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MARCH 2022

Living

MAGAZINE

COLD turkey

Residents share
their experiences of
quitting smoking.

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WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.

I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

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.



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FEATURE

Sharon Hulen gave up smoking more than 50 years ago, and today, at 86, she makes it a habit to do something physically active every day — like exercise class or walking.

COLD *turkey*

**Residents share
their experiences of
quitting smoking.**

By Becky Kolosik

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

FEATURE

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Making health a habit

At the age of 86, Sharon Hulen is enjoying life. She exercises three times a week and likes to walk. Being active in her community at The Village is a crucial part of staying healthy and independent.

When she was younger, however, Sharon's habits weren't always so healthy. She started smoking when she was 19. That was the mid-1950s and a time when smoking was known to be "cheap, trendy and socially acceptable."

Sharon says, when she first started smoking, it was mostly in social settings.

"It was the thing to do," she says. "Or at least that is what we thought."

When Sharon started nursing school, her smoking habit picked up. Studying at Iowa Lutheran Hospital, she remembers smoking in the dorm. Once she was on the floor, working as a nurse, it wasn't unusual to sneak into the bathroom for a quick smoke.

"We didn't have breaks that often, and I don't remember there being a smoking lounge, so I mostly tried to smoke off duty," she recalls. "I didn't want patients to smell smoke on me."

Sharon married her husband, Bill, in 1959. He was a smoker, too, and was drafted into the Army a few months after they were married. After completing basic training, they moved to Fort Sam Houston, and she continued working as a nurse.

Sharon often thought about quitting smoking but never fully committed. She smoked through her first pregnancy and doesn't recall the doctors saying anything about it. Back then, it wasn't discussed.

After her son was born, Sharon continued to smoke but found it wasn't as easy.

"I realized that I couldn't smoke and take care of my baby," she says, smiling. "Every time I started to light up a cigarette, he would cry or need something."

She tried several times that first six months to quit. Her husband actually quit cigarettes before she did, and, finally, after stopping/starting several times, Sharon lit up a cigarette one day, inhaled, and it made her feel sick.

"I think it was the Lord's way of telling me I needed to quit," she recalls. "That day, I threw my cigarettes away and never had the desire to



Shawn Geelan struggled with his smoking habit for 30 years, but, in 2019, he quit cold turkey... and now he's smoking turkey (as well as pork, beef and other meats).

smoke again."

Today, Sharon is thankful to be healthy and active. The only thing she has noticed is some occasional shortness of breath — especially in the last few years.

"It could be a by-product of smoking all those years ago, I suppose," she says. "However, I'm happy to be where I am and love spending time with friends and family... living life to the fullest."

A new kind of smoking addiction

Shawn Geelan started smoking at the age of 17. He had a couple friends who smoked and chewed, so, eventually, he gave in to peer pressure, smoking mostly when hanging out with them, while hiding it from his parents.

What started as a pack-a-week habit grew to a pack-a-day by the time Shawn was in his early 20s. He often craved nicotine when things were stressful but also found that he liked to smoke while drinking alcohol.

"For me, the two went hand in hand, and I thought why not be 'young and dumb' and party while I could," he says. "I always figured that I would grow up and eventually become a 'responsible adult' and put it all behind me."

Shawn continued smoking and could see some obvious effects on his health. After he became a dad in 1999, he only smoked outside and never around his daughter.

In 2000, he quit smoking and cut back on the drinking. He felt healthier and was pleasantly surprised at how much extra money he had.

Shawn used sunflower seeds as a way to help with what he called his "nic fits."

Unfortunately, after breaking up with his daughter's mom, Shawn started smoking again in 2002. His pack-a-day habit continued until 2014, when he decided to make a change for the better after another relationship break-up.

Shawn found himself a single dad of three.

"I started working out, plus I used the patch for two weeks and was able to break from nicotine and alcohol again," says Shawn. "I was in the best shape I had been in since high school, dropping 70 pounds in six months."

Then he went out one day with an old friend. They stopped for drinks at a few places, and he ended up smoking again. Shawn's smoking/drinking habit was back, although not as heavy and frequent as before.

In May of 2019, at the age of 46, Shawn got a wake-up call when he suffered a minor heart attack. He quit cold turkey and has never looked back. It also curbed his drinking considerably.

"The two have always gone hand in hand for me, and I knew I had to change... no more excuses or saying 'I will quit next week,'" he says, smiling. "I was done."

Aside from a few other health issues he's dealt with, Shawn says he feels almost as good as he did in 2014 when he was working out. It has definitely helped him financially, as he was spending a considerable amount of money that was literally "going up in smoke."

"It still does, but in a different way now," he says, laughing. "I found a new habit — smoking

FEATURE

meat. It is so much more satisfying.”

Shawn still worries sometimes about more health issues that will eventually come from the better part of 30 years of heavy smoking. However, he refuses to dwell on it and takes one day at a time.

To anyone trying to quit, Shawn stresses you have to make a commitment.

“You have to be all in, or it’s just a waste of time,” he says. “Also, find something that works for you. Whether it’s patches, prescriptions, gum, sunflower seeds or working out. There are so many options to fill that void and fuel your motivation and focus.”

Growing up in smoke

Sisters Staci Jones and Mellisa Jones have a lot of memories growing up with a parent who smoked. It wasn’t a huge deal for either of them. In fact, both recall at a pretty young age walking to the nearby gas station to buy their mom packs of cigarettes.

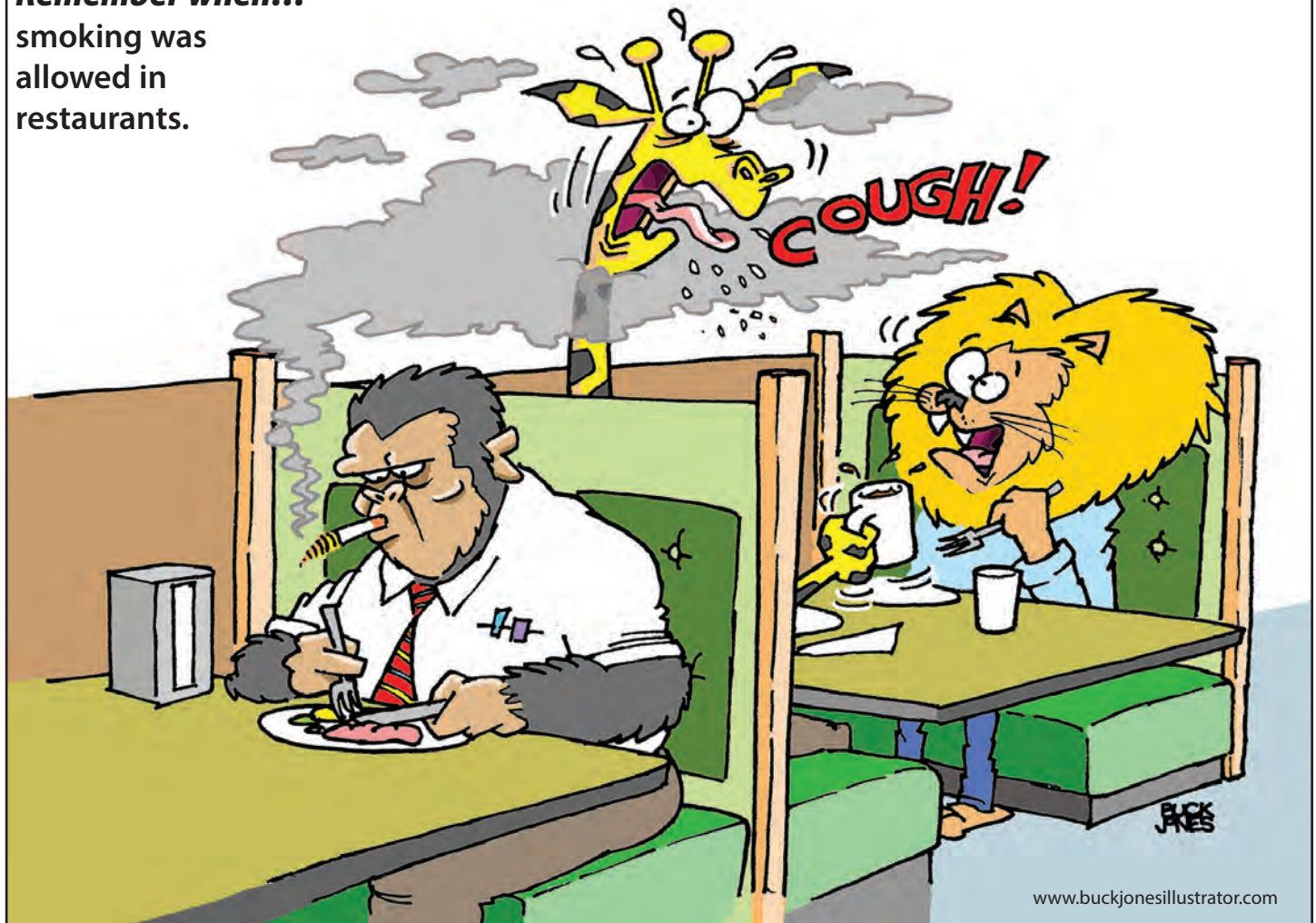
“Times were very different back then,” says Mellisa, smiling. “I thought nothing of it other than



In 1993, Judy Piffer made the decision to quit smoking not only for herself but for her future family — which now includes six grandchildren. Photo by Brock Banks

Remember when...

smoking was
allowed in
restaurants.



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FEATURE

I was helping her out.”

Their mom, Judy Piffer, started smoking at age 17 and would sneak cigarettes from her mom every now and then. When her girls were younger, Judy says a carton of cigarettes would last about two weeks.

“I had a habit of lighting one and laying it in the ashtray and continuing with whatever I was doing,” she recalls. “I burned up more than I actually smoked most days.”

Stacie didn’t like the smell of smoke — especially on her clothes. She wasn’t embarrassed to have friends over, but one particular memory has stuck with her.

“Mom would sometimes drive my friends and me to the swimming pool,” she recalls. “One day, when we were paying to get in, the attendant at the counter asked if my friends and I had been smoking because we had the smell on our clothes.”

Mellisa’s bedroom was in the basement, so she steered clear of the smoke other than at mealtimes.

“Mom would always light a cigarette in the morning and let it sit on the table,” she says. “I didn’t care for that and would put it out, much to her dislike. I also got grief for wearing strong perfume so that I would smell like something other than cigarette smoke.”

Stacie admits that, because she had so many family members and a few friends who smoked, she needed to at least try it for herself. She took a pack of cigarettes from her mom’s carton and hid it inside a John Deere mailbox piggy bank in her closet.

“Mom eventually found her missing pack of cigarettes, but not before I lit one up for myself,” she says, laughing. “Thankfully, it only took one cigarette for me to know that I had no desire to smoke. I don’t know if this affected her decision to eventually stop smoking, but perhaps knowing I attempted to follow in her footsteps made a difference.”

Mellisa and Stacie were out of high school when Judy decided to kick her smoking habit.

“They were starting to cost too much, and I told the cashier at the gas station who I always bought from, if they hit \$2 a pack I was going to quit,” Judy says. “It wasn’t long before I paid \$2 for that last pack of cigarettes and only smoked two or three out of it. That was in May 1993, and I still have that pack of cigarettes in my drawer.”

Judy tried nicotine gum, but it tasted terrible and burned her throat. She decided to go cold turkey and kept hard candy or gum in her pocket to help when she got a craving.

“I moved out of the house around the time mom quit smoking but praised her for making the decision, because I’m sure it was not easy,” says Stacie. “I remember catching her a few times coming in from the back deck or out of the bathroom after sneaking a smoke, and I would give her a side eye.”

Mellisa was happy to see her mom quit and even helped her get rid of the smell in the house.

“We scrubbed and repainted everything, put up a textured wallpaper, and went to Orr’s Furniture to buy new carpet and furniture,” Mellisa says. “It was a celebration of sorts... a new beginning to a happier and healthier future.”

With the money Judy saved, she bought a smoker and found that she loves smoking turkey and ribs.

“To this day, I can’t stand the smell of cigarette smoke,” she says, smiling. “I don’t want my hair, clothes, or my car smelling like that ever again.” ■

HISTORY

By Juanita Ott

PRESERVING history comes at a cost

Why should historic ideas and buildings be preserved? Why is history important? It is sad when we see an historic home or government building torn down, or diaries, journals and letters thrown in the fire. The magnificent benefit of our society is that we are always changing.

The Warren County

Historical Society works to provide a place to examine how the past was transformed into the present and what that might indicate for the future. Each year, we offer Pioneer School Day to fifth graders. The visual and hands-on experiences help them build appreciation and empathy for the lives and struggles of others.

There are two log cabins left standing in Warren County. One is the Willis Cabin in Lacona. The other is the McKee Log Cabin in our Heritage Village. We call it the McKee Cabin because that is who owned the land in northern Warren County in 1973 when the cabin was carefully moved and rebuilt in the Heritage Village. The cabin was originally built by the Wayman family in the 1850s. I’m told that Gertrude Cassidy Wilson was born in the cabin. Some of you may remember a newspaper column she wrote, “Grandma Kate Remembers.”

This cabin has opened many young eyes (and older eyes as well) to the advantages we have in our homes today. Our log cabin provides the unique opportunity to sense the efficiency of space needed by the early settlers. Visitors can see the one-legged bed in one corner, a spinning wheel, a loft, a fireplace used for cooking and heating, and a folding rocking chair that made the trip to Warren County in a covered wagon.

I recently put a post on Facebook asking for memories of Pioneer School Day. It was impressive how many people had such positive memories that stayed with them into their adult lives. Mary U. had this to say about the log cabin, “I just thought it was so neat to imagine living in such a small space and thought the loft was super cool. All of the household details that made it feel more ‘homey’ really added a lot.”

The environmental effects that attack every building have been especially hard on our cabin. The foundation is our greatest concern. One side has settled 6 inches lower than the other, causing the logs to shift, the door to stick shut and the structure to pull away from the stone fireplace. It will soon reach a point where it will no longer be safe to have our building open for guests to tour. We have estimated bids of around \$30,000 to stabilize the foundation and are in the process of raising money and applying for grants to correct this situation.

The Warren County Historical Society Museum and Research Library is managed totally by volunteers and has no paid staff. All donations go directly to the preservation of Warren County history. It is located on the east side of the Warren County Fairgrounds in Indianola. The website is www.warrencountyhistory.org and phone number is 515-961-8085. ■



LIFE insurance facts

Here are some things you might not be aware of when it comes to life insurance.

- **The purpose of life insurance is to provide relief.** In the event of my unexpected passing, the loved ones I leave behind will take on certain financial burdens. Such burdens could include the loss of the income I had been earning, the debt (such as a mortgage) that I had been paying, or simply the expenses of my funeral and burial or cremation. Luckily, my life insurance policy will provide them with the money to help relieve those burdens.

- **Your life insurance could pay you before you die.** Many life insurance policies include what is called an Accelerated Death Benefit. Depending on the language of your policy, if you are terminally ill with just a short time left, your life insurance could pay out a significant portion of your death benefit, before you die, to use as you see fit.

- **You may not have to pay for your life insurance if you become disabled.** Another provision that many policies include is called a Waiver of Premium. If you become totally disabled, you can keep your life insurance and not have to pay premiums.

To ensure that you are up to speed with your life insurance policy, make an appointment with your insurance agent today. ■

Information provided by Mike Richey Agency Inc., American Family Insurance, 204 E. Detroit Ave., Indianola, IA 50125, 515-961-8889, mrichy@amfam.com.



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WHAT do people in the earliest phase of dementia need most from their care partners?

If I am in the earliest phase of dementia, I generally will hide my deficits pretty well, even though I may be experiencing fear and anxiety as I realize that my brain is not functioning as well as it used to. Because people with dementia lose skills in the reverse order that children gain them, this phase represents the loss of my adult learning. This means that those skills that I got really good at when I became a full-fledged adult will be the first abilities that I lose. I may have challenges with word-finding, vocabulary and math. I may have issues with driving (car accidents, tickets) and my checkbook may become increasingly confusing and difficult for me to manage. I might mix up medications, so please keep an eye on that. I can't seem to plan an event any more, make a shopping list, or even cook a whole meal. Multitasking is way too overwhelming for me. My speech may become vague as I struggle to remember the details of whatever you are asking me about. It is important (not just now but throughout the dementia experience) that you, as my care partner, remember and focus on the strengths that I still have. There are many. In this early phase, I still have a sense of humor. Please help me find opportunities to laugh. Ask me questions you know I can still answer. Do not quiz me to remind me of what I am forgetting. I still have the capacity for ideas and decisions, so be sure to give me some choices. Relationships are still important to me.



Please reassure me that you care. Hold my hand and speak to me with warmth and kindness. I still have interests. Help me explore them. I will have fun reminiscing with you about days gone by because my long-term memory is still really good. I can probably still use clocks, watches and calendars to some degree. Give me reminder notes if those still work for me. In this phase, I will, most of all, need compassion and understanding. I am still a person, a person whose spirit is experiencing considerable anguish at the moment. Please avoid arguing with me and do whatever you can to make things easier for me. But please try not to scold or embarrass me in the process. If you see that I am frustrated, it's OK to say, "It's so frustrating, isn't it!" Please don't take it personally if I get mad at you or seem to blame you at times. I do this because I am scared. I have a sense that I am losing control. If you can let my frustrations roll off your back and just acknowledge that I seem upset, if you can apologize to me even though you don't know what you did to provoke my anger, I bet I will relax, and this might even encourage me to share my deeper feelings with you. I so need your love, support and your patience at this time. Thank you for asking me what I need. ■

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

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. Doing so now will keep you from looking for them when you need them 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 heating 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.

Now is the time to start cleaning up your garden beds. Trim back your ornamental grasses and prune back any perennials that you didn't last fall. 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 ground 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 plant 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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BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company that we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers who may not be as Internet savvy or who are lonely, can be easy prey for fraudsters. ■



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

ADULT day services: caring for the caregiver

Serving those who care for their loved ones is every bit as important as serving the loved ones themselves. After all, studies show that individuals who devote most of their time to caring for a family member who needs round-the-clock support can experience detrimental, even debilitating, effects to their physical, emotional and mental health.



Higher levels of stress, anxiety, depression and other mental-health effects are common among family members who care for an older relative or friend. That's why programs like adult day centers are doubly beneficial, in that they offer respite to the caregiver while also providing an enriching and safe experience for the loved one.

Many participants in adult day centers have been diagnosed with Alzheimer's disease or other dementias, making at-home caregiving doubly challenging for their loved ones. When you have a dementia diagnosis, you have all the challenges of a life-altering physical illness combined with worry over someone who might become disoriented, wander, or pose a safety risk to themselves; plus, you may be having to adjust to a partner or parent who behaves dramatically differently toward you because of their disease.

That kind of unrelenting stress can take a tremendous toll. Mental-health professionals compare it to when someone experiences a major life event like a death, a job loss, or bankruptcy. That's why care for the caregiver is so critical.

It's also not uncommon for caregivers to feel they can "do it all" and be reluctant to ask for help. I was talking with a woman whose husband has dementia to the point that he's disoriented much of the time, and yet she felt as though she should be able to handle the situation and care for him at home. I let her know that I truly understood what she was going through, and she was so surprised to know anyone would relate to her situation that she started to sob, and she kept telling me that, for the first time, she felt validated for the way that she was feeling. She — and all caregivers — absolutely need to be validated. What they do is incredibly challenging.

In an effort to ease some of the strain and assist caregivers with coping strategies, adult day centers also offer services such as support groups and other programming for caregivers and families. It can bring caregivers so much comfort to sit and talk with others who know how hopeless they can feel, as simply knowing you are not alone can be very powerful.

If you're a caregiver who could use some assistance — or know someone in need of help — an adult day center in your area could bring you and your family tremendous relief. Please don't be afraid to ask for help — you need and deserve it. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services for older adults. Celebrating its 75th anniversary this year, WesleyLife offers award-winning adult day services in Des Moines and Newton. Call 515-271-6701 to learn more.

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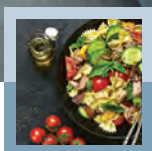
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BENEFITS of home care: Stay in your home longer

If you're like most adults, you'd prefer to age in place — or stay in your home for as long as possible.

Home care can help you achieve that. These services bring professionals to you to provide care for your needs. You can receive medical or non-medical in-home care.

The benefits of home care are numerous.

Care from the comforts of home

For some, home care may be an alternative to recovering from an injury, illness or surgery in the hospital or moving to independent or assisted living. It keeps you in the familiarity of your home.

Instead of moving, you can have dinner in the same space as always, enjoy a cup of coffee



in your favorite chair or remain in the house your children grew up in.

Available services

Home care services are centered on your dignity, independence and comfort. You'll receive one-on-one care tailored to you, all with a focus on keeping you in your home.

Services vary by client but can include rehabilitation and therapy, transportation, meal preparation, companionship, creating and overseeing a daily exercise program and more.

For clients who need care during a recovery, in-home care supports healing. Recuperating at home helps people heal faster and more comfortably while also decreasing their chances of going back to the hospital.

Live healthier; live better

Generally, in-home care helps clients feel happier and more in control over their lives,

even if frailty is a factor.

Home care also supports families and helps keep them close — physically and emotionally. Families where a member is given in-home care tend to be more involved in their loved one's care and daily life.

Compared to the costs of nursing homes and assisted living, in-home care can also be more affordable. Generally, eight hours or fewer of care a day is less expensive than moving elsewhere.

In the U.S., millions of people use home care to remain safe and independent in their homes, all while reaping the health and wellbeing benefits these services have to offer. ■

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WHEN BUYING is easy, paying later can be a problem

If you shop online, you might have noticed a growing number of buy now, pay later (BNPL) services that offer the option to spread out the payments on your purchases. Buyers who make one partial payment upfront and agree to several additional interest-free installments can receive their orders right away. This is a key difference from the layaway plans of the past: Shoppers had to wait until the balance was paid to take their goods home. Many stores discontinued layaway plans in the 1980s when the use of credit cards became widespread.

BNPL plans are more popular with younger consumers trying to stretch their paychecks, partly because they are more comfortable shopping online (and particularly on smartphones). At first glance, it may seem like a worthwhile convenience, but there are good reasons to think twice before committing to installment purchases.

Credit is credit

BNPL plans are essentially point-of-sale loans. Applying for the financing is quick and easy, which seems like a plus when time is tight.

However, speedy access to credit also provides instant gratification and allows for more impulse buying. It might tempt you to overspend on things you don't really need and probably wouldn't buy if you had to save up and/or pay 100% of the cost upfront. And if you make a lot of smaller purchases across multiple services, it may be harder to keep track of how much you are actually spending.

In fact, one criticism of BNPL services is that they make it easier for consumers to fall into debt. As with credit cards, you would face financial consequences such as late fees and/or high interest rates if you encounter a financial setback and can't pay the installments on schedule.

Another point to consider is that credit card companies report on-time payments to the credit bureaus, so using credit cards responsibly can help you build a positive credit history. In contrast, some BNPL lenders may not bother to report on-time payments — though they will surely report missed payments and collections. Before you use any BNPL service, read the fine print carefully to make sure you understand the terms and conditions and the company's credit reporting policies. ■

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.



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FDIC



INDIANOLA INDIANS

TRACK & FIELD: BOYS JV/VARSITY

DATE	TIME	OPPONENT	LOCATION
03-08-22	TBD	Away	UNI-Dome
03-11-22	3:30PM	Away	Lied Recreation Athletic Center
03-22-22	4:00PM	Simpson College	Simpson College
03-24-22	4:00PM	Multiple Schools	Bear Athletic Center
03-24-22	4:00PM	Multiple Schools	Waukee Northwest HS
03-28-22	4:45PM	Bondurant-Farrar	Bondurant-Farrar HS
03-29-22	4:00PM	Multiple Schools	Waukee Northwest HS
04-04-22	4:30PM	Multiple Schools	Boone HS
04-07-22	4:30PM	Multiple Schools	Indianola Stadium
04-09-22	11:00AM	Valley	Valley HS
04-12-22	4:30PM	Urbandale	Urbandale HS
04-18-22	4:30PM	Norwalk	Norwalk HS
04-19-22	4:30PM	Ankeny	Northview Middle School
04-21-22	4:00PM	Waukee	Waukee HS
04-26-22	4:15PM	Carlisle	Carlisle HS
04-29-22	TBD	Drake University	Drake University
04-30-22	TBD	Drake University	Drake University
05-03-22	4:30PM	Multiple Schools	Lacey Complex

TRACK & FIELD: GIRLS JV/VARSITY

DATE	TIME	OPPONENT	LOCATION
03-22-22	4:00PM	Simpson College	Simpson College
03-24-22	4:00PM	Multiple Schools	Bear Athletic Center
04-05-22	4:00PM	Multiple Schools	Waukee Northwest HS
04-07-22	4:30PM	Ankeny	Northview Middle School
04-09-22	11:00AM	Valley	Valley HS
04-12-22	4:30PM	Urbandale	Urbandale HS
04-14-22	4:15PM	Knoxville	Knoxville HS
04-16-22	10:30AM	Iowa City West	Iowa City West HS
04-21-22	4:30PM	Multiple Schools	Indianola Stadium
04-25-22	4:30PM	Saydel Community	Saydel HS
04-29-22	TBD	Drake University	Drake University
04-30-22	TBD	Drake University	Drake University
05-03-22	4:30PM	Multiple Schools	Lacey Complex

See www.littlehawkeyeconference.com
for most up-to-date schedules.

TENNIS: BOYS JV/VARSITY

DATE	TIME	OPPONENT	LOCATION
03-31-22	4:15PM	Boone	Indianola HS
04-01-22	4:15PM	Norwalk	Indianola HS
04-04-22	12:00PM	Multiple Schools	Walker-Johnston Park
04-05-22	4:15PM	North Polk	North Polk HS
04-07-22	4:15PM	Norwalk	Indianola HS
04-08-22	12:00PM	Multiple Schools	Indianola HS
04-11-22	4:15PM	Knoxville	Knoxville HS
04-12-22	4:15PM	Oskaloosa	Oskaloosa HS
04-19-22	4:15PM	Newton	Indianola HS
04-21-22	4:15PM	Grinnell	Indianola HS
04-28-22	4:15PM	Pella Community	Pella HS
05-03-22	4:15PM	Ballard	Ballard HS
05-04-22	10:00AM	Multiple Schools	Indianola HS

TENNIS: GIRLS JV/VARSITY

DATE	TIME	OPPONENT	LOCATION
04-01-22	4:15PM	Norwalk	Norwalk Middle School
04-04-22	12:00PM	Multiple Schools	Indianola HS
04-05-22	4:15PM	North Polk	Indianola HS
04-07-22	4:15PM	Norwalk	Norwalk HS
04-08-22	12:00PM	Multiple Schools	Boone McHose Park
04-12-22	4:15PM	Oskaloosa	Indianola HS
04-18-22	4:15PM	Nevada	Indianola HS
04-19-22	4:15PM	Newton	Aurora Heights Park
04-21-22	4:15PM	Grinnell	Grinnell HS
04-26-22	4:15PM	Pella Christian	Indianola HS
04-28-22	4:15PM	Pella Community School District	Indianola HS
05-04-22	10:00AM	Multiple Schools	Oskaloosa HS

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SPRING SPORTS SCHEDULES 2022

SOCCER: BOYS VARSITY

DATE	TIME	OPPONENT	LOCATION
03-29-22	7:00PM	Lewis Central	Lewis Central HS
04-05-22	7:00PM	Pella Community School	Pella HS
04-08-22	7:00PM	Des Moines Hoover	Indianola Stadium
04-09-22	10:00AM	Urbandale	Urbandale HS
04-12-22	7:00PM	Pella Christian	Indianola Stadium
04-14-22	7:00PM	Carlisle	Carlisle HS
04-16-22	9:00AM	Des Moines East	James Cownie Soccer Complex
04-19-22	7:00PM	Dallas Center-Grimes HS	Dallas Center - Grimes HS
04-22-22	7:00PM	Newton	Newton HA Lynn Stadium
04-26-22	7:00PM	Grinnell	Indianola Stadium
04-29-22	7:00PM	Ames	Indianola Stadium
05-03-22	7:00PM	Oskaloosa	Lacey Sports Complex
05-06-22	7:00PM	Winterset	Winterset HS
05-12-22	7:00PM	Ottumwa	Indianola Stadium
05-16-22	7:00PM	Norwalk	Indianola Stadium

SOCCER: GIRLS VARSITY

DATE	TIME	OPPONENT	LOCATION
03-28-22	7:00PM	Knoxville	Indianola Stadium
04-01-22	7:00PM	Nevada	Indianola Stadium
04-02-22	10:30AM	Urbandale	Urbandale HS
04-05-22	7:00PM	Pella Community School	Indianola Stadium
04-08-22	7:00PM	Des Moines North	DM North HS
04-12-22	7:00PM	Pella Christian	Pella Soccer Complex
04-14-22	7:00PM	Des Moines East	Indianola Stadium
04-19-22	7:00PM	Dallas Center-Grimes HS	Indianola Stadium
04-22-22	7:00PM	Ankeny	Ankeny HS
04-25-22	7:00PM	Grinnell	Ahrens Park Soccer Fields
05-03-22	7:00PM	Oskaloosa	Indianola Stadium
05-05-22	5:30PM	Des Moines Christian	DM Christian School
05-10-22	7:00PM	Newton	Indianola Stadium
05-13-22	7:00PM	Perry	Perry HS
05-17-22	7:00PM	Norwalk	Norwalk HS
05-20-22	7:00PM	IGHSAU	TBA
05-24-22	7:00PM	IGHSAU	TBA
05-26-22	7:00PM	IGHSAU	TBA

GOLF: GIRLS VARSITY

DATE	TIME	OPPONENT	LOCATION
04-11-22	12:00PM	Multiple Schools	Briarwood Golf Course
04-18-22	10:00AM	Valley	Willow Creek GC
04-19-22	4:15PM	Multiple Schools	Edmundson Park
04-21-22	9:00AM	Multiple Schools	Otter Creek Golf Course
04-25-22	10:00AM	Ames	Veenker GC
04-27-22	2:30PM	Multiple Schools	Indianola CC
05-02-22	2:30PM	Multiple Schools	Indianola CC
05-03-22	4:00PM	Pella Community	Pella CC
05-05-22	12:00PM	Ottumwa	Ottumwa CC
05-09-22	9:00AM	Multiple Schools	Pella CC
05-16-22	2:00PM	Multiple Schools	Ballard Golf & Country Club

TRAMPOLINE & TUMBLING

AT INDIANOLA HIGH SCHOOL

Saturday March 12
USTA Trampoline & Tumbling
9AM-3PM
Ages 5-18 Girls and Boys
Advanced in the morning

Sunday March 13
AAU Trampoline and Tumbling
9AM-3PM
Ages 5-18 Girls and Boys



Photo by Janel Anglick



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Photo by Debbie Benesh

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EVENTS IN THE AREA

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

Check for cancellations



Lenten Fish Dinners

The Indianola Knights of Columbus Lenten Fish Dinners (dine-in or carry-out) will be held March 11, 18, 25 and April 1 and April 8 at St. Thomas Aquinas Parish Hall. Serving will be from 5:30-7 p.m. Cost is \$12 for adults and carry-out orders and \$5 for children 6-12. Children younger than 5 are free.

Spring Break Escape Room for Teens

Thursday, March 17
Indianola Public Library,
207 N. B St.

Find clues and solve riddles to escape. Snacks provided. Grades 6-12 only. Registration required. Choose between two time slots (1:30 p.m. or 3:30 p.m.). Find clues and solve riddles to escape. The event is free. Register online at <https://docs.google.com/forms/d/e/1FAIpQLSePDunrP5O0mqnoJiKsOm7ze5DI7bgbH6HkUCImEoWUFqu79A/viewform>.

Community lecture: How to be a health coach

Saturday, April 2
Luana Savings Bank conference room, 9321 Market Place Drive, Norwalk

Kim Robinson-Gilchrist, M.S. will offer a free community lecture, "How to be a Health Coach: Alternative Options in Health Care for Nonprofessionals and Professionals." Wellness foods will be served. Registration is required, and seating is limited. Register by contacting Robinson-Gilchrist, 515-410-4959, or gilchristinstitute@aol.com.

Tuesday Tunes & Treats: Royce Johns

Tuesday, March 15, 2-3 p.m.
Buxton Room, 2204 W. Second Ave., Indianola

Des Moines native Royce Johns is an Iowa-based classic country artist who has released two albums that include timeless, original songs about heartache and healing, as well as covers of songs by Merle Haggard, Buck Owens, Waylon Jennings, George Jones and Johnny Cash. No registration required to attend thanks to sponsor United Healthcare. Dessert will be provided by Indianola Hy-Vee.



Indy Vendor Fair

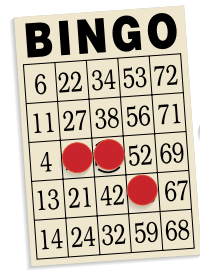
March 19, 9 a.m. to noon
Odd Fellows Hall, 1202 S. Jefferson Way, Indianola

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

Family Bingo

Tuesday, March 15,
6:30 p.m.
Indianola Public Library,
207 N. B St.

Bring the entire family to enjoy bingo with snacks and prizes.



Babysitting Clinic (5th grade & up)

March 29-31, 4-6 p.m.
Warren County Extension Office, 200 W. Second Ave., Indianola

In this class presented by Iowa State University Extension and Outreach, participants will learn their responsibilities as a babysitter,



what parents expect, how to care for infants and young children, age-appropriate activities, safety, and how to handle emergencies. Open to boys and girls in fifth grade and above. The registration fee includes a workbook, childcare resources, and snack. Participants who attend all three sessions will receive a certificate of participation. Each participant needs to bring a baby doll and a children's toy for use in class. Non-4-H members must complete a 4-H medical form and bring it to the first day of the babysitting clinic. Cost is \$31 for City of Indianola residents and \$36 for nonresidents. Register online at https://apm.activecommunities.com/cityofindianola/Activity_Search/1704.



Family Flashlight Easter Egg Hunt

Friday, April 8, 8 p.m.
(Rain date April 9, 8 p.m.)
Indianola Activity Center patio,
2204 W. Second Ave. (Highway 92)

This event is for ages 2-13 plus family. The participating child needs to be registered by Friday, April 1 or when full. Cost is \$9 for the participating child. Child must dress for the weather, bring their own flashlight and bring a sack or basket for eggs. Eggs will contain candy or prizes. Register online at <https://www.indianolaiowa.gov/225/Parks-Recreation>.

MUSIC: The gift that keeps on giving

Richardson is lovingly known as “Band Grandpa.”



Gary Richardson, pictured with granddaughter Betsy and son Mike, has a desire to help young music students not only improve their playing, but also grow their love of music.

Gary Richardson has been playing music for as long as he can remember, starting piano lessons at age 8 and the trombone in fifth grade.

“Piano playing has been continuous my whole life,” he says. “The first major purchase my wife and I made after buying our first home was a piano.”

Richardson set his trombone aside after high school but picked it up again at age 44 and has been playing ever since. After his retirement in 2015, he even went back to school to earn a degree in music.

Today, he’s putting that degree to work giving back to the community he has called home since 2018.

“Dianne and I moved to Indianola from Council Bluffs because we wanted to be closer to our children and grandchildren,” he says. “We’ve settled in, and the small-town feel makes it a wonderful place to live.”

He has volunteered in band at all levels

in some capacity since coming to Indianola. With beginning players, he has mostly helped with brass instruments but taught himself how to play clarinet in order to teach reed instruments. He’s helped students with their solos for contest and also accompanied them. He’s worked alongside his son, Band Director Mike Richardson, with high school marching band, moving equipment, running sound for the front line, and coordinating the volunteer parents, as well as helping on jazz band competition trips. He’s even repaired instruments.

COVID put a damper on his volunteer activities, but when he got back in the school buildings last fall, he was excited to work with beginners in sixth grade as well as with Director Natalie Clark and the fifth graders. He plays along in the band and also pulls out students who need extra help.

“The kids look forward to seeing ‘Mr.

Gary’ so much that they fight over him,” says Clark, smiling. “He’s like the band grandpa for our elementary students... we can’t thank him enough for the dedication he gives the Indianola Band Program.”

Richardson can’t imagine doing anything else.

“I love that I can make a difference in a kid’s life through music,” he explains. “Sometimes the student needs band more than the band needs the student. The social aspect of being part of a group is sometimes so important.”

Richardson has been a member of the Lions Club for more than 50 years and currently serves as president of the Indianola Noon Club. In his spare time, he still plays piano, as well as trombone, in the Greater Des Moines Community Band. Plus, he enjoys getting outside in the summer on his bike and spending time with family. ■

WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

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HOW is your digestion?

This is a common question your Asian Medicine practitioner asks. What is the significance of being asked the question in regards to your back pain? Or your headaches? Or your sinus congestion?

Inquiring about the digestion is one of the "10 Questions" that practitioners ask as part of their diagnostic exam. Reflux in the stomach indicates 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.

So how does Asian Medicine treat these disorders? Acupuncture works wonders on digestive disorders. Nutritional changes related to your imbalance, and sometimes Chinese herbal formulas, also assist the acupuncture. Each treatment is related to your specific diagnosis and health history based on Asian Medicine diagnosis. ■

Information provided by Dr. Renee Dalrymple, LAc, SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 1517 N. First St., Indianola, 515-962-9093



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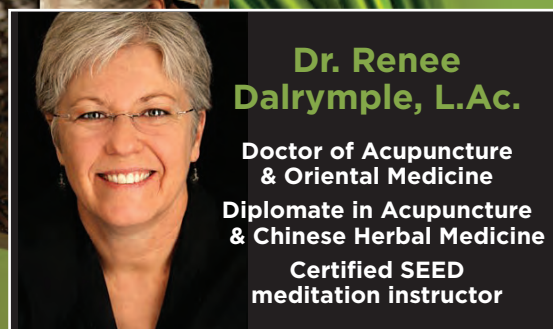
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THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

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OFF road adventures

The Beckers let the dirt fly with quad hobby.



The Beckers say quad riding allows them to get outdoors, be adventurous and value the experiences and time spent together as a family.

Steve and Jesse Becker's love for off-road vehicles started when they were both young children riding go carts, dirt bikes and three-wheelers. As young adults living in Michigan, they started snowmobiling in 2002 and then made the transition to quads in the summer.

"We purchased our first Arctic Cat quads in 2003 and have never looked back," says Jesse. "We love the exhilaration that comes from flying down the road or tearing through trails."

Their passion continued to grow with the introduction of the side-by-side model. They purchased an Arctic Prowler two-seater in 2010 and from there have owned a variety of different makes and models over the years. They now have four Can Am quads.

"Having kids didn't slow us down. They enjoy riding as much as we do," Jesse says, smiling. "Siera and Hoyt started on toy quads, riding around the yard when they were 2 and 3 years old."

They have slowly transitioned into larger machines as they have grown and become more responsible drivers. Because Siera and Hoyt are younger than 16, they had to take special safety courses to obtain certifications to ride. Each time the family travels to a new state, they take that state's certification course.

"It's been an adventure and thrill to watch them learn to ride the same exact trails side by side with us," Steve says.

They like their Can Am side-by-sides for a couple of reasons. First, the quads are tricked out with Bluetooth radios, a cooler for long trips, special equipment for rock climbing, as well as custom wraps. Second, they have performance modifications to help them go fast — generating about 246 hp to the wheels with top speeds well over 100 mph, going from zero to 60 mph in about 3.2 seconds.

The Beckers' goal is to explore new places and a variety of riding terrains and challenges.

"Many of the places we've been are only accessible by ATV, so we love getting off the beaten path and showing our kids these secluded areas of the country," says Jesse.

Over the years, they've been in 13 different states. Silver Lake Sand Dunes in Michigan is a favorite, not just for the riding but because of the nostalgia it holds. It was the kids' first riding destination when they were just 2 and 3. They still ride there at least twice a year, visiting old friends and making new ones. Last year, Hoyt and his dad met and raced against one of Hoyt's favorite YouTube stars, Cleetus McFarland.

"It's a magical place," says Steve. "Last year we even got to share it with our new Iowa friends who now look forward to future trips with us." ■

MEET Julie Ormsby

Building secretary is at the heart of everything.

Answering the phone and making sure things are in order at Irving Elementary are just two of the daily duties for building secretary Julie Ormsby.

“Almost everything goes through the office,” she says, smiling. “If a teacher, staff or student is having troubles with anything or needs something, it likely comes through me. It’s amazing how many different hats I wear on a daily basis.”

Ormsby has worked for the Indianola Community School District for 26 years in various positions before becoming the Irving building secretary in 2018.

Ormsby and her family moved to Indianola in July 1995 during the week of the balloons.

“I loved that first balloon experience — and still do today,” she says. “It’s such a great event to showcase our community.”

She applied at ICSD and was hired for a position working for the CPMI construction manager when the middle school was being built. She worked out of a construction trailer, and it was a good fit since her previous job in Iowa City was at an architectural/engineering firm.

Ormsby then moved to the Central Office and supported three curriculum directors. She was promoted to an assistant in 2003. A few years later, she transitioned to the Student Information management assistant position (district registrar).

Today, she works under the direction of Principal Derek Morris and provides administrative assistance, conveys information regarding school functions and procedures, and supports the broad array of services provided to students, parents, instruction and support employees.

Ormsby also keeps track of absent teachers, the principal’s calendar, and the weather (for recess purposes), as well as email announcements to staff and student announcements read by the fifth graders.

While no two days are the same, she is there to assist and respond to inquiries from students, parents and teaching staff — and even covers for the nurse when needed.

Even with all that, she finds time to laugh and have fun.

“I love interacting with staff, parents/guardians and students,” Ormsby says. “Someone will make me laugh or make my job easier on a daily basis. Life is too short not to take time to laugh.”

At the end of this school year, Ormsby will hang up her “hats” and head into a new chapter — retirement. She’s looking forward to spending more time with her family, as well as gardening, bike riding, eating out and traveling.

Principal Morris says, “Julie has welcomed Irving staff, students and parents with a smile for the past four years. She has been a huge asset to our building and a great friend. She will be missed.” ■



Julie Ormsby admits she was surprised how fast-paced the life of a building secretary can be, but she’s enjoyed every minute and will miss her “Irving Strong” family when she retires.

GIVING up

March 2 is Ash Wednesday, and it begins the season of Lent. Most people know this season from what we give up. “What are you giving up for Lent,” is a common question this time of year. But why? Why do we give things up for Lent?

You might think it’s to show sorrow for our mistakes and misdeeds. Some people are trying to make up for the bad things they’ve done the rest of the year. The purpose of Lent is not to show sorrow.

You might think it’s to show off. You don’t have to ask some people what they’ve given up for Lent; they’ll tell you. “I can’t go to lunch with you this week.” “I’ve given up pop for Lent.” The purpose of Lent is not to show off.

The real reason that people give things up for Lent is to remember. It’s a time to remember the sacrifices that give us the blessings we have. It’s how we remember the sacrifice of Jesus for our sins. “If Jesus can give His life for me,” we think, “then I can give up ... fill in the blank... for 40 days.”

Every day, people make sacrifices for us. During Lent, we give up little things to remember those who have given us so much. ■

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

RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

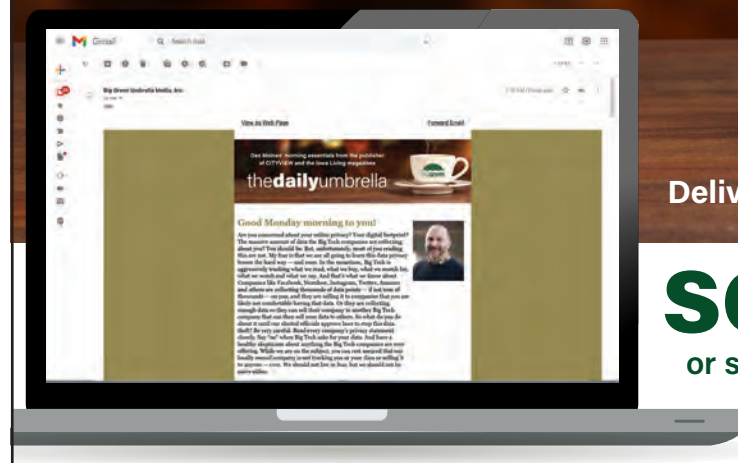
- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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READY for spring

March means different things to different people. Some are filling out brackets using their best sense to determine which team will come out on top. Others are figuring out ways to kick the winter blues and looking for ways to get out of the house. One thing we can all agree on is, we simply can't wait for spring.

March is the perfect time to make the "get-ready-for-spring list." I am thinking about beautification, spring cleanup projects, and going through my treasures to determine which ones really need to go. What does your list look like? I am sure you, too, have plenty of projects to do.

All work and no play is no fun. Mark your calendars today for the spring and summer fun in Indianola. Be sure to stay connected and check the Chamber's community calendar (indianolachamber.com) often as other activities and events are added frequently by community organizers.



#ThinkIndianolaFirst

- May 7: Girls Night Out Kentucky Style — Downtown Square, 5-9 p.m.
- June 25: Shop Local, Ridiculous Days — Downtown Square 9 a.m. to 5 p.m. Round up your friends and shop local for hometown hospitality and in-store specials.
- Check out all of our local businesses before you go anywhere else!

Friday Night Live Summer Concerts (www.IndianolaChamber.com)

- June 10: Train Wreck
- June 24: Past Vertical
- July 8: Final Mix

Grab your family and friends and enjoy live music while your kids are entertained by the beautiful park facilities. Gates open at 6 p.m. Band plays 7-9:30 p.m. Beverage garden and food vendors available. Cost is \$5 for adults and children 11 and older. Children 10 and younger are admitted for free.

Des Moines Metro Opera (www.desmoinesmetroopera.org)

- July 1 – July 24: Summer Festival. Catch a performance by world-class performers and crew and be mesmerized by the beauty of it all.

Warren County Fair (www.warrencofair.com)

- July 27 – Aug. 1: Grandstand shows, contests, exhibits, food, kids' activities, fun. Enjoy the sights, sounds and fun that you can only get at the Warren County Fair.

National Balloon Classic (www.nationalballoonclassic.com)

- July 29 – Aug. 6: Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and live bands, kids' activities, food and fun.

TruBank DSM Disc Golf Challenge (www.desmoineschallenge.com)

- Aug. 19-21: Check out the Disc Golf Pro Tournament (DGPT) and watch the elite disc golf pros from around the country compete at Pickard Park. ■

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

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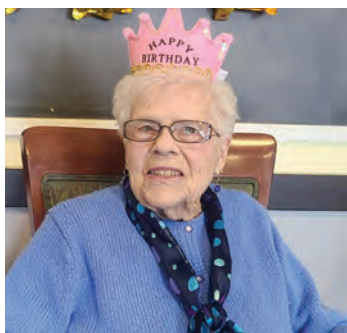
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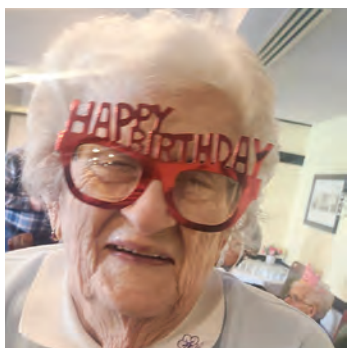
Alice Mitchell at her 102nd birthday celebration at Vintage Hills Feb. 4.



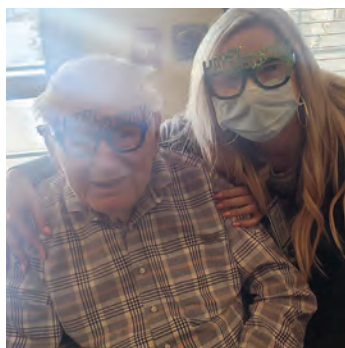
Frannie Prather and Gloria Elmore at Alice Mitchell's 102nd birthday celebration at Vintage Hills Feb. 4.



Stephanie Bishop, Alice Mitchell, Jenna Gray and Candy Millard at Alice Mitchell's 102nd birthday celebration at Vintage Hills Feb. 4.



Helen Schooler at Alice Mitchell's 102nd birthday celebration at Vintage Hills Feb. 4.



Wayne Baker and Lisa White at Alice Mitchell's 102nd birthday celebration at Vintage Hills Feb. 4.



Alice Mitchell and Angela Murphy at Alice Mitchell's 102nd birthday celebration at Vintage Hills Feb. 4.



Virginia Raney, a resident at Vintage Hills, received a Valentine's card from local students.



Candy Millard, Lisa White, Jenna Gray, and Noel Schmidt at Alice Mitchell's 102nd birthday celebration at Vintage Hills Feb. 4.



Floyd Bailey, a resident at Vintage Hills, received a Valentine's card from local students.



Rhett Sponsler, a resident at Vintage Hills, received a Valentine's card from local students.



Larry Raney, a resident at Vintage Hills, received a Valentine's card from local students.



Doc Heavilin, a resident at Vintage Hills, received a Valentine's card from local students.



Wayne Baker, a resident at Vintage Hills, received a Valentine's card from local students.

OUT & ABOUT



Addie, Lindsay, Benny and Malachia Armstrong at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.



Michaela, Hannah and JT Byers at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.



Gracelynn Peterson, Megan Payne and Casen Peterson at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.



Sammy, Kristen and Harry Schreier at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.



Hank and Kait May at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.



Oliver and Danielle Meuzelaar at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.



Rosie Cutts at the Parks and Recreation Play Date held on Feb. 23 at the Activities Center.

INDIANOLA Public Library news

Saturday Stories. First, second and third Saturday of every month, 10:30 a.m. Join Janis and Kelsey for stories, songs and shakers on Saturday mornings.

Indianola Public Library

www.indianolaiowa.gov/Library

207 N. B St., Indianola

515-961-9418

Monday – Thursday, 10 a.m. to 8 p.m.

Friday – Saturday, 10 a.m. to 5 p.m.

Sunday – 1–5 p.m.

Kids and Family

Family Bingo. Tuesday, March 15, 6:30 p.m. It's Bingo for the whole family, with snacks and prizes.

LootBox. Fourth and fifth grades. A free subscription box service, just for kids! With books (to borrow) and goodies (to keep). Grades 4-5 only. Sign up by the seventh of each month. Boxes will be ready for pickup by the 15th of each month. Sign up on the library's website: indianolaiowa.gov/library/bookboxes.

Teens, grades 6-12 only

Spring Break Escape Room. Thursday, March 17, 1:30 p.m. Find clues and solve riddles to escape. Snacks provided. Grades 6-12 only. Registration required. Choose between two time slots (1:30 p.m. and 3:30 p.m.). Register on the library's events page: indianolaiowa.gov/library/events.

Teen Hangout. Every Wednesday, 2:30-4:30 p.m. (after school). Play board games, video games (Nintendo Switch and Wii-U), do crafts, watch movies, eat, hang out.

UNBOXED. Books (to borrow) and goodies (to keep). A personalized monthly box of two library books and themed goodies. Teens grades 6-12 only. Sign up by the seventh of each month. Boxes will be ready for pickup by the 15th of each month. Sign up on the library's website: indianolaiowa.gov/library/bookboxes.

ADULTS (18 and older)

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

Morning Book Club. Friday, March 11, 10 a.m. Join the Morning Book Club for a lively discussion of interesting books. Copies of each month's selection are available for checkout at the front desk.

Evening Book Club. Tuesday, March 22, 6:30 p.m. Join the Evening Book Club for a lively discussion of interesting books. Copies of each month's selection are available for checkout at the front desk.

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

MISTAKEN identity

A few weeks ago, I was at an appointment, and, from across the waiting area, I thought I recognized someone. Overly confident, I maintained a gaze (aka stared) until we made eye contact. I figured they were as excited to see me as I was to see them, so I said hello and smiled. That is when the awkwardness set in. They squinted and politely asked, "Do I know you?" I sheepishly apologized.



Mistaken identity can be uncomfortable and downright embarrassing. It got me thinking about how many times I thought I knew someone and yet mistook them completely. We are currently studying the Gospel of Luke as a church, and there are these moments where Jesus Christ is mistaken for someone else. Like when He first read the 700-year-old prophecy from the prophet Isaiah — that He was literally fulfilling in that moment — in His home synagogue. The people were confused because they thought He was simply Joseph and Mary's son from down the road. They mistook Him for a towny instead of the Living God Incarnate. He tells them, "The Spirit of the Lord is on Me, because He has anointed Me to preach good news to the poor. He has sent Me to proclaim freedom to the captives and recovery of sight to the blind, to set free the oppressed, to proclaim the year of the Lord's favor." (Luke 4:18-19)

The religious leaders of that time, Pharisees and scribes, mistook Jesus for a lunatic who was a drunkard and a glutton and who was trying to overthrow their traditions and authority. They thought if He was a religious man, truly the Son of the Most High God, He would follow all their man-made traditions and wouldn't be so friendly to all the liars, traitors and sinners. Jesus replied to them, "The healthy don't need a doctor, but the sick do. I have not come to call the righteous, but sinners to repentance." (Luke 5:31-32)

Just from those two passages, I see how today we still mistake Jesus Christ's identity. He isn't some dated religious tradition, He is the Son of God, who came to His creation to free us from sin and give us eyes to see the emptiness of the world around us. That is the best news you will find today. And He didn't come to love us, accept us, and leave us where He found us. No, it clearly says He came to call, "sinners to repentance." That isn't sinners to acceptance or sinners into comfortable sinning. He came, experienced every bit of hurt and pain we do, lived without sin, then gave Himself as a sacrifice becoming our sin so that we could live free through faith in Him.

Listen to Jesus Christ from John 10:9-10, "I am the door. If anyone enters by Me, he will be saved and will come in and go out and find pasture. A thief comes only to steal and to kill and to destroy. I have come so that they may have life and have it in abundance." He calls us to repent, believe in Him, and have life through Him.

If you have questions and want to know more about Jesus Christ, there are congregations in this community who teach about Jesus Christ and salvation through faith in Him alone that would love to help answer your questions. The Gospel of Luke is also a great book of Scripture to read and study to accurately identify the certainty of Jesus' Lordship. ■

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

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