

INDIANOLA

OCTOBER 2022

Living

MAGAZINE

SPOOKY FUN

Residents share their
enthusiasm for Halloween

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WELCOME

SPOOKY fun

There is a reason why Halloween is one of our most celebrated holidays of the year — it's fun! And not just for kids. We adults seem to have a great time, too. Can you think of another day of the year when you can let your inhibitions run wild and dress up like someone else?

I didn't have the opportunity to do this much as a kid. My costume was the same most years — Frankenstein. I had a rubber mask, some rubber boots and a set of football shoulder pads. It worked, except for the mask having only two small holes in the nose and none in the mouth. Breathing was a problem.

I made up for my lack of Halloween costume diversity as an adult. Jolene and I had the great idea of dressing up as mummies for a friend's party one year. We started by wearing long underwear tops and bottoms, and then we wrapped each other in old white sheets that we cut up. It was a great look, but we overlooked a very simple feature — there was no way to easily use the restroom.

Other years, we dressed up with friends as characters from "The Wizard of Oz" (I was the lion) and "Gilligan's Island" (I was Mr. Howell). Jolene and I also dressed as a priest and a nun one year, and we were a farmer and a cow another.

Years later, Jolene and I hosted Halloween parties at our home. I relied multiple times on two costumes: Dracula and Michael Jackson. Other than some complicated face painting, the Dracula option was easy. All black clothes. A cape. A fancy medal. Some fangs. The Michael Jackson costume was simple, too, but the hair from the wig kept getting in my face. That took some getting used to, as I haven't had hair that long since 1983.

My all-time favorite costume, though, was The Lone Ranger (and Jolene was Tonto). Finding that light blue shirt and pants was a trick, and threading a leather shoe string in the upper shirt buttons wasn't easy, but the look was spot on. That same year we had a party off site with friends in a rented facility. I set up a fog machine and thought it would add great effects to the party. It did, especially when it set off the smoke detectors and two fire trucks showed up.

Well, hopefully this column gave you a few ideas of what to do for Halloween— and what not to do. Look inside this issue for other great ideas from residents who have spooky fun and go all out for Halloween.

Thanks for reading. ■

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SPOOKY FUN

Residents share their
enthusiasm for Halloween

By Becky Kolosik

Why do so many people love Halloween? Maybe it's because the holiday conjures up childhood memories. Or maybe it's because it gives children and adults alike a reason to play dress up, have fun, and, of course, eat lots of candy.

Soon, the streets will be filled with children dressed as ghosts, goblins or their favorite comic or animated characters. Friends and neighbors will open their doors to offer a treat for a "trick." And for those who like things a little more gruesome or scary, they can find haunted houses in the area.

From spooky trails to over-the-top decorating and even a wedding, Indianola residents share the creative ways they celebrate Halloween.

The Glossers started Spook Trail with middle school students in mind, but the Halloween attraction has grown to be a source of spooky fun each year for all ages.

Get your spook on

Carol Glosser will be the first to admit that, up until a few years ago, her family didn't really celebrate much for Halloween. However, that changed after her husband, Will, who likes spooky movies, introduced her to them, too.

In 2017, they took Halloween and "spooky" to a whole new level at their rural Indianola home.

"The 'Spook Trail' seems to have come out of nowhere and has now taken on a life of its own," Carol says, smiling.

The idea came to the couple one day when Carol was out clearing a path through their overgrown brush so the kids could ride their horses. When Will saw the path, he had a vision for what he started calling "Spook Trail."

"Will is very gifted in hospitality, so he had it practically planned in his head from that point on," says Carol. "He wanted to provide a free and fun activity for family and friends — and kids in particular."

Carol's job has been to make Will's vision a reality. She was able to quickly gather strong support from friends.

"My friend Christa Keagle was my first partner, and Lisa Koziczowski has been a huge help as well," she explains. "In 2020, Skyler McKasson stepped up, and we were able to take the Spook Trail to a whole new level."

For some time, the Glossers mostly invited youth groups and their children's friends; however, in 2020, Spook Trail began to draw the public. They aren't sure how the word got out, but so many things were canceled that year, and a lot of people were excited for an outdoor activity. The family had extra time on their hands, too, and dedicated themselves to making Spook Trail bigger and better than ever.

The Glossers say they have found that scary scenes are less effective than "jump scares." Carol says it is difficult to gauge how scary the trail truly is.

"I know everyone involved, and a lot of them are kids. Plus, I help with their costumes and coach them on what to do, so it really isn't scary for me," she explains. "There are some people who don't even make it onto the trail because they are so afraid."

Each year, after the event is over, the Glossers make notes about what worked and what didn't so they can plan for the next year. They get — and appreciate — feedback because it helps them work out the bugs and make improvements. They also sketch out ideas at that time because life tends to get busy.

"When school starts, that's when I have to



The Glossers' Spook Trail features creepy characters.

get serious," says Carol. "I look at the recent, popular scary movies and try to work off of some of those. I always want to keep the trail exciting and unpredictable."

The Glossers are grateful for friends who jump in and help with everything from costumes and makeup to being trail characters. The entire project takes a lot of work from set up to opening night.

In 2020, Carol was able to focus her extra time rerouting the trail and expanding it to almost triple its original length. This year they are excited to incorporate some ideas from the fourth season of "Stranger Things" for those who dare to navigate the Spook Trail.

A ghoulishly fun wedding

The second you meet newlyweds Aaron and Cya (short for Cyanne), it's easy to see they are a cool, creative and laid-back couple. It's no wonder they both have careers in film production.

Cya, an Indianola native, and Aaron, who hails from Lynchburg, Virginia, met at Full Sail University in Winter Park, Florida. Aaron had already graduated and was working on a film shoot in the Everglades. They needed a prop master, and that's where Cya came in.

"I was asked to go pick Cya up because she was going to be the prop master," Aaron recalls. "I wouldn't say it was love at first sight, but after just a few minutes together, I knew I wanted to spend as much time with her as I could."

On set, the two seemed to gravitate toward one another. Aaron confided to others on the crew that he had a crush on Cya. They told



Newlyweds Aaron and Cya couldn't think of a more "spook-tacular" way to celebrate their wedding and honor Cya's favorite fall holiday than by having a Halloween theme to the event.

Aaron she had one on him, too.

"Everyone could see it," Cya says, laughing. "I was preparing for a trip back to Iowa for my grandfather's funeral, and Aaron came to see me on the last day of shooting to tell me how he was feeling. I totally interrupted him and said I felt the same way, too."

Eight months later, in May of 2021, Aaron proposed with the help of Cya's cats. She happily said yes.

They set a wedding date of Sept. 9, 2022, in Indianola. Halloween has always been a favorite holiday for Cya's family, so there was no doubt they would have a spooky-themed wedding.

"I love to decorate for Halloween year-round," says Cya. "It's fun, creative... and since we're both laid-back people, it just seemed to fit with what we wanted for our wedding day."

Both Aaron and Cya's moms were excited to start planning and were a big help in getting decorations. Cya found a big cauldron for candy at an antique shop. They began working with their venue — The Studio in Indianola — to plan how the day would look.

The decorations included many traditional Halloween elements like bats, candelabras with red and white candles, skull beads, witches, caramel apples and, of course, candy. Lots of candy.

"It was fun watching our guests grab handfuls of candy or dig through the cauldron to find their favorites," says Aaron, laughing.

The couple toasted one another with a pair of mad scientist lab beakers, and the flower girl was dressed like a little witch, complete with

FEATURE

broomstick.

The bride looked beautiful in sage green. Her bridesmaids wore black, and the groom and groomsmen sported ties in various shades of yellow. Cya's mom also had fun with the Halloween theme, wearing a top hat, and Aaron's brother donned a pirate hat.

All of their guests were encouraged to dress in costumes, but if they chose not to, the couple simply wanted everyone to be comfortable and casual.

"So many people said they loved the wedding because it was so laid-back and fun," says Cya. "It was a great way to start our new life together and one that we will remember for years to come."

The Queen of Halloween

Gloria Schettler is a long-time Halloween enthusiast.

"It goes hand in hand with fall being my favorite season," she says. "It was so much fun to dress up and go trick or treating when I was little, and, now, as an adult, it's fun to decorate."

Some of Gloria's fondest memories growing up include watching Halloween-themed TV shows. ("It's the Great Pumpkin, Charlie Brown"

is her favorite.) She also remembers wearing those paper-like costumes with the cheap plastic masks that had elastic that went around your head.

"It never failed that the elastic broke before we even got out the door," she says, laughing. "But I loved to go trick or treating with my friends and then come home and dump out all the candy from our pillowcases to sort through and trade with one another. That was back when we could go out by ourselves, and our parents didn't have to go through the candy to make sure it was safe."

Gloria began decorating inside her home for Halloween about 22 years ago — shortly after her oldest child was born. She didn't start decorating outside until the last 10 years or so. Now a mom of three, Gloria has passed her love of Halloween on to her kids, and they love the holiday as much as she does.

"I'm pretty nostalgic, so I've handed down many of the same traditions I had as a kid, such as watching Halloween shows and movies, cooking and baking Halloween-themed food, finding that perfect costume, as well as sorting and trading candy after trick or treating," she says. "It's a pretty long list of traditions."

Gloria's outside decorating started out

small with just a few carved pumpkins. Her first attempt at using something other than pumpkins and a harvest theme was a giant spider on a web hanging from the bushes in their front yard. Soon, she discovered how much fun decorating could be and began adding to her displays every year.

She tries to use what's already in her yard, like fallen branches, and also carves pumpkins. She's also been known to ask neighbors if she can pick up branches that came down in a storm, and one time she even asked to cut down a small, dead tree on a neighbor's property.

"I have great neighbors who fully support my decorating," she says, laughing. "After Halloween, I can just throw everything away. I also like to use skeletons, spiders and whatever I can find that is weatherproof... and lights are a must."

Inside, Gloria prefers a more vintage feel to her Halloween decorations.

"If I see something old that's in good shape, chances are I'll buy it," she explains. "I also like to use non-traditional items for decorating and recently purchased a large, very old black and white portrait of a couple in a cool frame that's probably dated 1880s that I'll put up."

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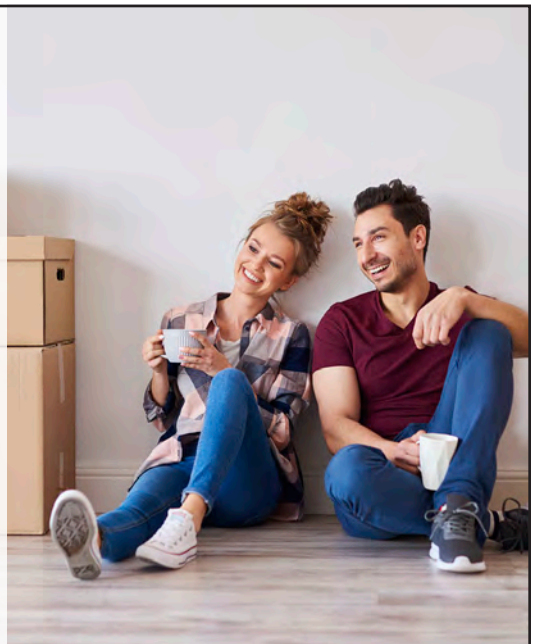
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When it comes to Halloween, Gloria Schettler enjoys decorating with traditional elements outside while keeping it more “vintage” inside. She says her entire family embraces the traditions she’s passing down.

Gloria starts planning in mid to early September because it takes several weeks to get everything up. While it’s a process, she enjoys every minute of it and says the displays she makes herself, rather than buying from the store, are her favorites.



For Beggars’ Night, Gloria tries to make a mini party out of it.

“I’ll get the house all spooked up and play scary music. Then, we’ll eat, get our costumes on and go out,” she says. “Up until last year, we’ve never had trick or treaters because we’ve

always been out ourselves.”

Now that her kids are older, she’s ready to start planning for trick or treaters at her door.

“I want to make it fun,” she says. “Lots of people around town really do it up that night for the kids, and I want to join that club, too.” ■

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GARDENING By Barry Laws

FALL garden cleanup

Fall is the time to get your garden, flower beds, trees and shrubs, and your containers ready for fall. Taking time this fall to enjoy the cooler weather, you can do several tasks that will make next year's landscape look awesome. Here are a few of the things to take care of before the snow flies.



As you are harvesting those last tomatoes, peppers and squashes, start clearing the garden of the vegetation. If you have a compost pile, this green material can be recycled for next year, unless you have noticed pests or powdery mildew on your plants, then do not compost, instead dispose into the garbage, burn or bury. Once cleaned off, work compost or decomposed manure into the garden to be ready for spring planting.

Flower beds are a little bit trickier but not complicated. Prune back your herbaceous peonies, daylilies, lilies and hostas. You can compost any of these that do not have powdery mildew or pests. Most perennials can be left for the winter, some like coneflowers, black-eyed Susans, and other flowers with seed heads should be left. Birds will enjoy the seeds throughout the fall and winter. Butterflies will overwinter on stems of perennials, native bees will use the hollow stems of beebalm, and caterpillars will curl up in leaves left in the garden.

Put a 4- to 6-inch layer of shredded leaves or straw on your flower beds to help protect the perennials from the freeze-thaw cycle of winter. At a minimum, put a fresh layer of mulch on. This will do a lot to keep your perennials healthy. And that goes for your landscape trees and shrubs as well. Keep watering through the fall until the ground is frozen. Evergreens are especially susceptible to damage if the soil is dry going into the winter. If you have planted trees and shrubs this fall, do not forget to keep them watered as well. The one difference is fruit trees; leave them less mulched so the freeze will kill any pests living in the ground around them; mulch late winter to early spring.

If you put out elephant ears, cannas, or other non-hardy bulbs for the summer, wait for the first frost, then cut back the foliage and dig up the bulbs and corms. Rinse them and allow them to dry a few days in the shade. Place them in a paper bag or cardboard box and place in a cool dry basement for the winter. If you put an elephant ear in a container, you can bring it in before frost and keep as a houseplant until next spring.

Clean out all of your containers of the summer annuals, composting what you can. After frost, take out fall garden mums and plant in the garden for next year. If you want, plant some spring blooming bulbs (tulips, daffodils and hyacinths) and let them stay outside or in an unheated garage, and you will have color in your containers before you plant next year's annuals.

Take some time this fall to enjoy the crisp cooler weather, and you will have a head start on next spring's gardens. ■

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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An injured person has no control over the amount of insurance a bad actor has available. However, one does have control over the amount of available uninsured motorist coverage when a policy is purchased.

The tragic result to one who purchases minimal coverage is that, when a serious life-changing injury occurs, there may be no adequate source for compensation. The good news is that uninsured motorist and underinsured motorist policies are very inexpensive compared to other coverages. ■

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



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NEED home health care? Choose wisely

When Chris, 78, was preparing for knee-replacement surgery, he couldn't wait for the operation to be over so he could recover and become active again. But he ended up developing a post-surgical infection and remaining hospitalized for several days, then spending two weeks in short-term rehabilitation to help him regain his strength.

Finally, the day came for his return to his house; Connie, his wife, was eager to help care for him in familiar surroundings. But his doctor threw him a curve: "You can go home today, but I'm going to prescribe a few weeks of home health care," she said.

Chris and Connie looked at one another, puzzled. "What will home health care do for me that we can't handle at home?" Chris asked the doctor.

Quite a lot, it turns out.

Home health care is clinical, medical supervision provided in a person's place of residence. This type of care is usually prescribed by a doctor as part of a care plan following a person's hospitalization for illness or injury; it can also benefit older adults who are prone to falls or who have been diagnosed with chronic illnesses, such as cardiac problems or diabetes. It can include: health monitoring; medical testing; administration of prescription medication, shots, or other forms of treatments; physical, occupational, and/or speech therapy; and wound care.

Chris's doctor presented him with home health provider options and asked him to choose; he and Connie researched providers online and ultimately selected one. Weeks later, Chris is ready for his final session and is grateful for the care he received.

If a doctor has told you home health might benefit you, consider using the questions below to find the provider that will best meet your needs.

- Is the provider established? It's not unusual for providers to enter and exit the market quickly. Consider one with positive outcomes that can be supported.
- Is the provider Medicare- and Medicaid-certified? Certification is a sign that the organization meets state and federal requirements and can be expected to provide quality care.
- Can the provider break down the percentage of services your insurance will pay for, and how much of the cost, if any, will be out of pocket? Make sure you thoroughly understand this information before services begin.
- What services does the provider offer? Look for one that specializes in physical, occupational, and speech therapy, among other services, so caregivers can address a range of needs.
- Ask about the qualifications and credentials of the individuals who would be providing your care. For example, if you're promised a nurse, ask and make sure the person who will be caring for you is either a licensed practical nurse or registered nurse.

You can ask many more questions, but those should get you started. Here's hoping you'll choose a provider that will make a positive difference in your well-being for years to come. ■

Ward Phillips is a senior leader with 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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6 WAYS to help yourself stay sane in a volatile market

Keeping your cool can be hard to do when the market goes on one of its periodic roller-coaster rides. Here are 6 ways to help keep yourself from making hasty decisions that could have a long-term impact on your ability to achieve your financial goals.



1. Have a game plan - Volatile markets are nothing new. Having a plan to recognize the potential for turbulent times can help prevent emotion from dictating your decisions. Use diversification to manage risk to align with your long-term goals. Diversification doesn't ensure a profit or protect against a loss, but it can help you understand and balance your risk in advance.

2. Know what you're owning and why - When the market goes off the tracks, knowing why you originally made a specific investment can help you evaluate whether your reasons still hold, regardless of what the overall market is doing.

3. Tell yourself that this too shall pass - The financial markets are historically cyclical. Even if you wish you had sold at what turned out to be a market peak, or regret having sat out a buying opportunity, you may get another chance at some point. Although market timing can give an adrenaline rush, a well-thought-out asset allocation is still the basis of a good investment plan.

4. Stay on course by continuing to save - Adding to your portfolio

will help to lessen the emotional impact of falling prices. If you're using dollar-cost averaging — investing a specific amount regularly regardless of fluctuating price levels — you may be getting a bargain by buying when prices are down.

5. Remember your road map - Solid asset allocation is the basis of sound investing. A diversified portfolio is important as strong performance of some investments may help offset poor performance by others. Even with an appropriate asset allocation, parts of a portfolio may struggle. Timing the market can be challenging even under the best of circumstances. Make sure your asset allocation is appropriate before making drastic changes.

6. Take it easy - If you feel you need to make changes in your portfolio, there are ways to do so short of a total makeover. Rebalancing is a way to buy a depreciated asset while taking profit from an appreciated asset. If you adjust your portfolio during a period of turmoil, those changes can (and probably should) happen in gradual steps. ■

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Saturday, Oct. 15, 5:30 p.m.
St. Thomas Aquinas Pastoral Center, 210 S. Wesley St., Indianola

Three hundred items of meat, 10 rounds with 15 chances to win, two rounds with 75 chances to win. Cost is \$15 per person and includes Pizza Ranch dinner of chicken, mashed potatoes and gravy, coleslaw and a cash bar. Advance ticket sales only. Buy from any Noon Lion or call Tom Charlton, 515-299-9451. Attendees should bring lots of \$1 bills, a cooler for your winnings, friends and relatives, snacks and desserts for your table. No outside alcohol permitted.



Trivia Night for HEAL House

Saturday, Nov. 5, 6 p.m.
St. Thomas Aquinas Pastoral Center, 210 S. Wesley St., Indianola

All are invited to come out for a Trivia Night to benefit Indianola's HEAL House. The fun begins with a lasagna dinner, followed by trivia. Cash prizes and door prizes will be awarded. Gather your team today. Cost is \$125 per table of 4-6 people. Call or text Kris at 515-210-0169 for more information or to register. The registration deadline is Friday, Oct. 28.



Fall Fish and Chicken Dinners

Oct. 21 and 28, Nov. 4 and 11,
serving 5:30-7 p.m.

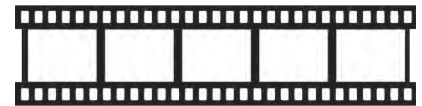
St. Thomas Aquinas Parish Hall
210 S. Wesley St., Indianola

Enjoy upcoming fish and chicken dinners. Cost is \$13 for adults and take outs, \$6 for children ages 6-12, and free for children 5 and younger. Desserts will be available for a freewill donation.

Contra Dance

Saturday, Oct. 22, 7 p.m.
First United Methodist Church,
Parish Hall, 307 W. Ashland Ave.,
Indianola

With the next dance so close to Halloween, simple costumes are encouraged and just for fun. However, remember to wear comfortable shoes and bring water. You are welcome to bring snacks to share and plan to dance with everyone. There will be a live band and Reid Miller will be the caller. Suggested donation is \$5 for singles and \$20 for families. Contact Margy Davis if you have questions at meadowlark919@msn.com.



A Night at the Movies Parade Party

Sunday, Oct. 30, from 6-8 p.m.
Indianola First Assembly of God Church, 1700 W. Second St.

A Night at the Movies Parade Party will be held on Beggars Night this year. There will be inflatables, games, candy, popcorn and more than 50 movie characters to take your picture with at their backdrops. On top of that, a parade of characters starts at 7 p.m. with the characters walking to their movie-themed music and passing out candy.

Help with Medicare Annual Drug Plan Open Enrollment

By appointment Oct. 15 - Dec. 7
Indianola Activity Center, 2204 W. Second Ave.

Every year between Oct. 15 and Dec. 7, persons with Medicare Part D have the opportunity to review their drug plan coverage. SHIP/SMP volunteer counselors are available for a free, confidential and unbiased review of cost and coverage, with changes taking effect Jan. 1, 2023. Call 515-962-5375 to schedule your appointment. Phone appointments also available.



Children's Costume Party

Saturday, Oct. 29 from 10 a.m. to noon
On and around the Indianola Town Square

Indianola Parks & Recreation hosts their annual costume contest for people and dogs, as well as offering free activities like inflatables, giant trike races, mini golf and a photo booth. Businesses on and around the Square will also be offering trick-or-treating. See indianolaiowa.gov for contest details.



Ducharme-Jones Duo

Tuesday, Oct. 25 at 2 p.m.
Indianola Activity Center, 2204 W. Second Ave. (Hwy 92 W.), Indianola

Americana Roots-Pop husband-wife singer-songwriters Dave and Annie Ducharme-Jones perform many of their own songs as well as some by their favorite artists including Lucinda Williams, Gov't Mule, Linda Ronstadt, Jimi Hendrix and Dolly Parton. Sponsored by MediGold, with dessert provided by Hy-Vee. Free event.

LOG CABIN Festival highlights

Each year, the Warren County Historical Society hosts a day of festivities to honor our county's heritage and to raise funds to support our museum and research library. Mark your calendar and join us next year on Sept. 30, 2023.

Many, many thanks to Margie Davis for organizing the many volunteers who were essential to making the day special. You didn't have to look far to see Deb Taylor and Deb Larrison making sure everything was where it should be. I think I saw Susan Graeser helping Deb Larrison in the kitchen, too, along with their other responsibilities. And you have Deb Larrison to thank for the lunch. When you enjoy the flowers growing around our buildings, think of Susan and the hours she has spent in the cool mornings keeping them looking great.

The day started with the Log Cabin parade. We weren't able to circle the square this year but that is something to look

forward to next year. Darlene Lawyer has expertly organized the parade for several years. The theme this year was "Faith in Warren County, Past and Present" and many of our county churches were represented in the parade.

Our Heritage Village Church has recently been remodeled and the lighting improved. Several area churches had displays and tables set up in the church.

Mt. Hope Schoolhouse was a popular place. Susan Laws and the Joseph Warren County Questers set up the kids' games outside and a typical one-room school classroom inside. One of the projects for Kristi Porter was designing the signs. Thanks to Dwight McCormick, Dan Porter, Rick Larrison and Don Sandy for striving to get everything moved to its correct location and for collecting it at the end of the day. Dwight McCormick and Isaac Garner supervised the rope-making activity. Butch McClintic and a

couple of friends watched over the cow-chip throwing competition.

Deb Larrison spent several hours collecting the generous silent auction donations of businesses in our communities. Linda Beatty and Kathy Stanfield organized the silent auction (along with many of the day's activities). Our auctioneer, Don Van Ryswick, entertained us during the live auction.

Making scarecrows is always a popular activity. I helped with that along with Jamie Rath, Mariska Burgess, Sienna Burgess, and Gauge Halda.

The highlight of the Festival has always been the quilt raffle. The quilt this year was titled "Running Free" and was designed by 14-year-old Quinten Spain. Check out our facebook page for this year's winner.

(So many volunteers helped that it is impossible to name them all, but all were appreciated.) ■

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A NEW chapter

The Neels embrace community at Connect 55+.



At the ages of 91 and 81, John and Sharon Neel like living their own lives, their own way. Of course, as the couple has aged, their health needs have changed, and that was a major factor in deciding to move to Indianola after spending many years in Chariton.

“We both had medical appointments in Des Moines and, as those became more frequent, we relied more on our daughter, who lives in Norwalk, for help,” says Sharon. “Our son and his family also live in Des Moines, so Indianola seemed like a perfect fit for us.”

For the past eight years, John and Sharon lived in a double-wide mobile home. John was still mowing the lawn and keeping up with household maintenance. They started thinking about what life would be like if they didn’t have to worry about those things and began looking into senior living communities in and around Chariton. Unfortunately, most had a two- to three-year waiting list.

When the Neels toured Connect 55+, it appealed to them because both are still quite active.

“Everyone — from residents to staff — were so friendly,” recalls John. “After our tour, we were fairly certain this would be our new home.”

They also knew that Indianola was a great community as they had visited many times either driving through to go to Des Moines or to stop and shop at Walmart.

Moving from their mobile home to a two-bedroom apartment meant that John and Sharon would have to get rid of the extra “stuff.” That included downsizing furniture as well as some of their collections — in particular, Sharon’s glass figurines.

“I had hundreds of them displayed at our old home, but I picked out a few of my favorites and/or most special pieces to bring here,” she says.

John and Sharon also had a lot of items handed down from their



John and Sharon Neel chose their new home so they could be closer to family, as well as stay active, meet new people, continue to pursue their interests, and even discover new ones.

parents.

“Letting some of that go was more emotional and difficult than I thought it would be,” recalls Sharon. “The entire process took a lot of work. As we unpacked, we filled boxes to donate to Goodwill.”

Now that the Neels are getting settled, they look forward to making new friends and getting involved in the many activities their new living community has to offer.

They will welcome their seventh great-grandchild soon and can’t wait to have lots of family visits in their new home. ■

DOLLARS for Scholars benefits students

Indianola nonprofit looks to provide more.



Pictured receiving scholarships are Paige Turner, Hayden Laschankzy, Zane Kolosik and Adam Pandian.

Indianola Area Dollars for Scholars' (IADFS) message to local graduates is simple: higher education is important, and the community wants to help you achieve your goals.

In 1998, Jill Rossiter read in a newspaper that Carlisle had just started a Dollars for Scholars (DFS) chapter, and their good friends were instrumental in getting it established.

At the time, Jill was working from home and had some extra time on her hands.

"I was looking for something more productive to do than just watching talk shows every morning," she says, laughing.

After sharing the idea with her husband, Denny Lamport, Jill contacted the school district. There wasn't a scholarship program in place, but the superintendent was familiar with DFS and excited about a possible Indianola chapter.

Jill and Denny connected with the DFS parent organization, Scholarship America, to learn more. They hosted an informational meeting attended by about 20 people in the community.

The charter board consisted of 12 people, and Jill stepped up to lead as president (and held that role for 12 years). Other charter members included Jani Wren, Gary Coleman, Wanda Wubben, Denny Lamport (who is still active), Ralph Edwards, Pam Young, Denis and Tammy Frischmeyer, Dennis Judkins and Dixie Ruble.

The first year focused on getting affiliated, receiving nonprofit status, and figuring out how they would raise money.

"Each of the local banks provided seed money, and we decided to offer Scholarship Sponsorships to local businesses for \$300 each," Jill says.

In 1999, they had seven sponsors. IADFS grew quickly, and awarded 38 scholarships in 2000 (winning the Golden Tassel Award from Scholarship America as the best new chapter in the country) and 47 in 2001. Today, more than 100 scholarships are typically given, and, in 2022, IADFS awarded more than \$70,000.

Linda Meyer serves as current board president and has been involved with IADFS since 2007. Her husband, Loren, joined the board in 2020.

Every student who completes all parts of the IADFS application is awarded a scholarship. Financial need is not a consideration because they want awards to go to students based on their accomplishments and goals.

For more information on donating or sponsoring a scholarship, visit indianola.dollarsforscholars.org. ■

GROWING through subtraction

The American business magnate and robber baron John D. Rockefeller once quipped: "How much money does it take to make a man happy? Just one more dollar." His joke implies that no man is every rich enough.

"Enough." That's a challenging and ambiguous word. Do I have enough? Enough money? Enough food? Enough safety? Enough friends? Enough success? Harder still is determining the measure of "enough." Is it found in my bank account, my house, my family or my job? Where do I look to see that I have enough?

Strangely, I find more security in "less." In his first letter to Timothy, Paul writes these words: "Christ Jesus came to save sinners, of whom I am the foremost" (1 Timothy 1:15). Paul didn't worry about whether he was "enough"; he took great comfort in knowing that he was "less." By confessing that he was the foremost sinner, Paul acknowledged that he was "less" and proclaimed that Jesus came not for those who were "enough." He came for the "less."

The 14th century theologian Meister Eckhart wrote: "God is not found in the soul by adding anything, but by the process of subtraction." By thinking of ourselves as "less," we are saved by Jesus Christ, and He is more than "enough." ■

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



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MEET Monica Dickinson

Teaching children faith by developing strong roots

Monica Dickinson is a farm girl at heart. On the farm, she learned from her grandpa about tilling and nurturing the soil to develop strong roots.

Today, as a teacher at Strong Roots Christian School, Dickinson is ensuring her students not only develop strong roots in the classroom, but also in their spiritual walk.

Dickinson is the second oldest in a large family that includes both adopted and biological children.

"I am adopted, and I truly believe that is part of why I love people so much," she says, smiling. "My family was always open to bringing anyone in, whether they needed a family for a little while or for life."

Dickinson can remember wanting to be a teacher from an early age. She set up her dolls in the toy room to play school. As her younger siblings started getting older, they became her students, though it was not always their favorite thing to play.

She attended public school until her junior year of high school. After changing schools, she realized the benefit of a Christian education.

"I loved being in an environment where the teachers were truly invested in not only my future, but in my eternity," she says. "That had a huge impact on my teaching in Christian schools. I wanted to be able to invest in my students the same way."

Dickinson says she enjoys having real-life conversations with her students from a Biblical perspective. She wants them to understand they can turn to Jesus in both the good times and bad, all while viewing the world and the things that are happening in it through the lens of the Bible.

In her 15 years as a teacher, she has learned that every classroom presents a unique community of learners that varies not only in abilities, but also in learning styles. Her role is to guide, providing access to information rather than acting as the primary source of information so that her students' search for knowledge is met as they learn to find answers to their questions.

Dickinson teaches fifth through eighth grade and says she enjoys teaching multiple grades in one classroom because it allows her to reach every child at their level.

Dickinson says she was glad to have the opportunity to be a part of starting a new Christian school and can't wait to see what God does through this new school, as well as the students, parents and teachers.

In her free time, Dickinson enjoys being outside boating, four-wheeling, biking or rollerblading. She also likes spending time with family, reading and watching a good movie. ■



Monica Dickinson says teaching is a lifelong process of learning about new philosophies and strategies, as well as learning from parents, the community, her colleagues and especially from her students.



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with good energy, consciousness and confidence. Chinese medicine can begin the care when couples may seek help using acupuncture for fertility and can continue throughout the pregnancy and then post-partum. Acupuncture is a safe and gentle way to treat many of the conditions that come with pregnancy.

We look at pregnancy and post-partum care through a holistic lens. We may recommend acupuncture, specific

foods, or teas to alleviate symptoms and nurture the mother, and chiropractic or massage to promote optimum health during and after the pregnancy. Certain therapies such as cupping or gua sha should not be used in pregnancy but can be used post-partum if the Chinese diagnosis indicates it is safe to use for treatment.

Acupuncture can help with nausea, morning sickness, hormonal adjustments as the fetus is developing, sleep, digestion, edema, fatigue, general discomfort, and, later in pregnancy, can help with the hormonal adjustments preparing for labor. Research shows that women who have utilized acupuncture during pregnancy tend to have faster labor processes, produce milk earlier post-delivery, and

recover faster for both c-section and vaginal births.

Post-partum, acupuncture can help with many adjustments that occur after the delivery. It can help with the physical recovery after birth, production of milk, anxiety and post-partum depression, energy, balancing of hormones, fatigue, stress reduction, night sweats, etc.

Being a mother is a powerful experience. Acupuncture creates the space for you to employ self-care. Caring for mothers is essential to a mother feeling supported and capable of the job of motherhood. ■

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

DOES YOUR homeowner's policy cover water damage?

Coverage for water damage is one of the trickiest aspects of homeowner's insurance.

• **Flood damage:** A base homeowner's policy does not cover flood damage. It is sometimes possible to add flood coverage, but often one must purchase a separate flood policy in order to cover flood damage.

• **Water backup damage:** Water backup damage is when your sewer or septic system backs up, or your sump pump overflows, and the water causes damage to your home or belongings. This is not normally covered by your base homeowner's policy, but can often be added.

• **Hidden water damage:** Also known as "seepage or leakage" or "slow leaks" damage. This is when a slow leak inside a floor or wall does gradual damage over time. Again, a base homeowner's policy will not cover this type of damage, but sometimes coverage can be added.

To find out what kind of water damage coverage you have on your homeowner's insurance policy, contact your insurance agent. ■

Information provided by Mike Richey Agency Inc., American Family Insurance, 204 E. Detroit Ave., Indianola, 515-961-8889, mrichy@amfam.com. Note – lifehappens.org is an industry site and not tied to any individual insurance company.



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HEALTH By Allison Robbins

BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, robbins@sstherapyandconsulting.com.



RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeño bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of “Take This Dish and Twist It” and host of Food Network’s “Ham on the Street” and TLC’s “Ultimate Cake Off.” They’re perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit [FreshCravings.com](https://www.freshcravings.com) to find more homegate recipes worthy of the hall of fame. ■

Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran
Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapeños, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray



- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



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CHAMBER By Brenda Easter

TIME flies when you are having fun

Believe it or not, I have been the president and CEO of the Indianola Chamber of Commerce for more than eight years. It seems like just yesterday that I started my journey, which has been challenging, rewarding and a lot of fun.

Throughout the years, I have worked hard to make Indianola the best place to own a business, work, live and raise a family. Along the way, my work turned into passion, my passion turned into pride, and now I have a great deal of respect and gratitude for all of the people in this community who join me in believing that "Indianola's the best."

I am proud that the Indianola Chamber's influence has been an integral part in defining who we are, what we represent, and where we want to go in the future. As current projects end and future efforts are taking form, our past accomplishments, coupled with the work we do today, have and will continue to positively affect the Indianola economy.

To accomplish the Indianola Chamber's mission to foster a vibrant economic environment while enhancing the quality of life, I am proud of the relationships and partnerships I have built with many community investors and businesses, as well as the city and county to make Indianola a better place to live and work. Indianola will always be stronger and more successful when we all work together.

As a voice for local businesses, I have been proud to support a pro-business environment knowing that our local businesses create the financial foundation for the community, and income development is critical for their success. Not to mention, they also are employers and depend on the Chamber and our partners to create a lifestyle that attracts the best employees.

But, most importantly, I am proud of the town that Indianola has become and excited about the possibilities for the future. And, as progress continues, I can't wait to see what happens next.

As for me, I am retiring as a proud president and CEO of the Indianola Chamber of Commerce. I have met some amazing people, made some life-long friends, and will leave this organization in the capable hands of a new executive and board of directors who will continue to focus on building a strong, thriving business community and remarkable place for our families to live.

I will never say good-bye to the place I have called home since before I graduated from Simpson College or to the people whom I have come to love. Instead, I will just say, "See you later." ■

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



OUT & ABOUT



Kaitlyn Liston at the Indianola farmers market on Aug. 27.



Patty Rockne at the Indianola farmers market on Aug. 27.



Trisha Dietl at the Indianola farmers market on Aug. 27.



Sarah McVee at the Indianola farmers market on Aug. 27.



Maryjo Jones and Ryker Pendry at the Indianola farmers market on Aug. 27.



Joey Spurgeon and Jessen Robinson at RVTV near the square on Friday, Sept. 9.



Joie Gorder and Halie Vice at RVTV near the square on Friday, Sept. 9.



Jeff, Bailee and Juniper Janssen at RVTV near the square on Friday, Sept. 9.



Shane, Tanya, Trevon and Sawyer Dickinson at RVTV near the square on Friday, Sept. 9.

FARMERS Market

The Indianola Farmers Market was held on Aug. 27.



Katie Flinn



Austin sitting in for Matthew Uitermarkt



Jasmine and Kaytie Jensen



Stephen and Charlee Ruelle



Vena Bendixen



Marla and Emily Roush



Katlyn and Derek Lemon



Katlyn and Moe Verastegui



Mario Lara



Marsha Beener and Lloyd Workman



Marissa and Russell Jones

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FAITH

By Kevin Mayer

HOW far is too far?

Deep inside, many, if not most, of us is a conflict between two opposing views of ourselves. The first quickly pops into our mind — “I’m basically a good person.” With that, we can make ourselves feel better about most any choice we make. The second lurks even deeper beneath it, and we ignore it as much as we are able — “God would certainly want nothing to do with the likes of me, given the things I’ve said, done and thought.” It’s amazing how these two can coexist within our thinking.

There’s a wonderful, brief story in the first 10 verses of Luke 19 that speaks to both of these views, giving us a surprising answer to the dilemma. It’s often relegated to being only a children’s story because it’s long and had a catchy song that’s heavily employed when teaching the passage to children. It begins, “Zacchaeus was a wee little man, And a wee little man was he...” If you learned that song as a child, I imagine it’s now stuck in your head. Maybe you’re even doing some of the hand motions that go with it.

But there are some very grown-up themes in the story. First, we need to understand that Zacchaeus was a pariah to most everyone he encountered — someone they would have held at low regard. Why? Because he had willfully chosen to collect the taxes required by the brutal, occupying Roman empire. And any extra he collected he got to keep, so the more he cheated the people as he collected the taxes, the more money he made for himself. Since he’s described as “rich” we can assume he’d cheated an awful lot of people.

When Jesus passes through town and Zacchaeus wants to watch Him walk by, he climbs up a sycamore tree because he’s not tall enough to see over the crowd, and, let’s face it, no one is going to politely let him up front. So there’s the cheater and betrayer, hanging above the crowd in a tree. It’s comical and humiliating.

But then Jesus arrives, stops the procession, and calls up to Zacchaeus by name. “Come down because I must stay at your house today.” Jesus has sought him out, he, the one certainly everyone thought was too far gone to save. Just maybe Zacchaeus thought so, too.

Why? Because as Jesus then states, “[I] have come to seek and save the lost.” There is none too far gone for Jesus to reach and to save. Not even Zacchaeus. Not even you. ■

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





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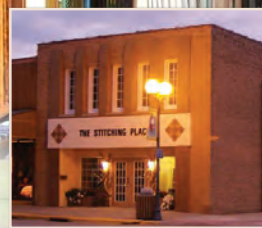
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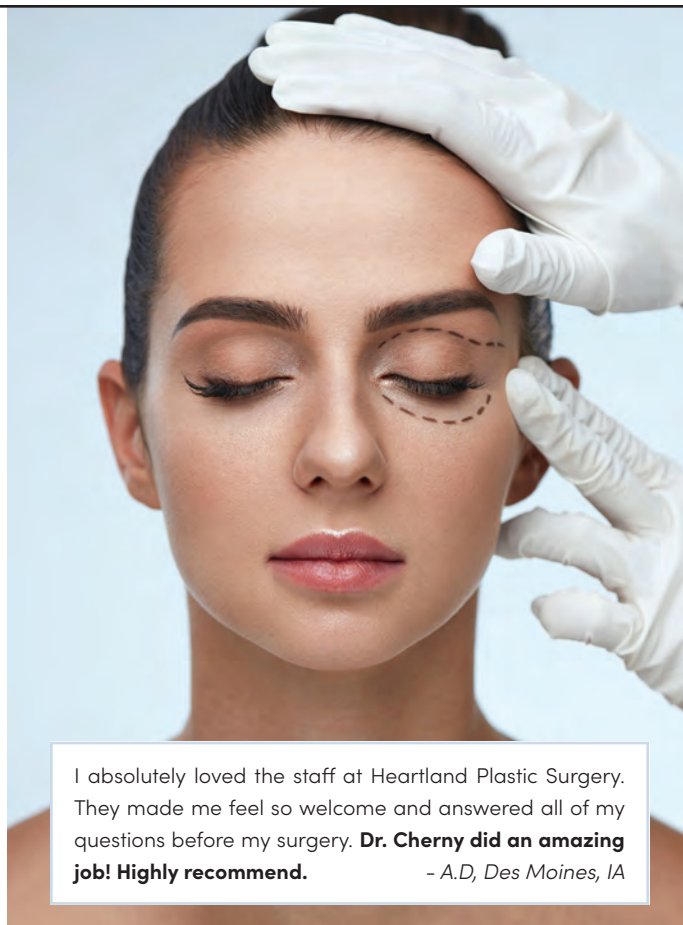
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