it, now is the time.

Now is also the time to start cleaning up your garden beds. Trim back your ornamental grasses, prune back any perennials that you didn't last fall, and those annuals you didn't get out should be removed now. Take time to dress the beds with compost, working it in to be ready for those new perennials coming in May. Work your vegetable garden beds up, incorporating compost and manure fertilizer into the soil so you will be ready for seed and plants later in the spring. Here is one of the cautions though: Only work dried beds. Working them while wet will leave you with clumps and clods that will make working in the garden harder this summer.

The end of the month is the perfect time to put in lily bulbs, asparagus crowns and bare root peonies. Canna tubers, elephant ear bulbs and dahlias can be started indoors, then planted out in late May after the chance of frost has passed.

To get a jump on the gardening season, be sure to check out garden shows, garden seminars and other talks in the next couple of months. You may find that one new and unique bulb, plant or shrub to add to your landscape. And what better way to get inspiration than listening to gardeners or nursery personnel talk about new and different plants to put in your garden?

Get your tools ready, grab some sunshine and start getting your gardens ready for the spring and summer. ■

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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KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a “diabetes superfood” according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas. ■

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission
Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.



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To learn about classes offered around the state and to register, call **515-471-8524**. To take a quiz about your current risk factors and learn more about preventing dementia, visit **UnlockingBrainFitness.org**.



WHAT proof is required?

Suffering an injury can be a difficult and life-altering experience. Sometimes such injuries are caused by the negligence or fault of another person.

In order to successfully maintain a claim for damages, an injured party must prove that the other party was negligent or at fault. It also must be established that the negligence or fault caused the injury. Finally, the amount of damages must be proven.

In civil cases, the burden of proof is by "a preponderance of the evidence." This means that the evidence is more convincing than opposing evidence. It does not require proof beyond a reasonable doubt.

This does not mean that an injured party can prevail with no evidence at all. For example, simply because a person is injured at a place of business does not mean that the business is automatically responsible for those injuries. Some proof of negligence or fault on the part of the business is required to have a valid claim.

Similarly, a claim that a medical condition which developed after an accident may not meet the burden of proof for causation without evidence from a treating physician that it was related to the accident.

Finally, the amount of damages must be proven. Many elements of damages do not depend on a mathematical formula. An experienced attorney can advise an injured person on the amount of damages which can be proven. ■



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

BEREAVEMENT services enhance hospice care

Hospice services are focused on caring for clients and their families, but many people are not aware that those services don't end when a client dies. In fact, in many cases, when death occurs, care for a family is just beginning.

Typically, a hospice team meets a client's loved ones as the client is near the end of their life. It's an emotional time, and the focus is naturally on the person who is ill. Hospice teams will often offer services to loved ones during that process and let them know about services that are available after the client passes. But, it's common for a person not to realize until their loved one has died that they need some support.

Hospice teams are often made up of many people, each of whom brings a special skill to the clients they serve — from nurses to volunteers, from social workers to chaplains. The team members focus together on helping to find ways to make each day meaningful for the person whose life is nearing its close.

Bereavement services are an important part of the team's focus. They concentrate on the grieving process, as people need a place to talk about a loved one who has died and to reflect and reminisce.



Here is how bereavement services typically work:

- Before a client passes away, a bereavement team member will have been in contact with the family member who has been designated to receive information. Even if they don't desire services at that time, the team member lets the person know that a resource is available.
- Immediately after the death of a client, the bereavement team obtains information about the funeral or memorial service, if there is to be one, and a member of the team usually attends.
- Soon after the funeral, the bereavement team reaches out to the contact person to let them know about the bereavement services that are available — everything from phone calls to visits to support groups.
- The team then works with the family member to create his or her own care plan for the coming year, providing special services during "touchpoint" times, such as birthdays or anniversaries.

If you are seeking hospice services for a loved one, ask questions to make sure bereavement services are offered and what those services include. The death of one person impacts many, and bereavement services are important steps toward healing. ■

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

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DANCING ban at Simpson College

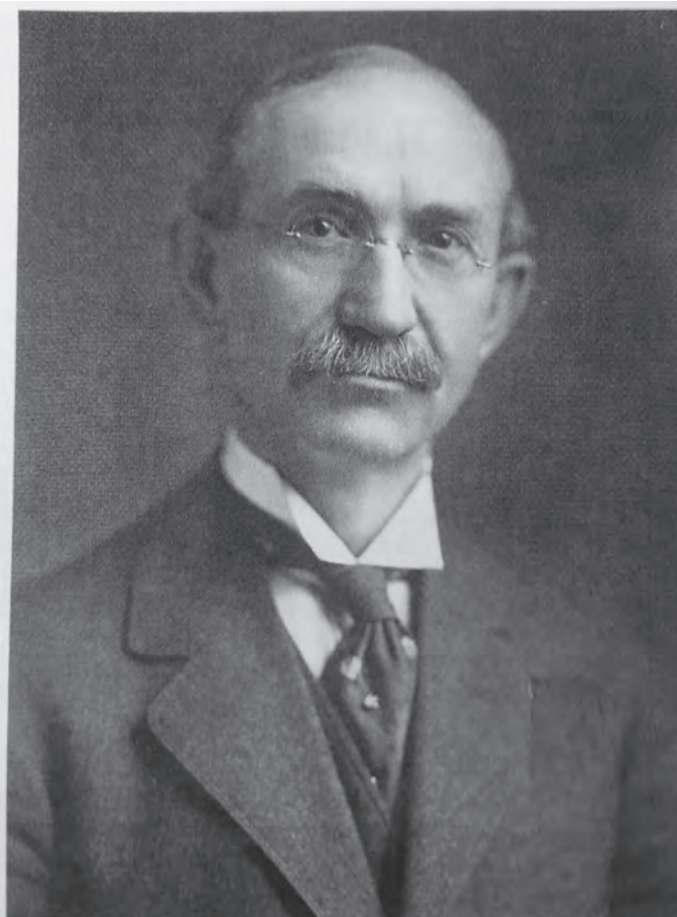
Imagine the year is 1933. You are a Simpson student, and you are involved with the group challenging the College's ban on dancing. You and your date are looking forward to an evening of dining and dancing. Unfortunately, the devout Methodist School and Indianola community frown on such activities. Indianola, known as the "Holy City" for its many restrictions on sin, offers very few choices for such an evening of fun.

So what choices were available for those wanting an evening of adventure? Some students hitchhiked to road houses or went to Des Moines to dance. A popular place was the Playland Ballroom at Seventh Street and Grand Avenue in Des Moines. After an evening of entertainment, numerous students could be seen piling into strangers' cars for a ride back to Indianola. (I wonder how many of their parents were aware of these trips?)

The debate over allowing dancing led to an embarrassing moment for students and professors. A.V. Proudfoot, chairman of the Simpson board of trustees, was adamant in his refusal to change the dancing ban. According to Proudfoot, "It is better to close the doors of the institution than to have rules violated and abrogated." The Methodist E. Discipline at that time warned "against immoral, questionable and misleading theatrical or motion picture performances; against dancing and against games of chance..." The dancing controversy reached a climax in March when Proudfoot met with students in the chapel. Shortly after the meeting began, one student in the back shouted, "Now!" Students in the back began throwing eggs, food and anything that would fly until it reached the stage. One of the headlines in the Des Moines Tribune on March 24, 1933 read, "Simpson Students Egg Board Head." Later, Proudfoot maintained a sense of humor about the day in the chapel by commenting, "Well, at least the eggs were fresh."

Later that week, a group of 10 students apologized, and the entire student body met at a mass meeting and voted in favor of the apology. The chaos began to calm down after the apology, and, a week later, during the annual clean-up day on the campus, the students and faculty playfully reenacted the event at a "Mock Chapel." The reenactment was a comedic battle of wits between students and professors.

The outcome of this dispute was not immediate. Dancing was still banned for the rest of the school year. In the fall, a policy change allowed off-campus dances but not on-campus. There were still restrictions even a few years later after dancing was approved. Parents who didn't wish their son or daughter to dance could notify the dean of women and dean of men in writing, and they would be notified if their wishes were violated by the student. ■



Senator A. V. Proudfoot '85, Chairman of the Board of Trustees of the College, 1918-37.

Sen. A.V. Proudfoot, chairman of the Simpson College Board of Trustees from 1918-1937, had a good-natured response when eggs were thrown at him because of his stand on student dancing. He replied that, at least they were fresh eggs.

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FIXED Income update

Back in June, we wrote about whether Fixed Income would benefit from rising rates. At that time, the Federal Reserve had hiked rates three times and taken the Fed Funds rate from 0% to 1.75%. Since then, we have seen an additional five hikes, taking the Fed Funds rate up near 4.75%.

When will it stop? The truth is no one really knows. As the market tries to price in the expectation of future rate hikes or drops, the Fed continues to tell us that they are data dependent. The unemployment numbers that came out in January were better than expected. We are likely going to be experiencing some pain in this area at some point for the Fed to feel like they are slowing inflation. Current market projections are showing that we have two more quarter point hikes in 2023. Albeit, this is a much slower pace than in 2022. In June of 2022, the expectation was for the Fed to get to 3.4%, and we have flown by that target. Will we get a surprise inflation number moving to the downside in 2023, or will rates just continue to move higher?

What does this all mean for Fixed Income investors in 2023 and beyond? At current levels, bonds appear closer to what would be considered fair value. Short-term bonds may offer more protection for



bond investors who do not have the appetite for the risk of future rate hikes. They also offer a much better yield than just one year ago.

Many economists believe that the impact of rate hikes isn't truly seen for 12-18 months after the hike. So, it is certainly plausible that the Fed will have to reverse course as the economy slows. Investors willing to take on more risk may want to own some longer-term debt that will benefit if the Fed has to reverse course and cut rates in the future.

A couple things to consider:

- Rates up isn't all bad. As bonds mature or new dollars are invested, they are invested at a better rate.
- Bonds revert back to the mean. Bonds lose value when rates move higher. But bonds mature, and, as they get closer to maturing, the price does come back. ■

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

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VAUGHN'S home back in the family

Family's journey to a "new" old house.

Brianna Vaughn's "roots" are in Indianola.

"I feel them here," she says, smiling. "It's like this town knows me, and I know it. I can't think of a better place to grow up and, now, raise a family."

It's not often life comes full circle. People wander, sometimes for years, but it's special when they come back to where they started from — or somewhere symbolically similar.

Three years ago, Bri, her husband and their daughters liked living close to Whittier Elementary, where two of the girls attended school. When daughter No. 3 came along, life became too close for comfort.

"We had one girl singing Taylor Swift at the top of her lungs right across the hall from another girl trying to drown that out with her own music, while playing with Legos that were spilling out the door," she says laughing. "We simply needed more room."

They looked at a house across from Buxton Park, and, while it didn't fit their needs, they liked the neighborhood. A friend suggested another home nearby, and, after one look, Bri was hooked.

She texted her mom the address to check out the listing. Her mom called a few minutes later in hysterics, telling Bri to buy it.

"It was her house," Bri explains.

"Mom didn't recognize the address at first because, when her family lived there, it was rented as two floors. The house is on a corner lot, so their entrance had an address on the side street."

Bri was already sold, but, after finding out it was rooted in family history, it sealed the deal.

Bri enjoys hearing stories about the house where her grandparents lived for a short time in the late 1960s before moving the family to their forever home across town. Her mom, aunts and uncle remember different things — their bedrooms, doing dishes and looking out the back window, the family next door and their attic where the neighborhood kids watched movies. Plus, her grandparents hosting a watermelon feed in the backyard



Brianna Vaughn loves everything about her home, especially that it has family history.



Then and now: Brianna's mom, aunts and uncle pose on the retaining wall in 1968; today, four generations gather on the beautiful staircase. From left: Grandma Betty, Bri, daughter Evarly, and mom Cheryl; back: Aunt Ellen and Bri's daughters, Audrey and Averie.



on behalf of the store they owned — Nelson Wallpaper and Paint.

"The 'movies-in-the-attic house' is now home to some of the best neighbors," says Bri. "Our kids run from backyard to backyard, so I added an old-fashioned dinner bell at our back door to call them in."

The Vaughns love everything about the home — the history, stories, character, and the creaks. The prior owners took care in making the remodeled spaces mesh almost seamlessly with the original ones.

Now it's just about living life and making memories. The tandem garage recently became a recreational basement space for the kids. Bri says they can be loud, messy and a tad bit crazy.

"I love having a pile of shoes and backpacks dropped at my door," she continues. "Having that space for them has been so good for my heart." ■

EVENTS IN THE AREA

Check for cancellations

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



Lenten Fish Fries

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

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

Food Safety Certification Class

Thursday, March 23
Warren County Extension Office, 200 W. Second Ave., Indianola

Iowa State University (ISU) Extension and Outreach is offering this food safety training for food service managers. "Certification in ServSafe meets the Iowa Food Code requirements to have a certified food protection manager in all establishments," said Cathy Drost, class instructor and ISU Extension and Outreach human sciences specialist in food and health.

"We live in a time when food safety hazards and risks are prevalent. Serving safe food is mandatory. This eight-hour program aims to train food service professionals about food safety requirements and best practices to meet them."

The class is beneficial for food service managers from all areas including schools, restaurants, convenience stores, child care, senior meal sites and health care. Participants will receive a copy of the ServSafe® Manager training manual and will take the ServSafe® certification exam. For more information about the program, contact Cathy Drost at 641-673-5841 or visit www.extension.iastate.edu/humansciences/servsafe.

Contra/Barn Dances

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

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



Jenna Huston concert

Tuesday, March 14, 2 p.m.
Indianola Activity Center, 2204 W. Second Ave. (Hwy 92), Indianola

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

Family Flashlight Easter Egg Hunt

Friday, March 31 at 8:15 p.m.
Indianola Activity Center, 2204 W. Second Ave. (Hwy 92), Indianola

Children ages 2-13 and their families are invited to this after-dark race to find eggs and prizes.

Participants should dress for the weather, bring a bag or basket to collect eggs and a flashlight. Kids will be divided into age groups for the hunt. Call Indianola Parks & Recreation at 515-961-9420 to register. Deadline is Friday, March 24, or when full.



Elks Annual St. Patrick's Day Celebration

Saturday, March 11, at 5:30 p.m.
West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

The celebration will begin with a performance by the Foy School of Irish Dancers beginning at 5:40 p.m. After the performance, the Elks will serve their famous St. Paddy's Day Corn Beef and Cabbage with Irish potatoes. The meal is \$11 per serving. Proceeds support local community charity programs such as food for the food pantry and school supplies for children and teachers.

Live music

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

March 17: Tony Bohnenkamp

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



Beginning Vegetable Gardening

Tuesdays at 7 p.m., April 11-25
Indianola Activity Center, 2204 W. Second Ave. (Hwy 92), Indianola

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



Elks Pancake Breakfast Buffet and Bake Sale

Sunday, March 12, 8 a.m. to noon
West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody Mary or mimosa for only \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Proceeds support the Hoop Shoot Program, other youth activities and veteran support activities.

EVENTS IN THE AREA

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

Check for cancellations



Iowa's Largest Arts & Crafts Show

Friday-Sunday, March 10-12
Varied Industries Building,
3000 E. Grand Ave., Des
Moines

More than 250 talented exhibitors from eight different states will congregate at the Iowa State Fairgrounds, selling thousands of unique, handmade products. Admission is \$7 for anyone older than 10. Kids 10 and younger are free. Hours are 5-9 p.m. on Friday; 9 a.m. to 5 p.m. Saturday; and 10 a.m. to 4 p.m. Sunday. For more information, find the event Facebook page by searching "Callahan Promotions, Inc. Iowa's Largest Arts & Crafts shows."



Harlem Globetrotters

Tuesday, March 21 at 7 p.m.
Wells Fargo Arena, 223 Center St.,
Des Moines

Not your average basketball players, the Globetrotters are bringing their crazy tricks and legendary athleticism to Des Moines during their 2023 World Tour. Bring the whole family for a high-energy experience and a nonstop great time. Tickets at www.iowaeventscenter.com/events.

Learn on Saturdays

Saturdays, through March, 10:30 a.m. to 12:30 p.m.
Greater Des Moines Botanical Garden, 909 Robert D.
Ray Drive, Des Moines

Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. For more information, visit dmbotanicalgarden.com.

Hoops and Hops

March 16-18

Cowles Commons, 221 Walnut St., Des
Moines

Celebrate the NCAA Tournament at the Sixth Annual Hoops and Hops downtown. Large screens will be set up in a heated tent, with beverages from the Iowa Craft Beer Tent and local eats from multiple food trucks. Want to get in on the action? Two basketball courts will be set up. The event is free and runs 10 a.m. to 10 p.m. each day. Fans are encouraged to sport team colors and bring chairs (no outside food and drink). Details at dmpa.org.

DSM Book Festival

Saturday, March 25

Capital Square, 400 Locust St., Des Moines

The DSM Book Festival connects book lovers with local and nationally acclaimed authors, fellow enthusiasts, nonprofits and entertainment. Headlining authors include Chris Bohjalian ("The Flight Attendant"), Sequoia Nagamatsu ("How High We Go in the Dark") and others. More details are at dsmpartnership.com/dsmbookfestival.



Photo by Michael Blair

St. Patrick's Day Parade

Friday, March 17, at noon

Downtown Des Moines

It's that time of year again. Dig out your greenest attire and get ready to feel lucky, thanks to The Friendly Sons of St. Patrick of Central Iowa's highly anticipated annual event. The parade begins at noon and runs along Grand Avenue and 15th Street in the Western Gateway district. The parade route may be found at www.friendlysonsiowa.com/Parade/parade.htm.

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EXPERT tips for welcoming a kitten

(Family Features) Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43% of respondents to a Royal Canin survey, who have fostered a pet, six in 10 have “foster failed” and permanently adopted the pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

Whether you’re fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving home

The new sights, sounds and smells in your home, and the separation from her mother, may make your kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you’ve prepared for the kitten with the kitten still inside, allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

Creating a safe place

Kittens can tire easily. After a little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but, on the first night, you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don’t like to eat too near their litter boxes and should always have fresh



Photo courtesy of Getty Images

water available.

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten’s diet can cause digestive trouble, so, for the first few days, keep the same feeding routine as the previous caretaker. You can slowly switch to a different routine, if you choose, and transition to kitten food suitable for the appropriate growth stage. For example, Royal Canin Kitten formulas are tailor-made with optimal vitamins and minerals to support healthy development.

Ongoing care

Your kitten should see a veterinarian as soon as possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet’s office.

Gradually introducing your kitten to new experiences can help with socialization. New sounds can startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at royalcanin.com. ■

THE BEST ticket in town

ICA provides high-quality entertainment for the whole family.

Live concerts are an essential part of any community's cultural landscape. In 1988, then-Indianola High School Principal Charlie Miller felt it was important to introduce a concert series to the community with the purpose of providing educational and cultural experiences to residents of all ages.

There were 15 people at the first Indianola Concert Association (ICA) meeting, with a list of 26 community members willing to be on the board. The 1988-89 series consisted of three concerts, including the Mantovani Orchestra.

Almost 35 years later, ICA's mission continues: to provide top caliber entertainment at an affordable price. To date, there have been 132 concerts consisting of musicians, acrobats, comedians and a pet comedy theatre. Artists include The Dutton Family, Vienna Boys Choir, Glenn Miller Orchestra, Shangri-La Acrobats, Barbary Coast Dixieland Band, and Riders in the Sky, to name a few.

"Not only do Indianola residents benefit," says Membership Chair Karen Langstraat, "we draw members from Des Moines, Norwalk, Osceola, Milo/Lacona, Chariton and Pleasantville/Knoxville/Pella."

Artists are contracted through Allied Concert Services based in Minneapolis, Minnesota. ACS interviews, auditions and presents ICA with options.

"Our favorite meeting is when we get to make the selections for the upcoming annual series," says Board President Patti Abild. "We then reach an agreement based on budget as well as availability of the artists and our venue, which is the high school auditorium."

ICA relies on the generosity of businesses and private individuals in order to contract with high-quality artists.

"It's something our audience has come to expect, and we certainly couldn't do it without the support of our patron program," says Langstraat.

Adult annual membership is \$50, student \$15, and single family \$100. Through a reciprocity program, members may also attend the Newton and Centerville concert series — that means access to a minimum of 12 concerts with their Indianola membership. Membership cards can also be shared with friends or family if the member is not able to attend a concert.

Tickets for individual concerts can be purchased at the door for \$20 (adult) and \$10 (student).

The final concert of the series is April 15 at IHS Auditorium, featuring Gary Mauer, along with his wife, Elizabeth Southard, a former Christine in *The Phantom of the Opera* on Broadway and in national tours. They will perform songs from *Les Misérables*, *Phantom* and more.

This show will be offered free of charge to any non-members who want to purchase membership to the 2023-2024 series. Membership can be purchased that evening at the box office.

For more information, contact Karen Langstraat at 515-961-6914 or 515-490-2677. ■



ICA presents Gary Mauer in concert on Saturday, April 15, at 7 p.m. in the IHS Auditorium.

WHY did this happen?

Fault. Blame. Guilt. We spend so much of our lives trying to figure out where these things belong. Who's guilty of this? Whose fault is that? Where does the blame lie? When things go wrong, when a problem comes around, we spend too much time trying to figure out who made the mess.

One time, the disciples of Jesus fell victim to this. In John chapter 9, Jesus and His disciples came upon a man who had been blind from birth. "Rabbi," the disciples asked, "who sinned, this man or his parents, that he was born blind?" Their question is a common one: Why did this happen? Where do we fix the blame?

But Jesus fixes the problem. First, He says, "It was not that this man sinned, or his parents, but that the works of God might be displayed in him." Then Jesus spits on ground, makes some mud, anoints the man's eyes, and restores his sight, thereby fixing the problem. Jesus won't even entertain the question. He fixes the problem. And, by fixing the problem, he displays God's power to heal and restore.

The Japanese have a proverb: "Fix the problem, not the blame." What would our lives, our families, and our community look like if we were to spend more time fixing problems rather than casting blame? ■

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



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GOOD BOY! How hearing dogs create happier lives

If you've ever had a pet dog, you know how much joy they can bring to your life. Aptly nicknamed "man's best friend," some canine companions can provide more than just comfort. In addition to offering emotional support, hearing dogs serve as a second set of ears for people with severe hearing loss or deafness.



Why they're doggone amazing

Hearing dogs are trained to alert their masters to sounds in the home by nudging or pawing their owners to get their attention. These service animals then lead their masters to the sound's source.

When they have a hearing dog, people with

hearing loss don't have to worry about hearing the alarm clock to wake up on time or missing the sound of the oven timer going off. Instead, they can relax and enjoy their daily moments more.

An ideal hearing dog is alert, ready to work, friendly, attentive to sound, calm, focused on its task and confident. Hearing dogs are usually small to medium mixed breeds that come from shelters or professional breeders.

Unleashing their potential through training

The initial training for hearing dogs includes socialization, obedience and audio-response training. During audio-response training, trainers teach them to react to sounds in the home, such as smoke alarms and doorbells.

After the dog matches up with an individual with hearing loss, they train together to work as a team. The dog may also learn to

respond to other sounds specific to their owner's life, like people calling their master's name.

Making a paws-itive difference

According to the American Kennel Club, owners of hearing dogs say that "having a trained canine helper gives them an increased sense of security and independence that other assistive means just can't provide." Interested in getting one? Go to assistedogsinternational.org to find a hearing dog provider near you.

Hearing dogs have helped thousands of people lead happier lives. However, a hearing dog is not a replacement for hearing devices but rather an additional way to keep people with hearing loss connected to their world. ■

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



Learn about support services for hearing loss

Call (515) 416-5990 to schedule an appointment today!



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HOW ARE our digestion and motivation connected?

Proper digestion is central to good health and vitality in Asian Medicine concepts. Good digestion is important for the production of Qi and blood, elimination of toxins and assimilation of nutrients. Digestive health also influences our behavioral and mental health. Western medicine research has shown the correlation between digestive health and function and the production of neurotransmitters that help regulate our mental health, and also how our digestive system helps in the regulation of hormones: thyroid, reproductive hormones, cortisol, adrenaline, etc.

Recently, there was a research article in the Penn Medicine News entitled "Gut Microbes Can Boost the Motivation to Exercise." The research was performed on mice, but it provided some interesting questions regarding the connection between the health and function of our digestive system and motivation and



exercise.

What is the significance of your practitioner inquiring about your digestion if you are seeing them for your back pain? Or your headaches? Or your sinus congestion? Or your motivation?

Inquiring about the digestion is one of the "10 Questions" that practitioners ask as part of their diagnostic exam. Tongue diagnosis is important when treating digestive disorders. Listening to the pulses and palpating the abdomen are other techniques used to diagnose and evaluate the digestive process.

Reflux in the stomach can indicate Qi (energy) that is rebelling upwards, heat in the stomach, cold in the stomach, or liver energy overacting on the stomach to name a few imbalances.

Constipation can indicate cold in the intestines, deficient Qi that has too little energy to digest the food and extract the nutrients, heat in the intestines as part of an illness, or poor food choices.

Diarrhea can indicate a weakness in the spleen and stomach energies, dampness in the

intestines, or damp heat in the intestines.

All of the above can also be a symptom of food allergies or intolerances.


So how does Asian Medicine treat these disorders? Acupuncture works wonders on digestive disorders. For example: Treating points that are located on the spleen and stomach meridians that influence these organs can help with production of Qi (energy). Points located on the large intestine can help clear obstructions in the intestines or stop diarrhea.

Nutritional changes related to your digestive imbalance, and sometimes Chinese herbal formulas, are also needed to assist the acupuncture. Each treatment is related to your specific diagnosis and health history based on Asian Medicine diagnosis. Talk with your practitioner about your digestion and learn more about how your particular situation can be improved. ■

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

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HEALTH By Ashley Powell

STRUGGLE with sleep?

The cannabis plant contains more than 120 different known cannabinoids, and we are still discovering all the benefits they offer. The most well-known cannabinoids are THC and CBD, but others continue to gain popularity. CBN (cannabinol) is becoming exceedingly popular thanks to its help with a common problem: difficulty getting to sleep and/or staying asleep. CBN is derived from THC but does not have THC's level of psycho-activity. THC is known to be a useful sleep aid, but if a person does not want the "high" feeling, CBN may be a proper solution. However, for deeper body relaxation, sleep and mood enhancement, Delta-9 D (D9) THC is recommended.



Studies have shown that nano-treated D9 and CBN induce sleep faster, help users stay asleep longer, and do not cause a groggy feeling after waking. CBN is noted as the very first cannabinoid to be isolated and studied. It has neuroprotective properties and has been shown to alleviate muscle and joint discomfort. CBN becomes prominent in cannabis plants when THC breaks down due to extended exposure to heat, light and air.

You may be wondering if you can legally purchase D9 THC in Iowa. The answer is yes. To be legal in Iowa, THC must be derived from hemp instead of marijuana, but the effects are the same. The dry weight of THC must be 0.3% or less of the total product weight, so producers increase the overall product mass to get to those desired levels. ■

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

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HEALTH By Lance Andersen

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of "deaths of despair," either from suicide or overdose. Women report more mental health issues, but men are 3.5 times more likely to die by suicide. Women now earn more bachelor's degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as "oppressive," it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy. ■



Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.

EXPLORING careers through virtual reality

Transfr helps students get ahead of the game.

Virtual reality isn't just for fun and games these days. In fact, it's becoming a powerful tool to help students of all ages "see" their future.

Imagine being able to immerse yourself into the world of an auto mechanic and learn how to change the oil on a car. Or fix a plumbing or heating problem. Armed with VR headsets and controllers, students in Indianola and surrounding communities are using Transfr to experience possible future careers hands-on without leaving the classroom.

WeLIFT has been instrumental in bringing this new technology to the community. Executive Director Sue Wilson first heard about Transfr after meeting with Eric Kress, executive director of the Iowa Workforce Development Board. Wilson wasted no time reaching out to the sales rep at Transfr. After learning more about WeLIFT's mission, he visited Indianola in December 2022.

Transfr is an innovative, new way to train people for well-paying careers available now in high-demand fields, enabling learners to find job security and upward mobility, facilitated by immersive, hands-on VR training.

"Transportation has been a barrier for many of our high school students that attend DMACC," says Wilson. "With Transfr, they don't have to leave the classroom to get a preview of a job or trade skill. Plus, what better way for kids and young adults to 'see' trade jobs available right here in our own community?"

Teachers, business owners, students and other community members have had the chance to try out Transfr.

Indianola High School business teacher, Jamie Busby, sees it as a way to build a pathway from the classroom to a career.

"We offer several opportunities for students to take classes that prepare them for the trades," she says. "Transfr will provide additional scenarios and applications to reinforce the skills that we are currently teaching and also expose students to trades that we don't currently offer classes for."

Busby says several of the agriculture, industrial tech and engineering students who have tried the VR sets had positive feedback as to how realistic it felt.

"We had students doing everything from changing the oil in a vehicle to cooking," she explains. "It will give our students a leg up when they get into the workforce, because they will have already practiced the skills and seen the work setting in VR."

By fall, there will be 39 careers to explore in Transfr's Career Exploration app, and the Virtual Training Facility app has more than 250 modules. The WeLift board of directors approved the purchase of five Transfr headsets to be used throughout the county.

"We are excited to begin working with the schools and will soon start conversations to discuss implementation at all grade levels," says Wilson. "We also want to bring it into the Justice Center for inmates who need help looking for a job when they come out as well as showcase at job fairs and, of course, have them available onsite at WeLIFT." ■



Indianola High School business teacher, Jamie Busby, demonstrates Transfr to get a feel for what students will experience when they virtually explore different careers and trade skills.

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



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CHAMBER

By Amanda Zwanziger

PRESS your luck

When I was a child, one of my favorite game shows to watch was “Press Your Luck.” After answering trivia questions correctly, contestants would earn the opportunity to win big cash and prizes. But these opportunities didn’t come without risk. Every push of their button was a gamble with the “Whammy” lurking within the game. If a Whammy surfaced, any prizes and cash that had been accumulated were lost.



Interesting fact: The odds of hitting that Whammy were only 16.7%. Truly, the odds were in the contestant’s favor.

But here’s what is interesting. As the contestants would amass their winnings, they would start to play differently. They would suddenly start playing as if the odds were no longer in their favor. They would pass their spins onto other contestants to avoid taking on the risk of losing it all. Essentially, their confidence in their odds started to waiver, and they stopped pressing their luck. Likely, most stopped short of their true winning potential out of fear. They did this even though the odds for them never changed.

This same aversion to risk happens time and time again when it comes to new business ventures. Entrepreneurs will go all in, taking the gamble of business success. They will take out lines of credit to invest in product, branding, people and bricks and mortar. They will launch, do a ribbon cutting and start off strong. And then, often, the fear of Whammies will ensue.

It is not uncommon for new businesses to start pulling back on taking the additional risks needed to build a successful business. Suddenly, a long-term vision of success swiftly turns to short-term reality. In some cases, business owners may pull back on marketing and advertising. In other instances, they may reduce their hours to lower payroll expense. Or, perhaps, they may pull back in being active in the community because they find themselves buried in the details — all the while not realizing these are the true Whammies preventing their business from growing.

If you are an existing start-up or aspiring entrepreneur, your biggest risk is deciding to even enter the game of business ownership. But, after you enter that start-up phase, your biggest risk is in deciding not to continue to invest.

As you are developing the cash-flow of your business plan, be sure to plan long-term and build in the essential ongoing investments to increase your chances of business success. And when you get to that crossroads of fear after you launch, press your luck. ■

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



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ENDURANCE



“Experience is something you don’t get until just after you need it” is an all-too-true statement attributed to Stephen Wright. It’s funny, but it’s kind of depressing, too. Are our lives doomed to be nothing but a series of “if only” moments? “If only” I had done that differently, things would have turned out OK.

Sometimes we try to flip this around by imposing some positivity onto the situation. “Well, if life gives you lemons, just make lemonade.” But that’s really pretty unrealistic and, to be honest, of little help to someone facing a major hardship in life — a relational loss, a financial misfortune, a health obstacle, or something like that.

James 1:2-3 is an often quoted passage from Scripture: “Consider it a great joy, my brothers, whenever you experience various trials, knowing that the testing of your faith produces endurance.” It’s very easy to forget the last part of that sentence, thinking we just need to choose to be happy in the middle of a difficult circumstance. And yes, it’s very true that our mindset makes a great difference in a situation, but the last part gives us meaning and purpose. During any and all trials, our beliefs will be tested, no matter what that belief is in. Will we continue to believe?

In this passage from James, he is, of course, talking about faith in the Lord Jesus Christ (as James had just stated in the previous verse). And that faith, when tested, will produce a greater ability to endure for the one who belongs to Christ. Why? Because the object of that faith will not fail.

We need to remember what’s not promised in this. James does not say, “And then everything will be all unicorns and cute puppies from then on.” No, they’re called hardships for a reason. (Because they’re “hard,” in case I wasn’t clear.) We’d love for it to be that way. “Just hold on and everything will be wonderful.” But this doesn’t track with reality. In life, there is sometimes great loss. To deny that this is the case is to ignore the hurt and pain of others — and even ourselves.

And, yet... James gives us a great hope in what comes next. “But endurance must do its complete work, so that you may be mature and complete, lacking nothing.” Faith that is tested repeatedly to the point of endurance actually produces something in us — spiritual maturity. ■

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

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