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MAY 2022

Living

MAGAZINE

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WELCOME

HOW DO you carry the load?

Nasal congestion. Runny nose. Sneezing. Drowsiness. Itchy eyes.

If you suffer with these symptoms, or if you have seen any of the seemingly thousands of TV commercials for products that claim to lessen them, you know by now that I am referring to allergies.

I realize some of you who are reading this have dealt with allergies all your lives. I also realize some of you only began to be faced with these in your adult years. Either way, most of us recognize allergies are more common today than in generations past. But why?

It is something in the air we breathe? The soil our foods come from? The water we consume?

Or do we just whine about these things more than our grandparents did?

Or maybe, just maybe, all that advertising really works in convincing us that we need to do something about allergies. Americans have spent more than \$8 billion per year to deal with how our bodies respond to foreign substances. Yes, \$8 billion.

If you can relate, you are not alone. According to the Allergy & Asthma Network, one in five Americans have been officially diagnosed with allergies, about 4 million work days are missed per year because of them, and more than 50% of allergy sufferers say this impacts their daily quality of life.

More than likely, I am preaching to the choir. But what do we do about it?

Football player, coach and analyst Lou Holtz said, "It's not the load that breaks you; it's how you carry it." With that in mind, we dedicate this month's cover to the stories of local residents and what they are doing to lessen the impact of allergies on their daily lives.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com

Shane



Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



Tammy Pearson

Editor

515-953-4822 ext. 302

tammy@iowalivingmagazines.com

Kristine McDonald

Advertising Account Executive

515-975-3543

kristine@iowalivingmagazines.com



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Dealing with ALLERGIES

Residents share their
coping strategies

By Becky Kolosik

Allergies can strike anyone at any time. According to www.hopkinsmedicine.org, allergy disease is one of the most common chronic health conditions in the world. Types of allergies include seasonal, food, drug and pet allergies, and symptoms can range from mild to serious — and even life-threatening.

Allergies can change the way people live their daily lives. They may have to miss out on certain outdoor activities or change the way they eat in order to avoid the allergen as much as possible. Some have to take daily medication to keep symptoms under control. Often, they also have to educate others — especially when allergies can be dangerous or life-threatening.

Gay Puthoff says grocery stores are carrying more gluten-free options, but they generally cost significantly more.



'Tis the season for sneezing

(Editor's note: Writer Becky Kolosik shares her family's experiences in this section.)

Spring is in the air — and so is the pollen. For those with seasonal allergies, spring can bring on a multitude of unpleasant symptoms. As a mom to two now adult boys who both have seasonal allergies that started at a very young age, it's hard to see them suffer.

Around the age of 5, our oldest started having a continuous runny nose. After several visits to our family doctor, he was prescribed antibiotics that did not seem to help. During that time, our youngest son was born, and we started seeing a pediatrician. I decided to switch Brady to the pediatrician, and he took one look at his runny nose and said, "He doesn't have a cold or sinus infection, he's got allergies." The dark circles under his eyes now had a name — allergy shiners — which is common in children with allergies. We spent the next several months trying different combinations of over-the-counter and prescription medications, nasal sprays and allergy eye drops that finally brought him some relief. At 23, he still deals with allergy symptoms most of the spring and summer seasons.

As for our youngest, Zane, he started having many of the same allergy symptoms as a toddler. After visiting an ear, nose and throat specialist, he started a daily prescription medication. Now 18, he's had to manage seasonal allergies most of his life. The symptoms come on fast and furious at the first signs of spring, so it's important he starts the allergy medications, nasal spray and eye drops as early as possible.

While both boys' seasonal allergies were and still are more of a nuisance than anything, it was especially difficult when they were younger and playing spring and summer sports — and when they began mowing the yard for their grandparents as teenagers. The best remedy we have found is to start taking medication even before pollen season begins and to keep the windows closed as much as possible to limit exposure.

Life in the nut-free zone

When Nichole Miller first started exhibiting symptoms of food allergies, her parents stopped allowing her to eat those particular foods.

"She was about 5 when we noticed a reaction to cashews," says mom, Jolene. "Then more nuts started to affect her the older she got."

They didn't realize how bad things had progressed until Nichole was in ninth grade. She was exposed to cashews at school and had a



Becky Kolosik says sons Brady and Zane have suffered from seasonal allergies since early childhood.

serious reaction. Nichole called her mom at work and Jolene rushed home, grabbed two allergy pills, and got to the high school as fast as she could.

"By the time I arrived, her tongue was swollen, and she was slurring words," explains Jolene. "The nurse walked her out to meet me because she was very concerned."

That experience was terrifying — for both Nichole and her parents. She reacts to all nuts — even if it's just the oils in the air. However, if she happened to eat cashews or pistachios, she would go into anaphylactic shock. She is also sensitive to avocado, cantaloupe and honeydew melons.

With the airborne nut allergy, Nichole's symptoms start within five minutes of exposure.

"My tongue swells, my throat starts to close, and I get itchy all over," Nichole says. "My symptoms get steadily worse, and I have even gotten lightheaded and blacked out."

In the week following a reaction, Nichole is tired, suffers headaches and is extremely weak. She has been exposed multiple times at school, so they have worked closely with the nurse and dean of students to put safeguards in place to try to keep her as safe as possible.

Posters on her classroom doors state, "Nut Free Room," and staff members monitor the hallways for anyone eating outside of classrooms. The school has stopped selling nut products on the a la carte stations, and the nurse has spoken to all of Nichole's classes about how serious this allergy is. It has also changed some school activities and riding the bus because everyone has to be aware of what they are eating due to their close proximity to Nichole.

All of Nichole's teachers know how to use her EpiPens if needed.

Nichole takes an allergy medication every morning and makes sure she never leaves the house without her medical bag. She carries two dissolvable allergy pills and two EpiPens at all times.

If she is exposed at school, Nichole takes one pill and then heads to the nurse immediately. She takes the second pill in the health office so the nurse or health associate can monitor her symptoms.

Nichole and her family say the hardest part of living with her nut allergy is people not understanding it is airborne. If someone eats nuts or nut products in an area, the oils from the nuts linger in the air. It's not safe for Nichole just because the nuts are gone.

"It's important for people to understand how dangerous this is for someone with an airborne allergy," Jolene says. "If someone eats nuts or products containing nuts — either around Nichole or in an area where she will be — it can result in a life-threatening situation."

Nichole is grateful for the steps the school and her teachers are taking to help keep her safe. It's a constant worry having to be aware of what is being eaten around her.

"The best way to support someone who has food allergies is to know and understand what foods they are allergic to and be able to recognize the symptoms of an allergic reaction," she says. "Having supportive and accepting friends can make a big difference, and it may even turn out to be life-saving."

FEATURE

Listen to your gut

We associate food with holidays, special events and memories. There's just something about getting together with family or friends and sharing the foods we love. But what happens when you suddenly start noticing that the foods you love to eat don't seem to love you back?

Gay Puthoff has lived in the area for more than 40 years and currently calls Martinsdale home. She and her husband both work in Indianola and enjoy many of the activities and amenities the community has to offer.

About seven years ago, Gay started noticing she didn't always feel good after eating.

"I was having a lot of stomach issues that would start in the middle of the night and last until late morning the next day," she recalls. "Nothing significant had really changed in my diet or the foods I was eating, so I wasn't sure what was going on."

Being in her mid-50s, she first chalked it up to the changes that women go through during that stage of life.

When the symptoms persisted, Gay decided to see her doctor. They ordered bloodwork and several tests, thinking initially that it was her gallbladder. After ruling out the gallbladder, she was tested for celiac disease, and that came back negative, too.

Her doctor suggested she begin a process of eliminating foods and start with dairy. After several weeks, her stomach troubles continued. Even though she tested negative for celiac (which is an immune reaction to gluten), there was still a chance her symptoms could be related to gluten, a protein found in wheat and other grains. It's in a variety of foods, from bread and pasta to beer. Some cosmetics and nutritional supplements even contain gluten.

Gay cut gluten from her diet. She says it was hard at first to figure out what in her "normal foods" she could and couldn't eat. For instance, she could eat the toppings of pizza, but not the crust. She also had to pay close attention to labels because a lot of foods you wouldn't think have gluten and/or wheat in them actually do.

"We made a recipe with cream of mushroom soup, and after eating it, I reacted quickly," she says. "When I looked closer at the soup can label, I realized wheat was listed in the ingredients."

When Gay eats a food containing gluten, she typically reacts within 20 minutes. But it can be tricky because there are instances where she eats a small amount of something with gluten in it and doesn't react. That makes her think that it might have to do with how the wheat is processed.

Gay can eat meat, vegetables, rice, fruit, eggs, dairy... and candy.

"Candy is gluten-free, which can be good and bad," she says, laughing. "However, I found out that licorice is not gluten-free — it's made with wheat. I remember eating licorice as a kid and always having a stomachache afterwards. I just assumed I ate too much, but now I wonder if that was some early signs."

While it's much easier to find gluten-free products at the grocery store, they cost significantly more.

"It can really take a hit on our grocery budget if I shop the gluten-free section," Gay says. "It's also hit or miss on taste and finding products that I really like."

When she eats out, Gay says it's pretty easy to order a meal with no bun, bread or croutons. Plus, many pizza places now offer gluten-free crust as an alternative. She's thankful that gluten sensitivity is not as limiting as celiac disease. Most things she eats can be cooked in the same kitchen or toasted in the same toaster used for foods that contain gluten.

When she travels or visits family and friends, Gay tries to plan ahead.

"Since I have to be so picky about the food I eat, I don't want people to feel bad or worry about what I can and cannot have," she says. "I don't mind bringing my own bread, snacks or even my own pizza or pizza crust. It just makes it easier on everyone." ■



Nichole Miller lives with a serious nut allergy, and, if exposed, it can lead to life-threatening symptoms if medication is not taken quickly.

5 most common allergies

From *Northeast Allergy*, neaa.com/5-most-common-allergies

1. Pollen: Tens of millions of Americans suffer from pollen allergies. Every spring and summer, thousands of tiny pollen grains are dispersed in the air and can end up in your nose and throat, resulting in an allergic reaction.

2. Peanuts: A peanut allergy is the most common food allergy in children and the second-most common food allergy in adults. Differing from tree nuts in that they grow underground and are a kind of legume, peanuts can cause severe reactions in affected individuals.

3. Tree nuts: Tree nut allergies are another common food allergy in both children and adults, and fewer than 10% will outgrow it. Some types of tree nuts include walnuts, almonds, hazelnuts, pecans, cashews and pistachio.

4. Shellfish: Another common lifelong food allergy is a shellfish allergy. This allergic reaction is prompted by certain proteins in marine animals, including crustaceans (shrimp, prawns, crab, lobster) and mollusks/bivalves (clams, mussels, oysters, scallops, octopus, squid, snail).

5. Animal dander: Animal dander is composed of microscopic flecks of skin shed by cats, dogs, rodents, birds and other animals with fur or feathers. Though animal dander is the prominent cause of pet allergies, proteins found in the saliva, urine and feces of certain pets can also cause allergic reactions. Since animal dander easily sticks to belongings, pet allergies can be triggered even when animals are not present. ■



A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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COLORFUL conifers enhance landscapes

Spring gardening is finally here. As you are out finding new perennials, shrubs, annuals and ornamental trees, consider looking for a new colorful conifer to add to your garden landscape.



Most of us are familiar with the large Norway Spruce, Blue Spruce, White Pines and other "Christmas Tree" conifers that make huge statements in our landscapes, but there are many smaller, unusual and colorful conifers we can add to our smaller gardens and landscapes. Most of these will be described as dwarf or intermediate, growing just a few inches a year, and will become the bones of the garden that all other plantings are based on.

There are so many different conifers to choose from, and it may seem daunting to figure out what may be the best one(s) to choose. Think about color, structure or form as a starting point. Conifers are not just green; many are shades of blue, yellow, or even with a

silver sheen. There are tight needle forms, open branch forms, short needle and long needle forms, and conifers grafted on a standard (think lollipop). There are narrow uprights, low ground hugging varieties, small mounded, egg shaped, and "cloud" conifers.

Some interesting conifers to consider include: *Pinus mugo* "Wintersome," a green Mugo Pine that turns brilliant yellow in winter; *Abies concolor* "Blue Cloak," a soft blue color with pendulous branches; *Abies koreana* "Silberlocke," a compact fir with dark green needles that curl up, exposing white undersides; *Pinus strobus* "Sea Urchin," a white pine that is a soft globous mound of light green needles; *Picea abies* "Dandylion," a low, spreading Norway spruce with yellow tinged needles. *Abies koreana* "Icebreaker," a small compact mound with tight curled needles that looks like a snowball; *Pinus parviflora* "Tempelhof," conical with long steel blue needles with white undersides; and *Pinus densiflora* "Golden Ghost," with variegated needles that look like a "dragons eye."

Conifers on standards are a unique form

that will make an impact in any garden. Standards can be anywhere from 12 to 24 inches, so the conifer will actually be above the other plantings in the garden.

And if you really want to get to know conifers, think about looking into the American Conifer Society. They have many resources available to help you get to know these incredible garden stars. They even have an annual conference, usually in June, that provides opportunities to tour gardens that highlight conifers, talks by conifer collectors and specialists and even auctions of rare and unusual conifers.

Check out one of the area independent nurseries and garden centers. Several have unusual conifers for sale and can give you help picking out that new addition to your garden landscape. So, go ahead and become a "Cone Head." ■

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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This contest is being hosted by Iowa Living magazines, and the results will publish in our Indianola and Norwalk editions.

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COME together

This afternoon, I made a visit to one of our members who can't get around like she used to. We have a standing appointment every month where I come to visit and bring the Lord's Supper. This time, though, I did something different: I asked a friend to be there at the same time.

Usually, these visits are good with sharing, laughing and praying. But, with one other person, the whole visit changed. More laughing, much more sharing, and just as much praying. All three of our spirits were lifted to new heights as we shared Holy Communion but also the communion of saints.

As I left that visit, I had an epiphany: What if community is what we're missing? COVID, colder temperatures this spring, and a binging television habit have me looking to head home and hibernate more than usual. I'm neglecting to meet together with others and feeling a bit discouraged. I wonder if you are, too?

If this is you, don't put it off anymore. Get the grill ready. Call some friends. Put some beverages on ice. Have some food, fun and friendly conversation. Encourage each other. Because the Day is drawing near. ■

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



HOSPICE CARE: a lot of living at any stage of life

As individuals and organizations, we spend a lot of time talking about the importance of living well. When it comes to conversations about end-of-life care, though, the conversation tends to take a turn. It may seem counterintuitive to think about "living" in conjunction with services offered at the end of a person's life — but the keyword there is "life."

Even during hospice care, a person is living. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

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

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

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a patient to live life in comfort for the days, weeks, months or longer that remain in his or her life. If a person chooses home hospice services, the frequency of visits is determined by the individual and their care team and can change according to the person's condition.

Overall, hospice services should be about options to help a person live their best life as long as they're able, and that's how Susan Y. of Des Moines describes her mother's experience.

"When my mom's doctor first suggested that we look into hospice, we were upset and offended and didn't want to talk about it," she recalls. "To us, admitting that Mom was ready for hospice meant she was going to die tomorrow. We didn't have any idea what it really meant and how it could actually improve her life."

A nurse on Susan's mother's care team talked the family into at least considering the idea, and the family talked through a number of options. They ended up choosing a home hospice service, and, to their surprise, Susan and her siblings — and especially their mom — grew to love the hospice team. In fact, Susan credits them with keeping her mother alive for a longer period of time than she likely would have lived without them.

"Mom lived six months to the day after they first came to the house, which is about four months longer than the doctor predicted she had left," Susan says. "They helped manage her pain so that, on good days, she could go out into her vegetable garden and talk to the neighbors and even go to the store. They provided a nice break for us, and she felt very comfortable with them."

If you're considering hospice services for a loved one, do your research. Consider the logistics of where the care is provided, by whom, and the specifics of services. Then, ask the provider about their philosophy of "living" in the end stages of life. If the answer isn't what you were hoping for, keep looking for a provider who meets your expectations. ■



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



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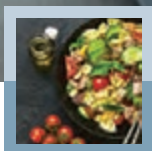


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SENIOR LIVING as a community and home environment

More and more older adults are moving to senior living communities. In addition to the convenience of a maintenance-free lifestyle, senior living communities help you stay active and independent while providing the extra care and support you need.

Senior living offers more than a residence with a safe, vibrant community to call home. Without the worries of home ownership, yard work and other tedious tasks, you can focus your energy on living with purpose — at a pace perfect for your stage of life.

Many senior living communities have lively social calendars, abundant campus amenities and peers from all walks of life to keep you connected and engaged. Plus, support services, such as housekeeping, meals and transportation, help you maintain your freedom.

Life in a senior living community

If you or a loved one are ready to make the move, here are a few simple steps to get you acquainted with your new home:

- **Give yourself time:** For many, a senior living community can be very different from what you are used to. Do not rush yourself but focus



on taking small steps each day. Give yourself some grace and time to adjust to your new living situation. Enjoy the experience of unpacking, decorating and getting to know your new community.

- **Personalize your space:** Arrange your new space so it feels like home. Hang curtains, arrange furniture and display family photos and other decorations.

- **Invite people over:** Once you are settled, invite old friends and family over to show them where you live. You can even ask them to attend a community event with you. When you are ready, try inviting a neighbor over for coffee, tea or a movie.

- **Join in on the fun:** Check out what is available on the community calendar. With so many activities, events and clubs, you are sure to find the perfect match for your interests. You may even meet some new friends.

- **Establish a routine:** Once you find activities you enjoy, incorporate them into your daily or weekly routine. Attending social events, clubs and activities is a great way to get to know others who have the same interests as you. ■

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UNCERTAIN how to deal with recent market uncertainty?

Diversification and a plan

When it comes to your investments, “go with your gut” might not be the wisest adage to follow. In fact, it may work against you, particularly in periods of market, economic and geo-political turbulence like we’ve experienced so far this year. As the markets go up and down, it’s easy to become too focused on day-to-day returns. Selling during times of uncertainty provides temporary relief; it makes us feel better on the way down.

The emotional response that investors have when the market is going down is natural, and the stress and anxiety often lead to an irrational decision-making process. So, before you leap into a de-risking investment strategy and potentially lock in losses, make sure you’re doing it for the right reasons. How you choose to invest your money should be consistent with your goals and time horizon.

Diversification — Spreading investments across different asset classes can help smooth sharp drawdowns in the market. The trade-off is you will never be exclusively in the best performing assets either. Even with a well-diversified portfolio, you can’t protect your portfolio from every risk. Investing involves uncertainty; you can’t predict how investments are going to react to every situation, but you can avoid having a single point of failure.

Have a plan — Many investors tend to let recent events have a stronger influence on decisions than more distant events. For example, when the market was amid a decade-plus bull run, many of us may have increased our investments in equities, hoping to take advantage of any further gains. By contrast, if you were severely burned by market performance during the financial crisis, COVID, or even over the past couple of months, you may be hesitant about continuing or increasing your investments once the market settles.

Consider that neither of these perspectives may be entirely rational given that investment decisions should be based on your individual goals, time horizon and risk tolerance. These are all variables that are part of a comprehensive financial plan.

It’s only natural to be concerned when the market drops, but expecting uncertainty and having a sound financial plan in place may be the best defense when events roil the markets. This will help you focus on your goals, timeframe and income needs, as opposed to focusing on day-to-day market swings and short-term volatility. ■

For more information, please contact Charlie Ochanpaugh 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

EVENTS IN THE AREA

Check for cancellations

Aquatic Center Opening Day Saturday, May 28 Aquatic Center

The Aquatic Center opens for the season, which runs until Aug. 21. Daily general admission is \$6. Ages 2 and younger swim free with paid adult admission. Admission is half price after 5 p.m.



Friday Night Live Summer Concerts

June 10, June 24, July 8, gates open 6 p.m., band plays 7-9:30 p.m.
Memorial Park, Indianola

You'll want to grab your family and friends and enjoy live music while your kids are entertained by the park facilities. Beverage garden and food vendors will be available. Cost is \$5 for adults and children 11 and older. Children 10 and younger are admitted for free. For more information, visit IndianolaChamber.com. Bands are: June 10: Train Wreck; June 24: Past Vertical; and July 8: Final Mix.



CelebrAsian

May 27-28, 11 a.m. to 10 p.m.
Western Gateway Park, 1000 Grand Ave.,
Des Moines

The largest Asian-American event in Iowa promises to be a delight to the senses. Enjoy more than a dozen Asian Villages of authentic food, drink, music, dance, activities, cultural demonstrations and entertainment for the entire family. More information is available at www.iowaasianalliance.com/celebrAsian.

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



Indianola Classic Car & Truck Show and Shine May 28, June 25, July 23, Aug. 27, Sept. 24, 4-7 p.m. TruBank parking lot, 1901 West Second Ave., Indianola.

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



Concrete Cruizers Charity Car Show

Saturday, May 21, registration
9 a.m. to noon, awards at 3 p.m.
Deery Chevrolet, 6000 University
Ave., Pleasant Hill

The entry fee is \$25. Proceeds go to Youth Emergency Services & Shelter (YESS). The event will include an auction, door prizes and top 25 awards. See more at www.concretecruizers.com.

Money Smart: When Money is Short Wednesday, May 18, 6-9 p.m.

Iowa State University Extension and Outreach will host "Money Smart When Money is Short: Prioritizing Bills, Protecting Credit, and Managing Debt." Participation is free and open to the public. Ryan Stuart, human sciences specialist in Family Well-being, will lead the program. Participants will improve their financial well-being by developing an emergency spending plan, creating a prioritized bill-paying strategy based on future consequences, developing skills to improve their own credit, and learning strategies to manage debt. Sessions are free to participate in, but pre-registration is required online at go.iastate.edu/12DRCS. Once an individual has registered, they will receive an email confirmation with the class information. Questions can be directed to Bethany Cecot at bcecot@iastate.edu, 515-961-6237, or Ryan Stuart at rastuart@iastate.edu, 515-491-2375.



Airing of the Quilts

June 1-4
Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit www.iowaquiltmuseum.org

John Wayne Birthday Celebration

May 28-29
John Wayne Birthplace Museum,
Winterset

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. Movie and television personality Barry Corbin is expected to return to Iowa for the celebration, multiple screenings of "McLintock!" starring John Wayne will be presented at the Iowa Theater, and award-winning Western recording artist Carin Mari returns as the musical headliner. For a full schedule, or to purchase tickets visit the John Wayne Birthplace Museum website, www.johnwaynebirthplace.museum.

EVENTS IN THE AREA

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

Check for cancellations



Family Tees Golf Tournament

Wednesday, June 8
Toad Valley Golf Course, 237
N.E. 80th St., Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for child and adult duos and one afternoon flight for those 18 years and older in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at cfiowa.org/events.

Farmers Market/Music in the Junction

Thursdays, through September, 4-8:30 p.m.
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. The May 12 Music in the Junction features Rescue Dogs. May 19 is the Dick Danger Band, and May 26 is Blacktop.

June entertainers are: June 2, Punching Pandas; June 9, Anthony Koester; June 16, Fahrenheit; June 23, Rhythmetics; June 30, Jimmy the Weasel. July entertainment is July 7, Bittersweet Nation; July 14, Toaster; July 23, Sons of Gladys Kravitz; July 28, Jake Simon. August features: Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede. September performers are Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.



Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon (8 a.m. to noon in October)
Des Moines Historic Court District

The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.



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\$1 Hot Dogs
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Caitlin Clark June 18



Dog Days June 28

APRIL showers bring beautiful flowers

The Roush-Bobolz home offers room to “grow.”

When Emily Roush-Bobolz and her husband, Gary, were looking for a home in April 2016, they had one thing on their minds: a house that would fit their blended family of seven.

“This home was perfect, but it took three tries before it became ours,” Emily says. “With a home to sell, unexpected job and health issues, and some patience, we finally closed and moved five months after our first offer.”

Emily likes the history and character of the 110-year-old home — especially the original wooden banister on the stairs. The couple they bought the house from raised four girls, so they knew it would be a wonderful place for their kids, too.

The home has also given Emily the opportunity to “grow” a dream she’s had since she was young.

Emily got the “gardening bug” as a little girl. Her dad grew vegetables and fruits in their backyard, and her mom would fill planters with flowers around the home. At age 7, she began helping her dad plant. At 14, she started working at Hy-Vee Floral. A co-worker told her about a local garden club, and she quickly joined and soon became the youngest person to serve as president.

Emily’s dream was to open a flower shop and tearoom. However, she knew that owning/running a business would be difficult, so she decided to study horticulture at Iowa State instead.

“However, I began to think about my future and decided on something more ‘safe,’ ” she explains. “I switched gears and got a degree in journalism from Simpson and started my career in newspaper.”

Emily tried over the years to make her garden and flower business a reality, but health issues seemed to get in the way. After getting settled in this home, she decided to try again and started small with flowers around the front porch and a koi pond.

“When the pandemic hit, I began growing fruits and vegetables in the backyard, and soon, I asked myself why I wasn’t starting the flower business,” she says.

She tilled 2,000 square feet of the backyard (and some front and side yard, too), and planted rows of flowers and herbs. She converted part of the garage to a floral design area with a walk-



Emily Roush-Bobolz’s small-scale flower and herb farm is tucked right in the heart of Indianola.

in cooler. April Sky Flower and Herb Farm was in business, and spring/summer 2021 is when Emily officially began attending farmers markets and selling on social media.

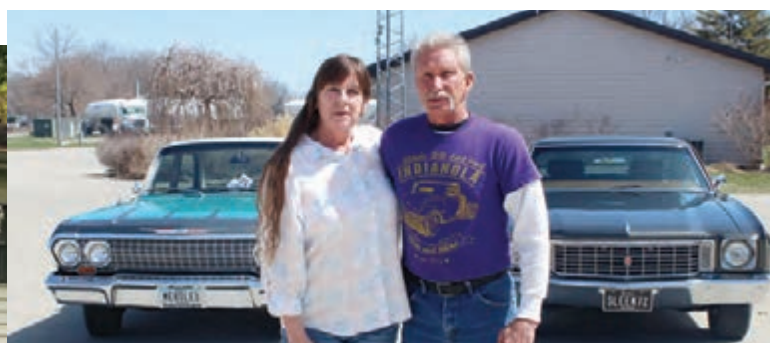
Emily grows zinnias, cosmos, lilies and many rarely grown varieties of cut flowers, as well as herbs like sage, basil, rosemary and lavender. She offers single stem flowers and

designed bouquets in mason jars or vases at the Indianola and Norwalk farmers markets and other local venues.

She still works full time and experiences some physical difficulties from her previous illnesses and kidney transplant, so it’s a fine balance of staying healthy while juggling work, family and the business. ■

DRIVEN by nostalgia

Mike and Tina Murphy's classic cars shine.



For Mike and Tina Murphy, sharing their cars with others serves a bigger purpose — to keep history and the love of classic cars alive.

Mike Murphy started his journey with cars at an early age. Following on the heels of his dad and brother — who were both interested in older cars — Mike started working on them at 14.

He bought his first, a 1968 Pontiac Lamans convertible, when he was 16 from his neighbor for \$100. It needed a little TLC, and Mike had fun working on it.

"After I cleaned it all up, my neighbor, who I bought it from, didn't even know it was the same car," Mike says, laughing.

His next purchase was a bright red 1968 Plymouth Sport Fury, and he has continued to buy various cars...Mustangs, Torinos, Chargers and others.

Today, Mike and his wife, Tina, have a dynamic duo in their 1963 Chevy BelAir and 1972 Monte Carlo — and it's not just about how they look, but the stories behind them. The prior owner of the Monte Carlo had breast cancer and beat it, but then the cancer returned, and she needed money to pay medical bills.

"I know how difficult it was for her to sell that car," Mike says. "She's since passed away, but we've been able to meet her husband, and I'm still good friends with her dad."

Mike shares his passion for cars with the community through the Indianola Classic Car & Truck Show and Shine, which is in its 11th year. There's even a story behind how that started.

Mike, and his late friend, Don Glick, used to go to a car show in Pleasant Hill where they would compete in the burnout contest — placing first or second each time.

"Don continually talked about how we needed to find a place to host a car show in Indianola," recalls Mike.

After exploring several options, Mike approached Keith Welling, who excitedly agreed to host the event in the bank parking lot. Shortly after, Don started having health issues and was diagnosed with leukemia. He passed away without ever getting to experience the Indianola event.

"There are so many people who work behind the scenes to make the Show & Shine happen," says Mike. "The event wouldn't be possible without all the generous support from our sponsors."

In addition to the car show, Mike has put together a couple classic car "cruises" at local senior living communities and health centers.

The Show & Shine is the fourth Saturday of the month, May through September, from 4-7 p.m. This year's location is the TruBank branch office at 1901 W. Second Ave. Tina and a friend prepare the homemade food that's sold for concessions; Mike DJs; and there are 50/50 raffles and other contests/door prizes. All proceeds benefit St. Jude's Children's Hospital. ■

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WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.



Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should be

below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
- Sleep apnea can be linked to AFib and is associated with increased stroke risks.
- Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
- Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
- Alcohol: Drink no more than one glass of wine or beer per day.
- Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.

There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, MercyOne.org/desmoinesneuro

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Know the signs of a stroke.



HOW DOES Western herbal medicine differ from Chinese herbal medicine?

Both Western and Chinese herbal medicine have been around for thousands of years as archeological evidence has confirmed many times over in the discovery of plants found in pots or small bags found with remains of our ancient relatives.

Many research studies have proven the safety and effectiveness of both Western herbs and Chinese herbs and their formulas. And we know that, just because something is natural does not mean some people may not have reactions to the herbs or formulas.

There are many types of herbal medicine training. What I advocate is to ask what the practitioner's level of training involved and their experience applying this training. Licensed Acupuncturists (LAc) are required to study the single Chinese herbs for a year, then the



Chinese herbal formulas for another year to deepen their understanding of combining the single herbs and their application. As part of their degree, LAc's are also educated in Chinese herbal diagnosis, Western pathology, and Western pharmacology. Many LAc's also go on to sit for their national boards (NCCAOM) to receive their diplomate in Chinese Herbal Medicine. They are also required to meet continuing education requirements.

Where the two herbal medicine practices differ is in the diagnosis and application of the herbs. In Western herbal medicine, the recommendations are based on a person's symptoms to be relieved by the herbal recommendations. If single herbs are combined, they are combined based on their similar symptom-relieving benefits. For example: A tea to assist with a common cold may have echinacea, goldenseal and peppermint combined to "boost" the immune system.

Chinese herbal medicine is rooted in the

concept of treating imbalances in energy or organ imbalances. After a complete questioning evaluation, pulse and tongue diagnosis, a formula is then determined to treat the current "pattern." With acute conditions, formulas are recommended for a short time and are changed as the pattern changes. With chronic conditions, herbal formulas may be used for longer periods and changed as the pattern changes. For example: A person with an acute wind cold invasion would be given a formula that relieves the wind, warms the channels, and resolves the phlegm. The herbs chosen for this formula would be selected based on their synergy to accomplish these goals.

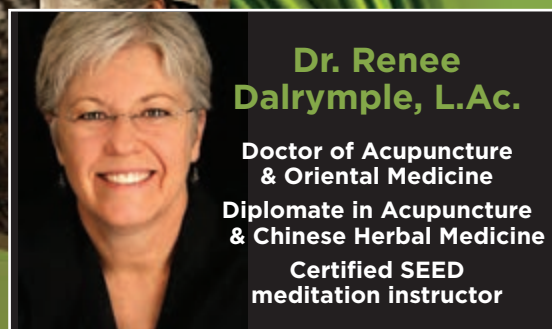
Look for more discussions on Chinese herbal medicine over the coming months. ■

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

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INSURANCE By Mike Richey

WHEN someone else is at fault

If you have collision insurance coverage on your car, and someone else is at fault for damage to that car, there are two approaches you can take. The first route is to try to work with the at-fault party's insurance to pay for the damages. The pros of this approach are: 1) Nothing shows up on your insurance claims history. 2) You do not have to pay a deductible. The cons of this approach are: 1) The other party may not be cooperative, which may delay any settlement from their insurance company, 2) The other insurance company may not agree that their customer is the at-fault party.



The other approach is to file a claim with your own insurance. The pros of this approach are 1) The claim will probably be handled more quickly. 2) Your insurance company will deal with the other party's insurance so that you don't have to. The cons of this approach are: 1) This claim will show up on your insurance claims history. 2) You will have to pay your collision policy deductible. But, if your insurance company recovers payment, they should refund your deductible.

The choice is completely up to you. But, if you do not have collision coverage on your car, then the first approach is your only option. And if it is a hit-and-run situation, where you are unable to identify the at-fault party, then the second approach is your only option.

To ensure that you have sufficient insurance coverage on your car, talk to your insurance agent today. ■

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

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HEALTH By Lance Andersen

THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations." At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.



I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read "Full Catastrophe Living," by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

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

MEET Dawn Goodale

Helping students develop a lifelong love of reading

Dawn Goodale can't imagine a better way to give back to the school district where she was raised than to teach.

"Growing up, I attended Emerson Elementary, the middle school and the junior/senior high," she says, smiling. "It's very humbling to be able to live and serve children and families in a community that means so much to me."

Goodale currently is a teacher librarian, but prior to that, she taught reading. She earned her undergraduate degree from Simpson College and her master's in library science from the University of Northern Iowa.

She enjoys children's literature, so when the teacher librarian position became available, it seemed like a perfect fit.

As a teacher librarian, Goodale reads to students, helps them learn about the library, and helps them discover the types of books they like to read. She purchases all of the books for the Whittier and Laura Ingalls Wilder libraries.

"I also enjoy getting to collaborate with teachers on different lessons as well as help them find resources they need for classroom lessons," she adds.

One of her favorite library activities is "book tastings." The library becomes a "restaurant" where each table is set with books from a specific genre. Students travel to each table, "tasting" the different genres. It's just one way she can help students who don't see themselves as readers or have trouble sticking with a book, find a book that opens up the world of reading to them.

The library isn't just about books these days. With the rollout of Chromebooks to K-5, students have spent time learning how to use some of the Google apps available on the devices. She also teaches students how to use the databases available through Heartland AEA, how to check for trustworthy sites, how to cite sources, as well as copyright laws.

Because Goodale shares her time between Whittier and Wilder, it's often challenging to find enough time with students to create the connections she would like. But she takes one day at a time and knows the work she does makes a difference.

"I am a firm believer that books can be windows to the bigger world, as well as mirrors to help us know we aren't alone," she says. "We all need to experience both kinds of stories at different times in our lives."

When she's not in school, Goodale enjoys spending time with family and friends, gardening, walking, biking, traveling and, of course, reading. ■



As an elementary school teacher librarian, Dawn Goodale enjoys her interactions with students. In her role, she works with each student at some point in the week.

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RECIPE

A DELIGHTFUL picnic starts with a stellar sandwich

(Family Features) Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit readsalads.com and auntnellies.com. ■

Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

DIRECTIONS

- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



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PROUD traditions and unlimited possibilities

Hello, spring! It's been a while. We've patiently been awaiting your arrival. Yes, as the seasons change and April showers bring May flowers and a ball of sunshine brings us a ray of hope, I am encouraged that, as we celebrate the proud traditions of Indianola, we can also embrace the changes that are happening around town that point to unlimited possibilities.



Over the last couple of years, we have witnessed a complete transformation of the Indianola Downtown Square. We watched as the new Warren County Justice Center replaced a condemned Warren County Courthouse and Jail. We continue to watch as 100-year-old infrastructure is replaced, making the area safer for businesses and residents. And, as these projects get closer to done, we have renewed hope that our town square will once again become the gathering place we all miss.

We've also seen a lot of change in key leadership roles. I hope you will join me as we welcome and celebrate our new leaders. At the City, we have three new city council members: Christina Beech, Ron Dalby and Steve Richardson. We have a new mayor, Stephanie Erickson, and soon we will have a new city manager, Ben Weaver. The Indianola Community School District also will be welcoming Ted Ihns as its new superintendent. The school, too, is planning to expand and upgrade our schools. These individuals have a unique opportunity to put into motion plans to continue to elevate Indianola as we maintain a path of steady growth.

Yes, this seems like a lot of change. But with change comes an opportunity to blend the traditions we are proud of with new ideas and possibilities that make our community better. The world around us has changed and will keep changing, and it's up to our new community leaders to continue to focus on making Indianola the best place to work, live and raise a family. I am full of optimism as these leaders create a vision for Indianola that sets our community apart from every other.

I am reminded that, just as our elected officials work hard to tackle the tough issues that every community faces, we, as residents, can do our part. We can be the solution to building a strong, viable local economy. We must support our local businesses, events and schools. We must challenge one another and commit to "buying and being local." When you do, we infuse our local economy with funds that directly benefit our businesses, schools, roads and other infrastructure priorities that support steady growth and a thriving economy. #ThinkIndianolaFirst ■

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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GRAND March

The Grand March was held prior to prom at Indianola High School on April 23.



Emma Graham and Malachi Thomsen



Rune Nielsen, Carmen Christensen, Mia Lerseth and Jack Runyon



Liam Kelso and Bryn Weidner



Justin Patton and Carly Richards



Justus Woell and Meghan Hunerdosse



Shelby McDonald and Jacob Croat



Walker Thomas and Leia Jones



Jack Johnson and Kate Schaefer



Anna Friesth and Lane McGraw



Lauren Blake and Drew Kingery



Paige Geiken and Zach Anderson

OUT & ABOUT



Kori Dillon and Jackson Minton at the Grand March prior to prom at Indianola High School on April 23.



Heather Riley and Brenda Easter at the Indianola Chamber ribbon cutting for Rainbow International, 1621 N. John Wayne Drive, Winterset, on April 7.



Trey Egner, Ryan Sager and Josh Mullins at the Indianola Chamber ribbon cutting for Rainbow International, 1621 N. John Wayne Drive, Winterset, on April 7.



A ribbon cutting was held April 13 at Whip It Good Catering.



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KOLOSIK selected to All State Jazz Band

Indianola High School senior Zane Kolosik was selected as lead alto for the 4A All State Jazz Band. Zane is the first Indianola band student to make All State Jazz Band since 2005. Zane was a member of Indianola Jazz 1, which had a successful 2022 jazz season, placing first at Morningside Jazz Festival, second at Southeast Polk JazzFest, and third at Jim Coffin Jazz Festival.

"It's been fun to watch Zane progress in his jazz saxophone skills from his freshman year until now," says Jazz 1 Director Mike Richardson. "It takes a big commitment to practice and study regularly, and I'm extremely proud of him."

The performance will take place on Thursday, May 12 at 3:30 p.m. in the Des Moines Marriott Cities Ballroom, where the best jazz students from across the state will be performing in three jazz ensembles.

Michael Swanson, who is also an Indianola High School band director and worked closely with Zane for his audition recording, says, "Zane has worked incredibly hard this year to earn his spot in the 4A All State Jazz Band, and we are excited that Indianola will be represented this year." ■



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HONORING great mothers

Many great women have been adorned with the name mom, mommy, mama and mother. Behind every great person is a woman who played a key role in upbringing that person.

Let's consider a few mothers from Scripture who displayed great faith and sacrifice without seeing the profound impact their efforts would have on God's people. First, Hannah was the wife of Elkanah.



After many years and much ridicule for not having a child, she cried out and made a vow to the Lord, "LORD of Hosts, if You will take notice of Your servant's affliction, remember and not forget me, and give Your servant a son, I will give him to the LORD all the days of his life" (1 Samuel 1:11 HCSB). Hannah did have a child, a son named Samuel. He served as a judge and prophet for God's people, Israel. God used Samuel to anoint Saul, the first King of Israel, and later David, the great King who preceded Saul. Hannah had great trust in the Lord and obedience to the vow she made to God. Samuel loved God, obeyed without question, and was full of integrity, just like his mother, Hannah. You can read about Hannah and Samuel in the two books of Samuel in the Bible.

Another great mom from the Bible is Jochebed, who was the mother of Moses. In a time of harsh slavery in Egypt, God gave Jochebed a son, Moses, whom she would have to give up and place in the Nile River or risk him being killed by the Egyptians. Baby Moses was found by Pharaoh's daughter floating down the river. The princess was also a great and sacrificial mother; through adoption, she rescued Moses and raised him in the house of Pharaoh. Moses had a great heart for his people Israel, just like Jochebed, and, at 80 years of age, he would lead the enslaved Israelites to freedom. God also used Moses to deliver His law and commandments and to write the first five books of the Bible. You can read about the courage and strength of Jochebed and her son, Moses, in the Book of Exodus.

Our culture is so fascinated with super heroes and super powers, how is it that we could neglect to recognize the powers and determination of the women who have raised us? I pray you will read the Bible and discover so many great women and mothers who have been created and used by God in amazing ways. Do not overlook Jesus and his mother, Mary, who fully trusted God's promises and took great care in raising Him. Today, Jesus lives and is the Savior of His people from the enslavement of sin. I do hope you will take time to honor your mother and other great women in your life, who have sacrificed and loved to make you who you are. ■

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

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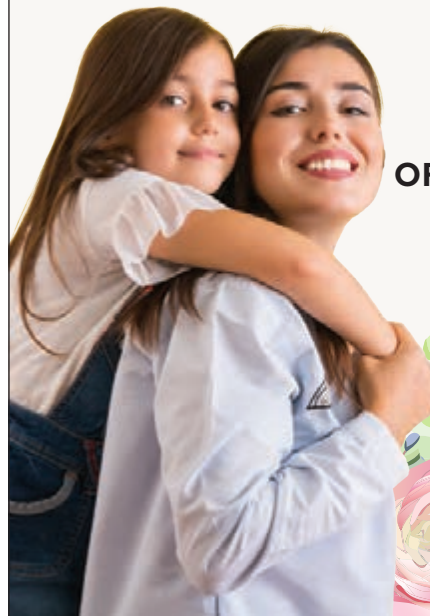
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