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SEPTEMBER 2022

Living

A new LOOK

Residents share their home
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SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.

In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements. Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading. ■



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



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A new **LOOK**

Residents share their home improvement projects

By Becky Kolosik

Homeowners renovate for various reasons. Maybe they want a style that is more comfortable or attractive. Or maybe they want to add value should they decide to sell. For others, after spending many years living in a home, some things are simply broken, out of date or needing attention. Whatever the reason, renovating can be a daunting task and requires a good plan — and often professionals who can help along the way. While the renovation process is time-consuming and disrupts everyday living, most say they couldn't be happier with the end result.

Marcia Hansen says you don't need to devote a lot of space to laundry and enjoys having her new washer and dryer easily accessible but out of sight when not in use.

FEATURE

Reframing aging

When Bill and Jeanette Campbell chose their Indianola home 34 years ago, they wanted a place where they could raise their 8-year-old, twin 5-year-olds and a baby on the way.

Bill was from Iowa, and his sisters lived in Indianola. He liked the idea of moving back to the state and living in a “bedroom” community that was close to the “big city.” He also liked that it was a college town.

Jeanette, a teacher, was taking time off to raise their children, so the location was ideal.

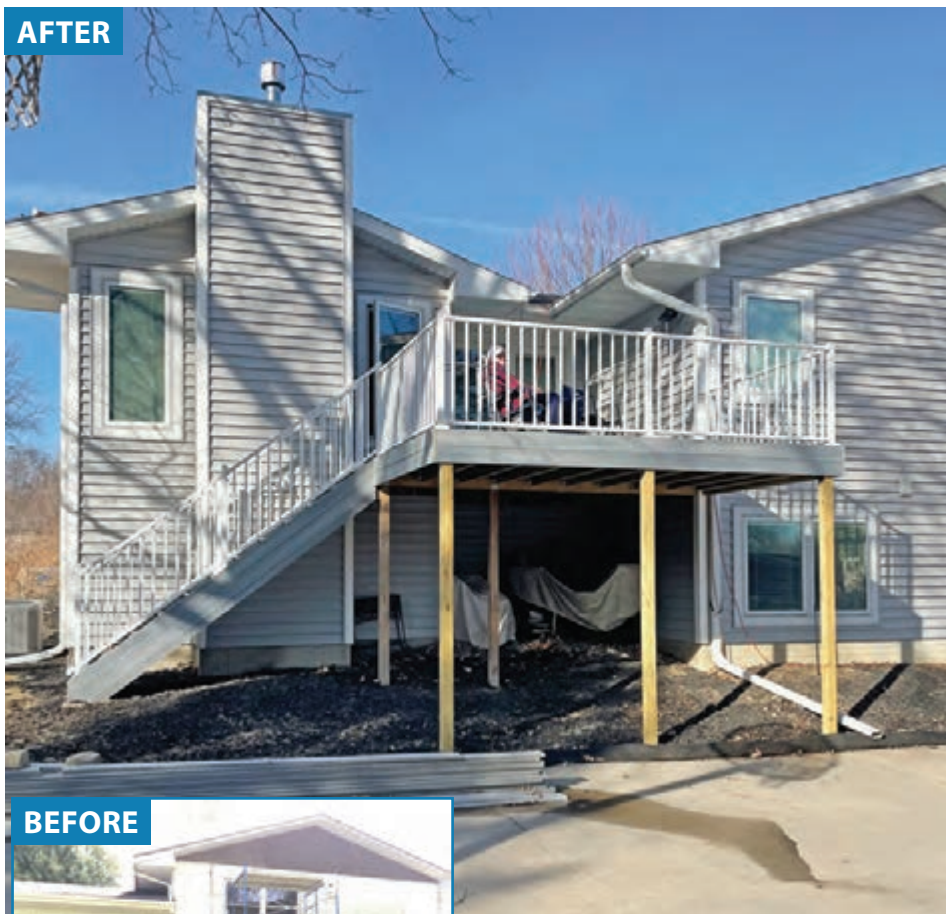
“We were a few blocks from the elementary school, and once I started before/after school care for teacher’s children, the neighborhood park behind us offered lots of green space,” she says.

In 1997, they undertook some minor renovations of the home. However, about five years ago, the Campbells started thinking about the future since their children were grown and had their own families.

Bill and Jeanette had dreamed of buying an acreage but realized they liked being close to not only the grocery store, doctor and other “necessities,” but also their grandchildren who lived in town.

But what would life look like as they grew older? Would there be a time when they

AFTER



BEFORE



The Campbells started the renovation process on the outside of their home, replacing siding, windows and the roof — and building a spacious, two-story addition.

couldn’t navigate the stairs easily in their split-level home? What if one of them needed to use a wheelchair?

“So many things came to mind,” says Jeanette. “Achieving a vision of aging in place meant we had to anticipate our future needs in order to remain independent, yet maintain a quality of life where we would feel safe and secure.”

The couple looked at other houses but ultimately decided to renovate. They thought about adding on but wanted to be sure it was the right thing to do. Their home was originally built by Downing Construction, so they reached out to Justin Brown, and he suggested they contact local architect Steve Gray.

Gray drew up three plans. The Campbells chose what felt right, knowing it would take time and several phases to complete. Gray was working with Paul Horton of Horton/Robinson Construction and was willing to tackle the project.

Phase 1 addressed the exterior, including a new two-story addition. They replaced windows, siding, the roof, gutters and soffits, and added a deck — all maintenance free. The

AFTER



BEFORE



Aside from the two-story addition, the Campbells see the greatest transformation in their kitchen where they removed a wall to open up the space and then created a clean, timeless look with white cabinets, backsplash and a new island. Photos courtesy of Emily Kalderberg-Perez

FEATURE

design included gabled roof lines to add to the home's charm.

Phase 2 focused on the upper addition, finishing the new family room, master bedroom and bath, and a utility closet plumbed to accommodate the washer/dryer on the main level in a few years. The rooms are spacious to accommodate future needs, and the shower is also wheelchair accessible.

Phase 3A updated flooring, doors, trim and lighting in the bedrooms, office and bathrooms in the original part of the home.

Phase 3B, the most intrusive, included the kitchen and original living room. Bill and Jeanette avoided most of the construction by taking a month-long trip to the East Coast. A wall was removed, the darker oak cabinets were painted white, and a more convenient space was made for the refrigerator. A new, large island would complete the open concept layout with new dining area.

Jeanette and Bill say they were amazed at how everyone involved worked together seamlessly. They also couldn't have made many of their design choices without the help of

Emily Kaldenberg-Perez, owner of Emily Lee Interior Design.

A final phase will finish the lower-level rec room. However, for now, the Campbells couldn't be happier. Their entire family was together in late July, and there were enough bedrooms and beds for the 11 who live out of town and ample living area to entertain all 20.

"We were excited for them to see the transformation," the couple says. "We're ready for this next phase of life and can't think of a better place to call home."

From DIY to HGTV dream home

As Clark and Janet Schuler soak in the beauty of their recently renovated home, they can't help but cherish the wonderful memories and special moments over the years. The couple has called the Indianola area home their entire married life. They raised two daughters and these days enjoy spending time with their families since everyone now calls Indianola home, too.

Nearly 43 years ago, when Clark and Janet decided to build their home, interest rates were off the charts. To get the most bang for their

bucket, they chose to purchase a ranch-style Capp Home.

"We selected the house style from a design catalog," recalls Janet. "Capp Homes determined the materials needed to complete the project, delivered them, and framed the house on the foundation we had poured."

Once the house was framed, it was up to the couple to DIY or hire a contractor to complete the home — that meant electrical, plumbing and everything in between. The process took about a year with the help of family and friends, and the only job they hired out was texturing the walls and ceiling.

"Clark and I both say it was a rewarding accomplishment, but we vowed to never do it again," Janet says, laughing.

The home served their family well. However, in the early 2000s, Clark and Janet started noticing some things they wanted to change. By 2010, there were more extensive projects that they wanted to complete. Over the next few years, they updated the outside of the home — including all new windows and siding. They also added stone to the front of the house

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Clark and Janet Schuler gleaned inspirational design ideas for their kitchen and living room renovation by watching some of their favorite HGTV pros.

and garage. Finally, they replaced the roof and furnace.

In 2020, Clark and Janet decided to take on an interior remodel that would create an open concept layout. They sought the help of a general contractor from Ankeny to tear down

walls, install new cabinets and appliances, remove old popcorn ceilings, as well as install new lighting and luxury vinyl plank flooring.

Thanks to their love of HGTV, Clark and Janet had a good idea of what they wanted.

"We did, however, seek advice on things like



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kitchen layout, cabinet features and, of course, the countertop and backsplash,” they say.

They’d dreamed of having a functional fireplace, and the second phase of the remodel made that a reality. A mechanical contractor ran a gas line to the living room so that a gas fireplace could be installed where a hearth had been since their home was built.

Then they hired Fireplace Stone & Patio of Waukee to install the firebox and place stone from floor to ceiling — in conjunction with a custom-made mantle from Iowa Barn Door & Mantle in West Des Moines. Finally, Ryan Weeks of Weeks Carpentry, who specializes in custom cabinetry, built cabinets and shelves to the ceiling on both sides of the fireplace.

A large-scale remodel comes with some inconveniences, but the Schulers say they took it in stride. They stayed in the back of the house or in the basement while work was in progress, and lots of plastic kept the dust reasonably confined.

“At the end of each day, the contractors cleaned up the site and made a livable area where we could utilize our microwave, stove and sink,” Janet says. “Once the sink was removed, we used our laundry room sink.”

Some of the things they love most about their new kitchen are the convenience of the cabinets and how easy it is to clean the countertops.

“We also love the warmth — literal and figuratively — of the fireplace,” says Clark. “We feel these things will contribute greatly to the resale of the house if or when the time is right.”

A hidden gem

If you were a junior high or high school student between 1979 and 2011, you may have been lucky enough to have Marcia Hansen as a teacher or coach. In the classroom, Miss Hansen’s sense of humor and genuine way of connecting with students made learning history interesting and fun. On the basketball court, her killer line drills were just that... killer.

Now retired, Marcia remains active in the community and her church, and she likes nothing more than seeing Indianola students find success after graduation.

Indianola has been home for 43 years, and she has lived in her current neighborhood since 1996.

“When I found this house, it was definitely an upgrade from my first little ranch-style home,” she says. “But what really sold me on it was the master ensuite.”

In April 2021, Marcia started thinking about making some changes. After knee replacement surgery a few years prior, she dreaded the frequent trips downstairs to do laundry.

“I always said I would renovate only if I could find a way to move my laundry to the main floor,” she recalls. “I didn’t know if that was possible.”

When Marcia asked local real estate agent Karey Bishop to do a walk-through of her home, Karey not only determined a market value, but made a list of 10 improvements that would make it more marketable to buyers if she decided to sell. Marcia had no plans to move but took the list and started checking things off. She ultimately wanted to trade her country/colonial style for a more contemporary look.

The remodel started with lighting, which included installing a total of 38 can lights through all the rooms on the main level. She hired a contractor to transform her cabinets, woodwork, furniture and bathroom vanities from traditional oak to transitional white. Finally, Karey connected Marcia with Kristal Armstrong for help with selecting countertops, flooring and finishes.

As for the laundry, Marcia had a couple ideas — either using part of her walk-in closet or guest bathroom. However, local contractors Steve Baltes and Brad Butler proposed another space — her main entry hall closet.

Converting the closet to fit a full-size stackable washer and dryer proved to be a challenge. They had to use some space from her master bathroom as well as open up the hallway wall to move plumbing and make room for a pocket door. Now that it’s finished, Marcia



While Marcia Hansen’s closet renovation didn’t add additional space, she now has a closet system that keeps her clothes and shoes organized and easily accessible.

likes having her laundry handy — and neatly hidden.

Her master closet is another favorite part of the renovation because it helped her get organized.

“I have lots of drawer space, and, with my new shoe shelves, there’s no more digging in a big pile on the floor because every pair has its own place,” she says, smiling. “I love it... and even my most organized friends are jealous!” ■

FALL bulbs for spring blooms

It is the end of summer, and, with color waning in the garden, now is the time to think about the first color of next spring. Putting fall bulbs in will reward you with color to get you out of the winter doldrums.



Everyone thinks of tulips in the spring. There are early to late blooming tulips, giving you color from late March to late May, with the double or peony-style tulips being some of the latest to bloom. If you have deer problems, consider planting species tulips. These small tulips are early and long blooming, with the unusual habit of closing up at night and reopening the next morning. They will multiply year after year, forming a large clump of color.

Daffodils and narcissus are reliable bloomers year after year, often increasing in numbers. These range from the large King Alfred yellow to shades of yellow, white and even pink with an unlimited range of trumpet and petal sizes and forms. These spring beauties are deer resistant and, when planted with other bulbs, help protect the garden. Nurseries and garden centers often have combination packs that extend blooming from early to late spring. If not, consider buying some King Alfred bulbs and a variety of other bulbs available.

A quick tip for planting: Plant bulbs at a depth twice the height of the bulb. That will get them deep enough but not force them to expend all their energy just to get out of the ground. You can dig a large area, deep enough for the largest bulbs and then layer smaller bulbs in as you fill in the hole, like a layer cake.

Now is the time to plant foxtail lily roots to add a dramatic look to your late spring early summer garden. These fall-planted flowers will grow from 4 feet to a towering 7-8 feet and add height to the garden. In addition, they are great for pollinators and hummingbirds. They can also be dramatic cut flowers for arrangements in shades of white, orange, pink, yellow and apricot.

Consider planting some of your large landscape pots with bulbs as well. If you store your containers in an unheated garage or shed, plant them this fall and, when they begin to emerge next spring, place them in the landscape and enjoy that color before you replant for the summer. You can plant these bulbs in the landscape while putting in your other garden plants next spring.

Spring will be here again, so take some time this fall to add bulbs to the landscape and pots for that burst of color to shake off the winter doldrums. ■

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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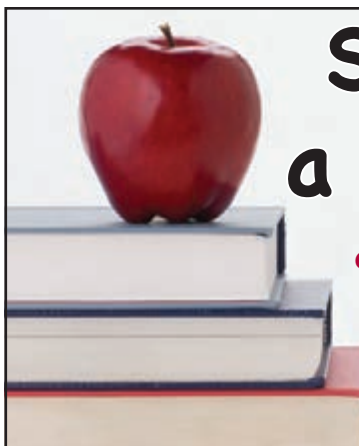


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WHAT are 'special damages'?

When negotiating a claim, insurance adjusters often use the term "special damages" as part of their calculation of the amount of an offer. This term is a shorthand way of describing those damages that can be readily ascertained with numeric specificity. Examples include the amount of medical bills, the amount of wage loss or damage to a vehicle.

Adjusters often use the term "general damages" to describe items like pain and suffering as well as loss of full mind and body, which are not subject to a mathematical formula.

Although these shorthand descriptions are helpful in evaluating cases for the adjuster, they are not necessarily a legally accurate method to determine damages.

Every case is unique. For example, a person with a catastrophic injury such as a lost limb, but very low medical bills would have damages far exceeding a person with a single very expensive hospital visit but very few residual symptoms.

When determining the amount of damages an injured person has sustained, "special damages" provide a starting point. However, the real value of a case is a function of many other factors that are often ignored by insurance adjusters. ■

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



HOSPICE doesn't mean 'giving up'

Virtually anyone with a life-limiting illness can qualify for hospice services, enabling a person to live life in comfort for the days, weeks, months or longer that remain in his or her life. And 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. And the type of care you and your loved one select is truly an individual choice.

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

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 Gina P. of West Des Moines describes her mother's experience.

"When my mom's doctor said it was time for hospice, we felt really angry," she recalls. "To my mom and my brothers and me, that meant she was dying, and we were not ready to face that. We didn't know it could actually be a good thing."

A family friend who worked as a nurse talked Gina and her brothers into talking with some hospice providers. They ended up choosing a home hospice service, and, to their surprise, Gina, her mom and her brothers grew to love the hospice team. In fact, Gina credits them with keeping her mother alive for a longer time than she likely would have lived without them.

"Mom lived nearly a year after she started with hospice, which is a lot longer than her doctor thought she would," Gina says. "They helped with pain management, and they also provided a music therapist and even pet therapy. We also had a lot of time to spend with her, just talking, without wondering if we were doing a good enough job of caring for her."

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 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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POTENTIAL benefits of Roth IRAs for children

One of the great by-products of working with many of my clients is also helping their kids learn about the benefits of saving early. Most teenagers aren't thinking about saving for retirement, buying a home, or even paying for college when they start their first jobs. Yet, a first job can present an ideal opportunity to explain how a Roth IRA can become a valuable savings tool in the pursuit of future goals.



Rules of the Roth

Minors can contribute to a Roth IRA if they have earned income and a parent (or other adult) opens a custodial account in the child's name. Contributions to a Roth IRA are made on an after-tax basis, which means they can be withdrawn at any time, for any reason, free of taxes and penalties. Earnings grow tax-free, although nonqualified

withdrawals of earnings are generally taxed as ordinary income and may incur a 10% early-withdrawal penalty.

A withdrawal is considered qualified if the account is held for at least five years, and the distribution is made after age 59½, because of the account owner's disability or death, or to purchase a first home (up to a \$10,000 lifetime limit). Penalty-free early withdrawals can also be used to pay for qualified higher-education expenses; however, regular income taxes will apply.

In 2022, the Roth IRA contribution limit for those under age 50 is the lesser of \$6,000 or 100% of earned income. In other words, if a teenager earns \$1,500 this year, his or her annual contribution limit would be \$1,500. Other individuals may also contribute directly to a teen's Roth IRA, but the total value of all contributions may not exceed the child's annual earnings or \$6,000 (in 2022), whichever is lower. (Note that contributions from others will count against the annual gift tax exclusion amount).

Lessons for life

When you open a Roth IRA for a minor, you're giving more than just an investment account; you're offering an opportunity to learn about important concepts that could provide a lifetime of financial benefits. You can help explain the different types of investments, the power of compounding, and the benefits of tax-deferred investing. This also allows the young investor to experience market cycles with a long-time horizon in front of them. If you don't feel comfortable explaining such topics, ask your financial professional for suggestions.

The young people in your life will thank you — sooner or later. ■

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Second, turn north into
fairgrounds, then turn east

The Warren County Historical Society is hosting its annual Log Cabin Festival Sept. 24. The parade is at 10 a.m. with lunch following from 11 a.m. to 1 p.m. The event features a silent auction, a quilt raffle, games, make a scarecrow and a quilt show. Donations of baked goods, jams and other goodies, as well as non-food items such as baskets, gift certificates or hand-crafted items are welcome for the silent auction and can be dropped off at the museum by 10 a.m. Saturday.

Monarch Tagging

Sept. 17, 1-2 p.m.
Buxton Park, 705 N.
Buxton St., Indianola

Come discover more about monarch butterflies, their life cycle and miraculous migration to Mexico. A Warren County Conservation Naturalist will teach you how to catch and handle a monarch, determine gender, and properly tag them in the wild as part of a national research project. All monarchs will be released after they are tagged. Bring a butterfly net if you have one, or share a park net if you don't. There is a limited number of nets available for use. The event is fun for the whole family. Register by Sept. 16. Space is limited. If you need to cancel, call 515-961-6169 so someone else may attend. Arrive promptly so you don't miss the instructions for tagging. This event is co-hosted by Indianola Parks & Recreation.



Singer/Songwriter Robert Deitch

Sept. 27 at 2 p.m.
Indianola Activity Center, 2204 W. Second
Ave. (Highway 92 W.), Indianola



Come listen to singer/songwriter Robert Deitch, whose voice has been described as "blue collar smooth, yet gritty... like a fine bourbon with a hint of gravel dust." He has shared the stage with Thomas Rhett, Zane Williams and Porter Union and has written more than 20 songs that have been cut by other artists. This is a free event.

Stargazing

Sept. 22, 8-9 p.m.
Middleswart Lodge,
15875 118th Ave.,
Indianola

Join Warren County Conservation at the Middleswart Lodge for a stargazing presentation in partnership with the Indianola Public Library. Guest speaker Roger Berry will show you how to use the library's telescope to see the night sky, possibly including both Jupiter and Saturn. The telescope is also available to check out from the library before and after the event. No registration required.

Afternoon Adventures: Bonnie & Clyde

Tuesday, Oct. 11 at 2 p.m.
Indianola Activity Center,
2204 W. Second Ave.
(Highway 92 W.), Indianola

She was a diminutive part-time waitress/amateur poet who was bored with life and wanted something more. He was a talkative, two-bit thief who wanted to make a name for himself. Together they became the most notorious crime couple in American history and took part in a shootout in 1933 in Dallas County that left every member of their gang either wounded or dying. This is a free event.

ServSafe® Certified Food Protection Manager Course

Thursday, Oct. 13, 9 a.m. to 6 p.m.
Warren County Extension Office, 200 W. Second
Ave., Suite A, Indianola

Whether you are a food service manager or an employee, using current best practices in safe food handling is essential to keep your food establishment in compliance and protect the health of both customers and staff. You'll have the opportunity to take an exam to be certified as a Food Protection Manager at the end of the six-hour course. For more information, contact Cathy Drost, cdrost@iastate.edu, 641-673-5841. Visit www.extension.iastate.edu/warren for "Upcoming Local Events." Click on Oct. 13 ServSafe Course to access the online registration link.

Renaissance Faire

Sept. 10-11 and 17-18
Sleepy Hollow, 4051 Dean Ave.,
Des Moines

Travel back a few centuries at Sleepy Hollow's Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith's forge and pirates' cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend's theme, at sleepyhollowrenfaire.com.



EVENTS IN THE AREA

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

Check for cancellations

Prairie Awakening - Prairie Awoke Celebration

Saturday, Sept. 10, 3-9 p.m.
Kuehn Conservation Area, Earlham

No registration is required for this Dallas County Conservation Board event. The Meskwaki Nation will be featured with a youth drum group and dancers. Dallas Chief Eagle will share his Hoop Dance presentation and a bonfire with audience participation. A rehabilitated raptor and tagged migrating monarchs will be released. Several local traditional drums and songs will be accompanied by dancers in regalia and for an opportunity for the public to join the dance. As traditions direct, participants will sit together in the tall grass prairie arena at Kuehn, remembering and visioning a hopeful tomorrow. Bring your lawn chair for seating. The event is free and concessions will be available.

Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.
West Glen Town Center,
West Des Moines

CITYVIEW's
Wine & Whiskey
Walk returns.
Pre-ordered
tickets are \$20
(\$30 at the door).
The price includes
10 sample drinks.
Visit participating
businesses and enjoy their
offerings. For more information and tickets, visit
<https://whiskeywalk.dmcityview.com>.



World Food & Music Festival

Friday - Sunday, Sept. 16-18
Western Gateway Park,
1000 Grand Ave., Des Moines

Travel the world with nearly 50 vendors representing 27 different countries at the annual World Food & Music Festival. On top of trying foods from the various vendors — 22 of which are new this year — attendees will enjoy live music, cultural demonstrations and interactive activities. More details to be announced at dsmpartnership.com/worldfoodandmusicfestival.



Windsor Heights Fall Festival

Friday - Saturday, Sept. 23-24
Colby Park, 6900 School St.,
Windsor Heights

This brand-new festival will offer loads of family fun including live music, a petting zoo and bounce houses. The popular WHAMM 5K race returns at 9 a.m. on Saturday; registration is \$15. A bigger and better-than-ever parade will be Saturday at 1 p.m. Tickets for the Windsor Heights Firefighters Association's pancake breakfast will be available at the door. More details at windsorheights.org.

An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m.
Terrace Hill, 2300 Grand Ave., Des Moines

Enjoy this program at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will talk about the life of Grant Wood, the famous Iowa painter, and how he changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: <https://terracehill-grantwood.eventbrite.com>.

Latino Heritage Festival

Saturday - Sunday, Sept. 24-25
Western Gateway Park,
1000 Grand Ave., Des Moines

Experience a "Taste of Latin America" at Iowa's Latino Heritage Festival. Artist displays will showcase local Latino arts and crafts, food vendors will serve a diverse array of cuisine, cultural booths and demonstrations will represent several Latin American countries, and children's activities will keep the little ones entertained. Celebrate the 22 Latin countries represented in Iowa at this family-friendly event. More information at latinoheritagefestival.org.



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BIKING his way to better health

Stone hopes to inspire others with weight-loss journey.

If you see Gary Stone riding the streets of Indianola on his recumbent bike, you'd never know that he used to top the scales at nearly 400 pounds.

With a wonderful family and their retirement years ahead of them, Gary and his wife had much to look forward to after moving to Indianola in 2018. However, with several major medical issues, including a heart bypass 12 years ago, diabetes, a prosthetic knee and arthritis in every major joint, Gary had reached a turning point.

"Weight has always been an issue for me from a young age," he says. "A few years ago, I decided it was time to get healthy. It was clear my days were numbered unless I started to make some real changes."

For Gary, two acronyms played an important part in his health journey: P.A.R. (Payoffs, Action and Realities) and E.D.C. (Exercise, Diet and Calories).

Gary says it's important to have a clear picture of the "payoffs" that keep you motivated, an achievable "action" plan, as well as an understanding of the "realities" of your life if you do not make changes. As for exercise, diet and calories... they are the keys to losing weight.

Gary focused on eating low fat and generally weighed once a week. He started exercising six days a week, taking Sundays off.

"I started with a walking program, but after a few months of the 10,000 steps a day, I developed heel issues," Gary recalls. "My wife suggested biking, and that's when I switched. Over the past two years I have averaged about 25 miles a day including indoor and outdoor biking."

Gary has biked every street in Indianola. When biking outdoors, he uses the Strava App which records GPS tracks. He eventually realized he had biked on most of the streets in town, so his wife helped him print a map and transfer GPS tracks, and he was able to get the rest of the streets.

He also recently completed his goal of virtually circling the planet, which is 24,900 miles.

"After hitting about 10,000 miles, the idea of 24,000 began to seem possible," Gary says. "A friend from church had completed that goal,



Gary Stone, pictured on his favorite bike — an ICE recumbent trike — made the choice to get healthy through diet and exercise. He bikes an average of 25 miles a day including indoor and outdoor biking.

and it inspired me."

Gary also finds camaraderie with Veterans Riding to Live, a riding group organized by the Des Moines Veterans Hospital Recreational Department.

"It's a great group of vets, and most of us riding are aging and/or have medical issues, but we encourage each other," he says, smiling.

"There are several organized rides with lunch provided by the Disabled American Veterans (DAV)."

Gary has a new lease on life and hopes that he can encourage others.

"Anyone can do it if you set a plan, start out small and stick to it," he says. "Keep your goals in focus and don't let anything get in the way." ■

SCULPTURES in motion

Stark considers cars works of art.



There's something to be said about modern cars and their sleek styling and new features, but Steph Stark prefers the look and feel of older cars.

Steve and Tracey Stark will miss a lot of things about their son, Steph, who recently went off to college at the University of Northern Iowa to study art history and political science. Tracey often describes Steph as an "old soul" who brings home random treasures almost daily.

Steph has a love for all things classic and cool — and that includes art, music and cars. His love of cars started at a young age, and his parents say he played with toy cars or trucks and made anything and everything into a working vehicle.

Steve has always fixed the family cars — from blown engines to patching tires — and he encouraged both Steph and daughter Sophie to be in the garage with him even though often it was just to hold a flashlight. When Steve bought a Mazda Miata, Steph thought it was the coolest thing.

"That Miata is what sort of ignited my passion for cars, and it just kept growing until high school when I could actually buy my own cars," Steph says.

Since Steph got his license, he has owned four different Miatas — all from the 1990s. He's currently driving a 1992 Miata and says it is by far the nicest one he's owned. He's also had several trucks.

"My dad's friend is a mechanic, and he owns some very cool cars — a 1996 Dodge Viper, a Challenger R/T, a Neon SRT4 as well as a Shelby Daytona," says Steph, smiling. "Sometimes he lets us take the Viper for a couple days. We like to call it 'Viper-sitting.'"

Steph also likes working on cars — mainly to flip them to make money so he can buy even cooler cars.

He recently added a Jeep to his collection. It wasn't really a "dream car" purchase, but when his mom sent him some pictures of it, he figured "everyone should own a Jeep at some point in their lives" and bought it the next day. The base model has removable doors and a fold-down windshield for "natural air conditioning."

Steph has a list of cars he hopes to own someday: a Buick Roadmaster with a modified LT1 Corvette motor, a Mercury Marauder, and a C-3 or C-4 Corvette. However, his ultimate dream car is a first-generation Mustang 289 with manual transmission.

"I think what makes cars interesting is not only how technology has advanced over the decades, but also how the styling has evolved," he says. "I see older cars kind of like pieces of art — especially those from the '50s, '60s and '70s. But, I also like cars for the same reason most other people do — they're fast, loud and just plain cool." ■

WISDOM protection program

"For the protection of wisdom is like the protection of money, and the advantage of knowledge is that wisdom preserves the life of him who has it" (Ecclesiastes 7:12).

How much money would it take for you to feel safe? How large would your bank account have to be to feel like you could weather any storm? I have no doubt that the number in your mind is in the millions of dollars. And I'm also pretty sure that the number in your mind is bigger than what you have now. When it comes to the protection of money, there often isn't enough for us.

Do we feel the same way about wisdom? How much wisdom and knowledge would it take for you to feel safe? How much education would you need to feel like you could tackle any challenge? I think this is a harder concept for us to consider because education and wisdom are not as measurable as money.

But are we seeking after wisdom as much as we are money?

As we see school buses back on the roads and children scurrying into schools, let's not be too thankful that we're not in school anymore. Every day is a chance for us to gain the protection of wisdom and thereby preserve our life. ■

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



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For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - Ephesians 2:10

MEET Natalie Metzger

Celebrating every success no matter how small.

Teachers can impact the lives of their students in many ways. They are role models and responsible for more than just academic enrichment.

From an early age, Natalie Metzger enjoyed working with children.

"I come from a long line of teachers," she says, smiling. "My grandma was a teacher, and my parents were both high school teachers, so it just seemed fitting." Originally from Liberty, Missouri, Natalie and her husband, Ben, have lived in Indianola for 15 years. They met at Central College.

"An interesting fact about my time at Central is that I minored in art and took three years of glass blowing," she says.

This year marks Natalie's 14th year at Irving — all teaching second grade except for one year in kindergarten. It's no surprise that students and parents alike appreciate Mrs. Metzger.

"Mrs. Metzger has been such a blessing to have as a teacher for each of my three kids," says Irving parent Jenna Brown. "She's positive, friendly and so thoughtful. She sends a personalized letter to each student before school starts and also adds in unique treats, gifts, handmade notes, and lots of creativity throughout the year. Her classroom is a fun and safe place to learn and grow."

In the classroom, Natalie celebrates every student and every success they achieve no matter how small.

"I want every child to feel special and know how much I care for them," she says.

Natalie likes a good theme, so, whenever she can, she goes all out with a lesson to make it fun and engaging for student learning.

"It's great to see a child get excited when they finally understand something or achieve a goal," she continues. "The kids bring so much joy and laughter... who doesn't love to see things through the eyes of a child?"

Teaching the year-round calendar is something Natalie enjoys because of the breaks throughout the year. They've gone on many memorable family trips during fall break, and she is looking forward to Scotland this year.

"As teachers, we often feel like there's not enough time; however, I've learned that there will always be a 'to-do' list, and I can only accomplish so much," Natalie says. "Sometimes we just need to slow down and enjoy the small moments that teaching brings."

Natalie and Ben keep busy with two boys — Max, sixth grade, and Luke, fifth grade. She likes to read, craft, travel, bake and decorate for any holiday or party. She's also very organized and says if she wasn't teaching, she'd be a home organizer.

For now, she'll keep making a difference in the classroom.

"Mrs. Metzger is truly the type of teacher kids look up to," says Jenna. "I'm sure that at least one, if not two of my kiddos will become teachers someday because of her." ■



Natalie Metzger remembers many of her favorite teachers and the impact they had on her, including her parents, who are the reason she became a teacher. Photo by Becky Kolosik

THE DINER Cafe

This is one of those "remember when" stories. I moved to Indianola in 1969 to teach school, but I had lived here previously at the age of 3 and 4 when the GI Bill made it possible for my dad, a farmer, to attend Simpson College. The first Indianola home for my two younger brothers and me was a trailer park on North Jefferson, which happened to be behind a railroad car that had been turned into a diner. Later we moved to married student housing which is now the Simpson football field. The diner and trailer park were still here in 1969 when I moved back to Indianola and frequently triggered memories and stories from my parents when they came to visit. I remember very little of those early years except these stories. Mom always talked about how much my brother was fascinated with the trains, which thundered by very close to our trailer. Every time she heard the train, she had to check on my brother's location.

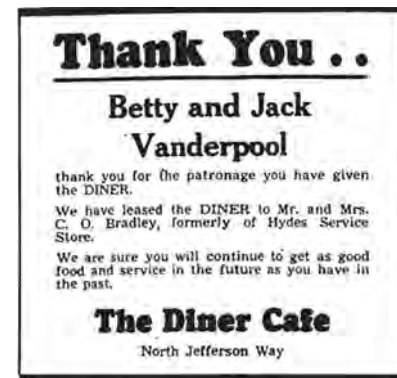
Dad had a part-time job at the diner. I thought it would be fun to find more information about that diner. I had always thought it was called "Vanderpool's Diner," but when I started searching newspapers for information, the first article I found referred to it as the "Diner Café."

I couldn't find an opening date for the diner but I did notice an article from November 1945. The owners were fined \$25 for raising prices on some of the menu items during WWII. In 1946, Betty and Jack Vanderpool announced they had leased the diner to Mr. and Mrs. C.O. Bradley, formerly of Hyde's Service Store. (Hyde's Service Store later became Hy-Vee Supermarket.) Mr. and Mrs. William Bradley took over the lease from William's parents in 1954. By 1958, the Diner Café was under the management of Cecil and Dorothea White. They frequently advertised "A special Mother's Day/Easter/Christmas Dinner in delightful surroundings." In 1967, "New Diner" was under new management and serving delicious food.

The restaurant evidently was vacant for a few years. In 1974, Lynn and "Blake" Blakesly managed the diner for three short months, and it became a spot popular for its good, inexpensive food and friendliness. Lynn and Blake were a young married couple with a new baby, Joshua. They had been told the vacant diner would be a good place to start a business, as it used to be a very popular spot for Simpson students. However, the state-required bathrooms that needed to be installed proved to be more than they could afford, and the business became so popular they were forced to consider other options. They left the diner and became managers of The Grill at the Brenton Student Center at Simpson College.

I'm sure many of you have memories of feasting in The Diner Café. Whenever I drive by its former location, I can't help but think what a meaningful place it was for my parents in the early years of their journey together.

The Warren County Historical Society Museum and Research Library is located at 1300 W. Second Ave., Indianola, on the east side of the Warren County Fairgrounds, next to the camping ground. For more information, visit www.warrencountyhistory.org. ■



WHAT IS the Asian Medicine philosophy on health?

When we look at health and wellbeing in Chinese Medicine, we look from the perspective of how we live our lives, as well as the medicines, like acupuncture and Chinese herbal medicines, that treat us when needed. From a Western perspective, some would call this holistic. I like to think of it as a “way of being” in life.

One of the questions I often ask a patient is, “What is your idea of health?” The responses are varied, from, “I just want to get into my tractor without back pain,” to “How can I enrich my life with stress-reducing activities” or “How can I successfully manage this disease that I know is progressive?”

Let's look at activities that can complement and enhance your wellbeing:

- **Meditation** — quiets the mind, calming



blood pressure and heart rate, calming overthinking, trains the mind to cope in stressful situations, helps to manage emotions, releases endorphins that help with healing and our sense of mental wellbeing.

- **Yoga** — quiets the mind, increases strength, endurance, balance and flexibility. Reduces stress and the effects of stress. Yoga was founded in India more than 5,000 years ago.

- **Tai Chi and Qi Gong** — based on traditional Chinese medicine principles that Qi (energy) circulates in the organs and meridians of the body and can be influenced by specific postures and movements to create wellbeing, improve your balance, focus, decrease stress, strengthen and boost mood and immune system.

- **Chiropractic care** — traditionally, in China, they use Tui Na, a body work that adjusts the joints of the body and opens the meridians of energy. In the U.S., chiropractic

care developed by BJ Palmer is the care of choice. BJ Palmer traveled extensively in Asia during his life, so you will see tenets of Asian philosophy in his works.

- **Massage** — Circulates the Qi and blood, removes stagnations, relaxes and calms the nervous system, helping reduce stress, improving pain, wellbeing and sleep.

- **Forest bathing** — quiets the mind, reduces stress and the effects of stress, helps to integrate mindfulness into our lives.

- **Nutrition** — food is Qi. The quality of food we eat and nutritional content of that food can create healing and recovery in the body.


If you are interested in learning more about each of these activities, there is a vast collection of peer-reviewed research online through the NIH, WHO and Pub Med. ■

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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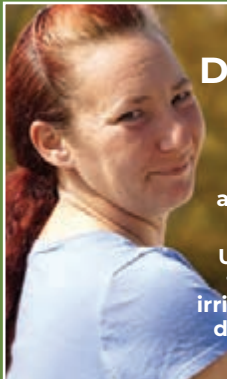
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INSURANCE By Mike Richey

SEPTEMBER is Life Insurance Awareness Month

September is the month when life insurers across America band together to spread awareness of the importance of life insurance. The purpose of life insurance is to relieve the financial burdens that your loved ones will suffer in the event of your unexpected death. Life insurance exists so that financial suffering doesn't need to be added to all the other types of suffering that occur with the loss of a loved one. Life insurance policies exist to fit all kinds of needs and budgets. For help finding the best policy for you, talk to your insurance agent today.

For more information about Life Insurance Awareness Month, visit lifehappens.org. ■

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



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HEALTH By Ellie McDonald

WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.

Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same. ■



Information provided by Ellie McDonald, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, mcdonald@sstherapyandconsulting.com.

RECIPE

A PERFECT pasta for school nights

(Family Features) Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes. ■

Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



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CHAMBER

By Brenda Easter

TODAY'S Chamber is focused on local economy

How often are you asked about what you do for a living? The Chamber of Commerce, too, is asked this often.

As with any nonprofit business, there are many answers. And, in nearly every case, the answer is driven by passion for local business and our community. The simple answer: We solve problems and focus on issues that have a high impact for our community.



The Chamber is an enterprise of local businesses with similar interests that work together to support our community. Chamber businesses work together to accomplish what we can't do by ourselves.

Together, we focus on community betterment by advocating and supporting initiatives that make our community the best place to own a business, work and raise a family. We ensure our businesses have a voice on critical issues and a seat at the table on issues that focus on community and economic development, taxes or regulations that may have an impact on local businesses. A strong business economy is ground zero for tax dollars that support Indianola, and the voices of our business owners matter.

The Chamber is focused on customer development and creating opportunities and strategies that promote economic success for our local businesses. For 50 years, we have been directing visitors to things to do, places to stay, shopping and services which bring dollars to businesses. Today, more visitors walk through our e-commerce door to get information through computers and smart phones. Our consumer-focused, technology-driven approach helps local businesses document and advertise their businesses to help them expand their digital footprint and customer base.

We focus on workforce development and opportunities to create a quality of life where businesses thrive and residents feel welcomed and connected to things that are important to them. As more and more of our businesses struggle to find employees, workforce development is becoming the No. 1 priority for the Indianola Chamber.

Income generation is important to every business, and the Chamber continues to evaluate and offer businesses services and resources that can drive revenue and improve the bottom line. We are a strong advocate and voice, encouraging residents to "buy local," which creates income for our local businesses and generates tax dollars that benefit our community. In return, local businesses support the work of the Chamber and sponsor and volunteer at local events, sporting and music activities, as well as contribute time and money to local nonprofit organizations that serve and enrich Indianola.

I encourage every business in Indianola to join this powerful enterprise of businesses committed to building a strong business economy and better community. Whether you are a business that wants to support community betterment or a business that would like to take advantage of the resources developed to drive business success, we can help. Individuals can also connect with the Chamber as well. Contact us today at 515-961-6269 or visit indianolachamber.com to get started. ■

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.



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.



PAID FOR BY FRANKEN FOR IOWA

GOLF Outing

The Indianola Chamber held its annual golf outing at the Indianola Country Club on July 20.



Pat and Kami Meyer



Nick Piper and Jason Marvelli



Randy Prouty and Doug Shull



Jess and Jason Howe



Taylor Nguyen and Lisa Scheitel



Derek Trebilcock and Steve Sieloff



Zach Detweiler and Kiley Hudson



Jenna and Justin Brown



Mariah Staebell and Michael Altes



Eileen Thompson and Lexi Ragaller



Will Hraha and John Gehringer

OUT & ABOUT



Brette Puhl, Jackie Baldwin, Kenzie Brandsgard and Jill Carpenter at the Indianola Chamber's annual golf outing at the Indianola Country Club on July 20.



Tom Dougherty, Jesse Woerdehoff, Dan Obley and Jack Plagge at the Indianola Chamber's annual golf outing at the Indianola Country Club on July 20.



Brian Sher and Jim Allen at the Indianola Chamber's annual golf outing at the Indianola Country Club on July 20.



Rob Keller and Gretchen Schrock at the Indianola Chamber's annual golf outing at the Indianola Country Club on July 20.



Kara Witt and Ryan LeRoque at the Indianola Chamber's annual golf outing at the Indianola Country Club on July 20.



Winner Wes from Z's Eatery accepts the Residents' Choice poll certificate for being a favorite in a dining category.



Winners at Chumbleys accept the Residents' Choice poll certificate for being a favorite place for car repairs.



Bryant Huston from Funaros Deli accepts the Residents' Choice poll certificate for being a favorite place to have lunch.



Karey Bishop accepts the Residents' Choice poll certificate for being a favorite Realtor.



The staff at Kindness Pet Clinic accepts the Residents' Choice poll certificate.



Winner Chelsey from Busy Bee Garden Center and The Hive event center accepts Residents' Choice poll certificates.

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FAITH

By Lucas King

BUT why?

We certainly are curious beings, aren't we? One of my children, responding to the demands of a change in routine from summer break to a school schedule asked, "But why?" Not wanting to go to bed earlier or not wanting to wake up earlier will be a lifetime struggle; homework and study before playtime and screen time never gets easier. Who determined this? Why do I have to do that, and how does it benefit me?



Maybe it is our desire to be in control? Maybe it is to care for No. 1, myself, first? I want to do this, and I do not want to do that, or I want to eat this, and I do not want to eat that. It often leads us, even us adults, to questions without answers. Perhaps that is the same dialogue you have in your mind or with your friends and family about God? But who? But why? But how?

More than 1,900 years ago, the Apostle Paul was praying for the church in Ephesus and asked God to grant comprehension in something that was beyond human knowledge and understanding. Paul prays, "I pray that you, being rooted and firmly established in love, may be able to comprehend with all the saints what is the length and width, height and depth of God's love, and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God." (Ephesians 3:17-19, HCSB).

God's love and the love of the Messiah, Jesus, goes beyond knowledge. It is longer, wider, higher and deeper than you and I can ever know. Sacrifice, Redemption, Propitiation and Salvation. Who can even consider such a great love? To the church in Rome, after a comprehensive description of the condition of mankind and the character of God, Paul breaks into praise, confessing that he'd not even scratched the surface of who, why and how. Paul writes in Romans 11:33, "Oh, the depth of the riches both of the wisdom and the knowledge of God! How unsearchable His judgments and untraceable His ways!" (HCSB)

Unsearchable and untraceable have nearly been eliminated as roadblocks for us thanks to the internet and all the various search engines. Yet not with God. Everything we know now today of God is simply the beginning of Him. His ways and His love will always be so much bigger and larger and more intense than you and I can even imagine. There's no starting, pausing or ending with God. Paul's praise and confession continues in Romans 11:36, "For from Him and through Him and to Him are all things. To Him be the glory forever." (HCSB)

I encourage you to visit a church in Indianola, a body of believers faithfully exploring the depths of the riches of God together through His Word, and let the Lord of all Creation give you comprehension and faith that you may be filled with all the fullness of God. ■

Information provided by Lucas King, New Heights Church,
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