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dream job

Master gardener  
is a title within reach

Robots make  
great lawn mowers

# Siouxland Life

A GUIDE FOR LIVING  
IN SIOUXLAND

## SETTLING IN

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HELP EASE 'STAY AT  
HOME' TENSIONS

& **WHAT'S BLACK AND  
WHITE AND COZY?**

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# Siouxland Life

We know you've wearied of life "at home." But this is the season for revitalization, renewal and outdoor rewards. In this season's edition, we've got ideas to make those outdoor spaces grow on you. And we've got plenty of people who've figured out how to shelter at home. Need some ideas? We've got 'em for you.



## ON THE COVER

Erin Kuehl of Evolve Yoga & Wellness teaches a yoga class from her Sioux City home via the teleconferencing app Zoom. Yoga and fitness studios have had to change the way they operate in the wake of the COVID-19 pandemic.

Photograph by *Tim Hynds*.

- |    |                           |    |                               |
|----|---------------------------|----|-------------------------------|
| 6  | HOME the light idea       | 30 | READING and relaxation        |
| 18 | LAWNS let it grow         | 32 | FOOD comfort ideas            |
| 20 | ANTIQUES save, save, save | 36 | LAWNS questions answered      |
| 22 | GARDENING you can excel   | 40 | RELAXATION yoga, of course    |
| 24 | GARDENING the pros' tips  | 44 | HEALTH medical answers        |
| 27 | GARDENING helping others  | 47 | PARTING SHOT training at home |

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## 24 SMART PLANTING

Experts share what's best to put in the ground (and when) before that growing season begins.



## 32 COMFORT FOODS

Former food editor Marcia Poole shares recipes (and remembrances) of those meals that made her feel safe and warm.



## 44 ALLERGIES, CORONAVIRUS AND MORE

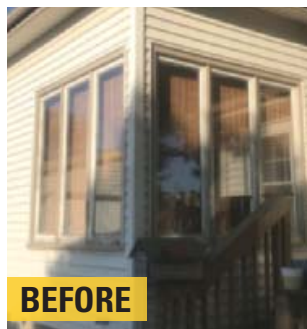
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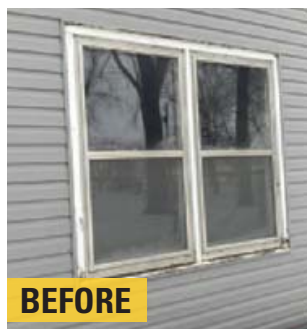
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# WINDOW ONTO A NEW WORLD

*New home features plenty of natural light*

Text by Dolly Butz  
Photographs by Jesse Brothers

Windows are one of Kyle Kelly's signatures. Enter through the dark navy blue

door of a Kelly Construction home, 788 Crooked Tree Lane in Dakota Dunes, and the great room's large aluminum windows, which stretch from the floor to the 18-foot vaulted ceiling, will naturally draw your eye outside to the maintenance-free concrete deck with an aluminum railing. The wall-to-wall glass in the adjoining dining room also floods the space

with natural light.

"I love natural light," Kelly said. "Probably the singular most important thing to me in designing a home is windows. I like to go big with them and I like to let a lot of light into the home."

Kelly describes the three-bedroom, two and 1/2-bathroom home that he built as "transitional mod-





*Wire-brushed* White Oak floors and an alabaster painted, 18-foot vaulted ceiling highlight the Kelly Construction home.



Kyle Kelly is a fan of large windows. They provide natural lighting and add to a home's ambiance.



**ABOVE:** A waterfall edge, quartz countertop and White Oak cabinets are key to the kitchen. The two cabinet doors on the left conceal the entrance to a pantry which leads to the garage and laundry room behind the kitchen area. The garage can also be accessed through the hallway on the right.



**LEFT:** The master bedroom features the same wire-brushed White Oak floors as the living room, as well as the black and white theme of the rest of the home.





The cement deck features a tongue and groove cedar ceiling at the back of the house.

ern.” The home features 2,500 square feet of main floor living space and an unfinished walk-out basement, which Kelly said could hold two more bedrooms, a bathroom, a huge living room and a bar. The backyard, he said, is the ideal spot for a pool.

“It really is a blending of modern clean, simple lines, but at the same time, it’s very warm and easy to live in,” he said of the home, which would appeal to a large family, as well as empty nesters.

On the home’s exterior, the black brick contrasts with the light-colored natural stone and neutral vertical board and batten. Kelly said board and batten is very popular right now.

“We matched the angles of the ceiling to the windows,” Kelly said as he stood in the open and airy great room, motioning to the windows from Gerkin Windows & Doors. “It’s an aluminum window, which

Continued on Page 10



The master walk-in closet is joined to the bathroom on one side, and to the laundry room on the other side.

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*The Dakota Dunes home.*



*The master bathroom features a rainfall shower head and natural light. The walk-in closet is on the left, and the master bedroom is on the right of the bathroom in the Kelly Construction home.*







*Unique lighting fixtures complement the natural lighting in the dining room.*



**ABOVE:** White Oak cabinets outline the modern gas stovetop.

**LEFT:** The master bathroom features dual sinks and natural light streaming in through the shower.





White oak cabinets line the kitchen beside the front entrance of the home designed and built by Kelly Construction.

gives them a little different look. You get a much bigger viewable area, because the structure of the window itself is narrower, so it opens the window up a lot better.”

The great room’s six-foot, linear gas fireplace makes a statement. All of the home’s trim, doors, beams and walls are painted in alabaster, a slight off-white, which Kelly said is “very on-trend” right now, while the floors are wire brushed white oak. Another eye-catching detail in the great room is the more than five-foot tall light fixture hanging from the vaulted ceiling. It combines a matte black finish, brushed gold and Edison-style bulbs.

“Gold is just making an enormous comeback right now. You’ll see that throughout light fixtures and even the handles on our appliances,” Kelly said.

The matte black finish carries

over into the GE Cafe appliances in the open-concept kitchen. The appliances from Kollman Appliance have rose gold hardware. The kitchen cabinets are made of rift sawn white oak and have flat fronts, while the quartz counter top has a waterfall edge.

“In my eyes, the cabinets are extremely timeless. They will age extremely well,” Kelly said. “White oak is just an absolutely classic wood species that really blends well with just about anything.”

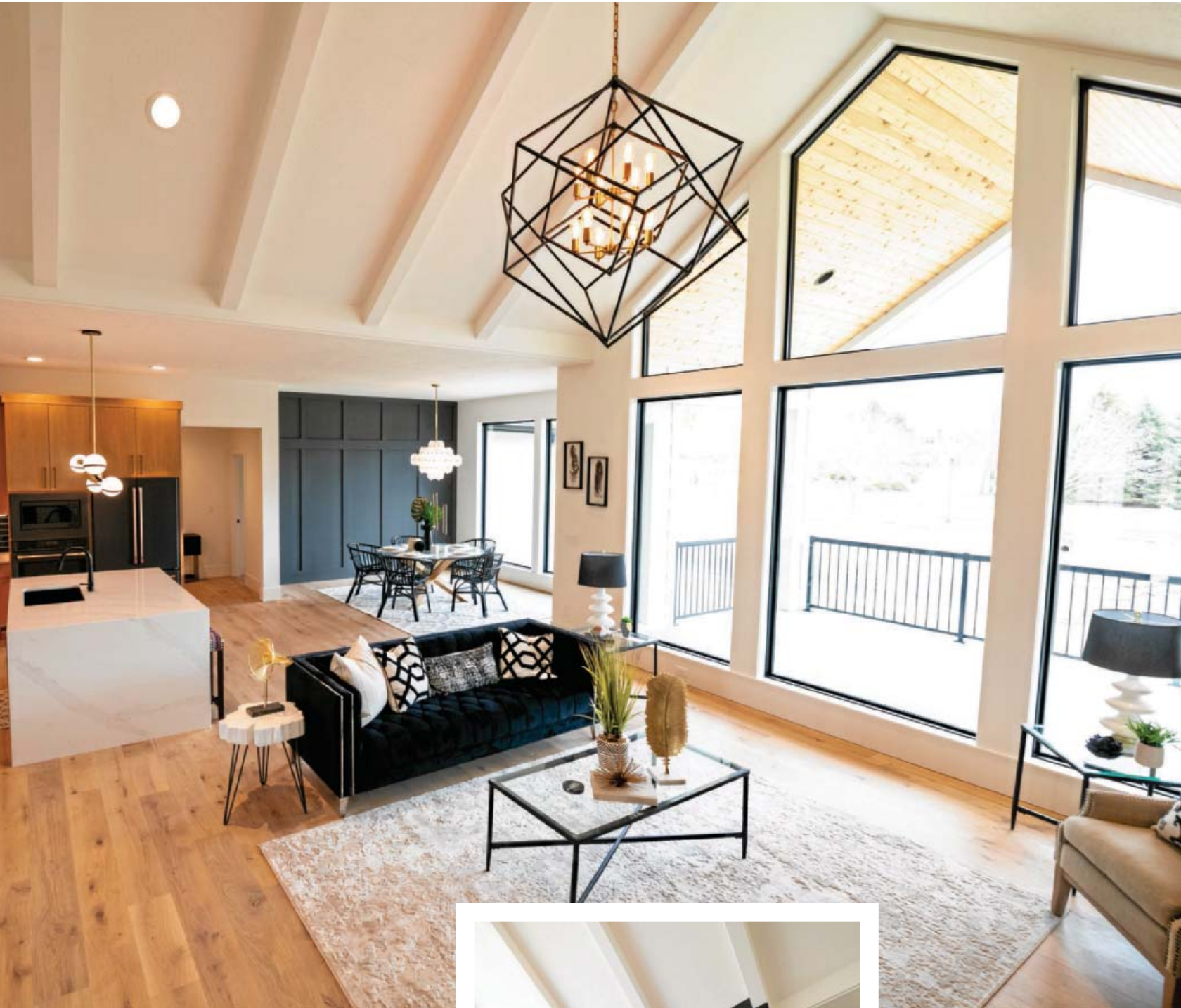
Two bedrooms, a bathroom and a staircase leading to the basement are off of the great room. On the other side of the home, a hallway behind the kitchen and dining room leads to a half bathroom with black plumbing fixtures and a mosaic tile floor. Down the hallway from the bathroom is the master suite, which features ample natural



**RIGHT:**  
Little accents complete the home built by Kyle Kelly.







**ABOVE:** Wire-brushed White Oak floors and an alabaster painted, eighteen-foot vaulted ceiling are shown in the Dakota Dunes home.

**LEFT:** A six-foot, linear, gas fireplace completes the living room.

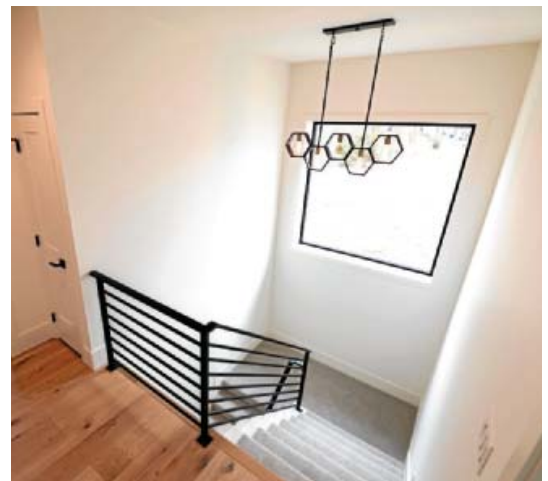


**RIGHT:** A waterfall edge, quartz countertop and White Oak cabinets are shown in the kitchen.



**ABOVE:** A tongue and groove cedar ceiling also decorates the covered entryway in the home.

**RIGHT:** Kyle Kelly designed the Dakota Dunes home.



*Unique* lighting fixtures can be found throughout the home designed and built by Kelly Construction in Dakota Dunes, S.D.







light, a sitting area and a black tray ceiling. Kelly Construction builds homes in Omaha and Sioux Falls, in addition to Siouxland. Kelly said one of the trends he brought back from Omaha is painting ceilings a dark accent color.

"It's just visually pleasing. There's no functionality to it whatsoever," he said. "It's just cool."

The master bathroom's cabinetry and countertop match that of the kitchen and the matte black plumbing fixtures also carry over. The floors are heated and the spacious shower even has a window. The wall height of the shower was lowered and a glass panel was added so that the entire bathroom could be filled with natural light.

"We really try to look at the master area as a retreat," he said. "We try to make the bathroom feel as spa-like as we can — kind of a mini vacation within your own home."

The master bathroom leads to a large master closet, which can be customized. Enter through a pocket door to find what Kelly calls "one of the most awesome features of the home," a neighboring laundry room equipped with a counter for folding clothes and a sink.

"That's one thing that we've been incorporating into a lot of our plans and people are just going crazy over it," Kelly said.

On the other side of the laundry room is a door to the garage and a coat rack and bench. Continue down the hallway, where you'll find a pantry and another door that opens to the kitchen.

"It's a back pantry access, so that it's super easy to carry groceries in. You're not trucking them all through the house to get them to where they need to go," Kelly said. "You can get them in here, make dinner and deal with it later."



A six-foot, linear, gas fireplace is a focal point in the living room.



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DREAMSTIME

# PERK UP YOUR PATIO

10 spring projects to transform your outdoor space

Text by Kathryn Weber

With spring around the corner, and all the bedding plants showing up at your favorite home center, it's time to start thinking about enjoying the patio again. A few small projects can take that dull, blank space and turn it into a patio with panache.

## 1 PAINT THE FLOOR

Plain Jane concrete isn't something to get excited about, but painting the concrete can perk up your porch or patio. Go to your local paint store, and have them help you pick out a color and give you all the prep materials. It's more time-consuming than hard, but a painted patio looks neat and stylish.





## 2 CREATE A SEATING AREA

Give your patio a defined eating or seating space with an indoor/outdoor rug. Add a seating arrangement to create an outdoor living space or a table for some al fresco dining in your new outdoor room.

## 3 PAINT YOUR FURNITURE

Over the winter or after several years outdoors, patio furniture can lose its luster. Sand and spray-paint your furniture to bring it back to life. If you have a big set, look for a local painter who can sandblast and powder-coat your furniture to make it look like new again.

## 4 STRING UP SOME LIGHTS

Add some string lights across the patio for great Mediterranean bistro ambiance at night. Add a timer so the lights pop on and off automatically.

## 5 ADD LANTERNS

Romantic and ethereal, candle lanterns set artfully around a seating area, next to a chair or on a dining table are uber-romantic and create a layered lighting effect.

## 6 ELECTRIFY IT

Install a sound system or electrical outlets to enjoy TV on the patio. With Wi-Fi-enabled speakers and televisions, you can turn your patio into an outdoor living room.

## 7 ADD WATER

Create a patio fountain out of a planter. Cluster a grouping of plants around an urn, pop in a fountain pump from your home center, and you have a terrific sound that's peaceful and can help drown out background noise.

## 8 GET UNIQUE SEATING

Make lounging outdoors more inviting with a swinging bed hung from the ceiling or a pair of swinging rattan chairs. They're trendy and will be the seat everyone wants to sit in when you go outside.

## 9 RE-CUSHION CHAIRS

Patio cushions take a beating from the elements and the sun, so replace to refresh and update your patio. Mix solid seat cushions with patterned throw pillows for a homey feeling.

## 10 ADD SHADE OR STRUCTURE

If your patio is flat and exposed, it's time to add an arbor or string up some sunshade fabric that will give you much-needed shade and help you enjoy more time outdoors comfortably. After being cooped up in the house, a patio project is the perfect way to get some fresh air and prepare for the summer months ahead.





# ARTIFICIAL INTELLIGENCE, REAL GRASS

Text by Cole Paxton

Ben Neville was in Europe 10 years ago with his wife when they spotted a cool, new item they hadn't previously seen: a robotic lawnmower. They wanted one, so after waiting for half a decade, they jumped at the opportunity when the mowers first reached the United States a handful of years before now.

A month after, they got really involved: Ben Neville made a career change from insurance to lawnmowers as the family opened a dedicated robotic mower dealership in Columbus, Nebraska, five years ago. What started as a way to keep kids busy during the summer has turned into the full-fledged operation known as Robotic Yard Solutions, with two Nebraska offices and a territory that spans that state and Iowa (though Neville still also works with his dad and brother in selling property and casualty insurance).

"The first year we sold about a dozen units, second year it kind of doubled. Every year it has been doubling," he said. "We liked it so much that we knew it was definitely a game-changer in the way you mow your yard."

From its Nebraska base, Neville said, Robotic Yard Solutions continues to increase its business in and around Sioux City, a market the company expanded into a year ago, and it's now a regular feature at the Siouxland Home Show.

About six of the company's







## HOW FANCY CAN YOU GO?

At the top of the line, a robotic lawnmower isn't just a mower that runs on electric power and doesn't require much attention from the owner. It's practically a full-blown computer.

Owners can get notifications on their phone about the mowing process, and sync up to Amazon's Alexa virtual assistant, Neville said.

"(They) also have GPS built into them, so they will map out the yard and know where they're at in the yard, know what they've mowed already, know what they still need to go mow," he said.

One more feature: the \$3,499 model is fitter than humans. It can go up a 70 percent incline.

Husqvarna products roamed Sioux City area yards as of early April with a few more — belonging to customers who purchased at the most recent home show — to be installed, Neville added.

Those who have them, Neville said, won't have to spend much time working on or worrying about the health and appearance of their yards. The mowers roam every day, cutting an even amount of grass each time, working around obstacles, in adverse conditions and at any hour.

"Typically when I used to mow my lawn with a riding lawnmower, I'd get out once a week if I was lucky, just because I was so busy. So I'd be cutting an inch and a half, two inches off at a time, which is unhealthy for the yard," Neville said. (The robotic mower) is only taking a quarter to an eighth of an inch off every time."

He also listed other benefits of robotic mowers compared to riding models: price, reliability, maintenance. Many robotic models, which begin at \$1,000, are comparably priced to riding mowers and can be less expensive, Neville said. The electric products require only a "two-minute" blade change once every several weeks, and they're designed to last a decade or more. With no carburetors or oil to change, there are fewer parts to worry about.

Top-of-the-line models sell

for nearly \$3,500. They can cover up to an acre and a half of land, Neville noted, and offer a host of upgrades.

Despite the on-paper advantages of robotic mowers, Neville said the products are still a "niche" item. Sales tend to pick up after one homeowner in a neighborhood or town purchases one, allowing others to see what's going on and how the mower works.

"There is still a lot of educating people on what it actually is. When you see something with headlights cruising around in the yard, you really don't know what it is," Neville said. "That's what we've been doing the last five years — educating everybody on them."

Home shows provide another opportunity to introduce unfamiliar people to them. The company attends more than a half-dozen events each year, Neville says, and that's often his entrée into an area. The cancellation of at least four such shows because of the coronavirus "hurts a little bit," he admitted. Sioux City's event in late February was the last he attended before the pandemic set in.

When Neville jumped head-first into the lawnmower business, he figured it'd be millennials who walked out of home shows with an order for one and peered longingly into neighbors' yards for a look at

## ALL IN THE FAMILY

Despite the company's rapid growth in sales and territory, the same can't be said for staff. Ben Neville heads the business, alongside his insurance work, with his wife Lisa. Together, they handle the sales and business-side operation.

Sons Jackson and Grant — one in college, the other high school — are "installation specialists" and work the many home shows the company attends with dad (and boss).

And two younger daughters work on "odds and ends."

"It truly is a family business," Ben Neville said. "Everybody in the family is involved."

a fancy new contraption. But that's not what he found.

Instead, he said, people across age ranges and locations are interested in the mowers, which he purchases from Husqvarna, retails to customers and then installs. (Buyers who want to do the installation themselves can; they're given an instructions kit.)

"We have just as many people over 75 that we've put them in for as people that are in their 30s," Neville added. "Anything from a small yard in town to a big acreage out in the country. It's any and everyone."

His operation is unique — and alone, he thinks, in Nebraska — in selling exclusively electric-powered mowers. Though Robotic Yard Solutions' showrooms are both in that state, the flagship location in Columbus and another in Omaha, Neville crisscrosses Iowa and Nebraska to sell, and said a retail presence in Sioux City is "in the plans."

If the Sioux City market follows the path of others, robotic mowers could soon be motoring through scores of yards here.

"People always want to see it work in somebody else's yard first," he said. "A month later ... the neighbors start to give us a call then too. One of the best ways we sell them is actually letting people see how they work."



# FOR SIOUX CITY WOODWORKER, WORKING FROM HOME HAS NEVER BEEN AN ISSUE

Text by *Mason Dockter*  
Photography *Provided*

David Bauerly began working from home decades ago.

In the early 1990s, he built a house on the north end of town, incorporating high-grade materials — marble and hardwoods — that he salvaged from an old school he purchased. While a pandemic has forced others to adapt to working at home, his workplace is, by design, a part of his house.

“I built my studio and my home in the same place,” Bauerly, 67, said. “I’ve been doing this for 50 years — since I was a teenager.”

Bauerly’s father was a furniture upholsterer, and the son grew up in his father’s shop: “He really hated all of the wood aspects, the legs and stuff like that, so I would work on those, touching them up. And I liked doing it,” Bauerly said.

His great-grandfather was a cabinetmaker in Germany, who later brought his craft to New York before moving to Northwest Iowa to be a farmer — so Bauerly said his woodworking proclivity may be in the DNA. He still has some of his great-grandfather’s old hand tools.

“I started messing around with antiques when I was young, taking them apart, putting them back together, repairing them. And I liked it, and I was good at it, I have a good aptitude for it,” Bauerly said.

In his shop, Bauerly builds “one-of-a-kind” furniture — bespoke pieces for his customers. He doesn’t do as many of these as he used to, after a series of surgeries. “I build it slower,” he said.

He can craft styles of furniture that, for the most part, haven’t been available for decades — Art Nouveau or Art Deco or rustic or Midcentury Modern or Victorian or whatever is desired.

Bauerly taught himself, mostly



*Sioux City woodworker David Bauerly is shown at his woodworking studio. The panel he’s displaying is rare Brazilian rosewood veneer he’s using to repair an old roulette wheel, shown at the right.*





Sioux City woodworker David Bauerly poses with his great-grandfather's circa-1880s wood planes at his home. His great grandfather was a cabinetmaker, while his father worked as a furniture upholsterer.

with books, the techniques of old-time furniture styling, design and craftsmanship. He maintains that he's never built a piece of furniture that he didn't design himself.

Few people do this kind of high-end woodwork anymore, mostly for economic reasons.

"There's nobody in the area, there's nobody in Des Moines, there's nobody in Omaha, there's nobody in Sioux Falls, that does what I do anymore. It's dead. And there's nobody taking it up," he said. "Metropolitan areas, Chicago, New York, San Francisco, they have a large enough, and a wealthy enough, population to keep that craft going."

This isn't big-box store furniture — it's more like the kind of stuff Andrew Carnegie would have outfitted his house with: The polar opposite of factory-made.

"It's extraordinarily time-consuming," Bauerly said of some of his more-ornate works. "I had a single piece take me a year and a half to build once. And any handmade piece, any one-of-a-kind piece is expensive. It's just really time-consuming."

Antiques restoration is another specialty of his. People often bring in beloved family pieces for rehab — old treadle sewing machines, iceboxes, steamer trunks. He's even worked on a 19th century roulette wheel purportedly from the Deadwood's wild west period.

"Most of them are pretty trashed, most of them really need an extensive amount of work," he said



David Bauerly is shown in his Sioux City woodworking studio with a 19th century steamer trunk he "brought back to life" for a client. Antiques restoration is one of his specialties.

of the antiques he repairs. "This sewing machine I'm re-building was in horrible shape, horrific shape. But you can't go out and buy your great-grandmother's pedal sewing machine."

The process of dealing with the antiques or custom-making furniture hasn't changed much despite the pandemic — sewing machines don't get sick, and a roulette wheel can't cough on you, no matter how many lifetimes of tobacco smoke it's been exposed to. But out of an abundance of COVID-19 caution, the way Bauerly deals with customers is quite different now.

He and his wife, for health

reasons, have instituted their own social distancing protocols. He wears a mask and gloves when meeting customers, and tells them that they won't interact with them closely or more than is necessary. Excessive contact is too risky.

Social distancing, by Bauerly's own account, is a breeze.

"I've got plenty to do. I've got a year's worth of work hanging out in my shop. If I didn't see a single person for the next year, I'd still stay busy," Bauerly added. "For me, isolating is not difficult, it's not a struggle. I don't have to drive to work somewhere, I don't have to see massive amounts of clients."

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# LEARNING TO GROW

*Master Gardeners reap health benefits and vegetables*

A caterpillar crawls on a milkweed leaf in Jenny Jorgensen's garden.

PROVIDED PHOTOS

Text by Dolly Butz

Jenny Jorgensen, who grew up on a farm, has been gardening since childhood.

She recalls her mother growing zinnias and canning a lot of vegetables. Her grandfather's peonies also stand out in her mind.

"I just remember being in there helping them plant things, helping them harvest and stuff like that," said the Sioux City woman, who became a Master Gardener in 2006. "We had sweet corn galore. We sowed corn until maybe 10 years ago."

Katelyn Brinkerhoff, horticulture educator for Iowa State University Extension and Outreach, said the Master Gardener program, which is celebrat-



Jorgensen

ing its 41st year in Iowa, draws both experienced gardeners, like Jorgensen, and newcomers. The program was implemented in Scott County in 1979. The first Master Gardener class was held in Woodbury County in 1986.

Over the years, Brinkerhoff said, interest in the program has remained steady.

"We have over 400 Master Gardeners that are trained," Brinkerhoff said. "Typically, our class sizes are around 20. It's been pretty consistent throughout the years."

To become a Master Gardener, 40 hours of training, both online and in the classroom, is required. Master

Gardeners also participate in an internship, which consists of 40 hours of community volunteer work.

"There are people that just want to learn a little bit about their own garden and then kind of, throughout the program, get a spark of community volunteerism," Brinkerhoff said. "Others have been gardeners their whole life and just waited until retirement to get involved."

Some Master Gardeners, Brinkerhoff said, are experts on Iowa's native plants, while others know a lot about growing vegetables and are involved in Up From The Earth, a program that connects extra produce from home gardens to people in need. Brinkerhoff said the rewards of gardening extend beyond growing your own food, as



there are also numerous health benefits associated with gardening.

"It's good for mental health, physical health. It just keeps you healthy and fit," she said. "There's a lot of awesome things with gardening."

Jorgensen, a retired kindergarten teacher who describes herself as a lifelong learner, has stuck with gardening all these years because she likes the healthy food. She said, "It just tastes better when it comes from the garden."

"There's something about being out in the backyard with the birds singing and the squirrels chirping away," she said. "There's something wonderful about being out there in nature."

Shortly after the youngest of her two children left home, Jorgensen's husband Craig encouraged her to enroll in the Master Gardener program. Jorgensen had been thinking for some time that she needed more gardening knowledge.

"I cannot answer every question, but I know where to get the answers," Jorgensen said. "It's helped me with my gardening. It's helped me to be able to help other people with their gardening."

Jorgensen grows perennials and annuals. Her vegetable garden produces tomatoes, peppers, beets, onions and garlic. She starts seedlings in her basement and then donates them to Up From The Earth to plant in community gardens.

"The vegetable garden itself probably produces mostly for us, which is why I grow the seedlings to put into donation. I don't have as many pounds of things coming out of my garden," Jorgensen explained.

Jorgensen said the program taught her a great deal about soil, including fertilizing and composting, and encouraged her to try growing different vegetables, such as kale, Swiss chard and Calypso bean, which she cans and freezes.

"It looks like a yin and yang with half white and half black," Jorgensen said of Calypso bean. "You plant them and let them dry in the pod in the garden and then shell them out and put them in a container. You can throw them into soups. They're delicious, I think."

Although there is a bit of a learning process to gardening, Brinkerhoff said potential green thumbs shouldn't be intimidated.

"Don't be scared. All you have to do is get your hands dirty," she said.

Visit [extension.iastate.edu/woodbury](http://extension.iastate.edu/woodbury) for more information about the Master Gardener program.



A portion of Jenny Jorgensen's garden is shown at her Sioux City home. Jorgensen, who has been gardening since childhood, became a Master Gardener in 2006.



A Siberian iris blooms at Jenny Jorgensen's Sioux City home.



Garlic, onions, shallots, beets, Calypso beans and tomato ladders are shown in Jenny Jorgensen's garden.



Jenny Jorgensen starts seedlings in her basement and then donates them to Up From The Earth to plant in community gardens.



# HOW TO GROW

*Expert provides planting and watering tips for flowers and vegetables*

Text by Dolly Butz  
Photography by Jesse Brothers

Sheryl Schelm, manager of Earl May Nursery & Garden Center on Gordon Drive, said when you should purchase and plant flowers depends on what kind you intend to have blooming outside your home.

In early April, Schlem said perennials, which come up year after year, were safe to plant. But she said you should hold off on annuals until May.

"For safety's sake, because of weather, instead of dragging them in and out when it gets cold, we're snuggling up more toward May," she said.

Lately, Schelm said the company as a whole has been selling a lot of seeds, including seed potatoes and onion sets and plants. She said potatoes should have been planted on Good Friday.

"There's things like radishes and peas and spinach and lettuce that can handle some cooler weather, along with what we call 'cole' crops, like your broccoli, brussel sprouts, cauliflower and cabbage," she said.

Wait a little longer to plant carrots, peppers, tomatoes and beans. Usually around May 1 is OK, according to Schelm.

## **PLANTING AND GROWING VEGETABLES**

Earl May sells Blue Tag Certified potatoes, which Schelm said are different than the potatoes that you buy at the grocery store. Store-bought potatoes have been treated so that they don't sprout as quickly.

"They've never been touched with anything. They're going to sprout like crazy," she said of the Blue Tag Certified potatoes.

Schelm said the rule of thumb for planting potatoes is to plant them on Good Friday in a full sun area as you would your other vegetables. She said you'll want to cut them into pieces with two eyes per piece and leave them lying in a garage or someplace else that's out of the sun before planting.

"Leave then lying where they can kind of like scab over where you've made the cuts, so then they do not rot when you



Sheryl Schelm holds "Scenic Red" colored Saxifraga perennial flowers at Earl May Garden Center.



go to plant them," she said.

Schelm said customers often confuse onion sets and onion plants. Onion sets are little, round onions in mesh bags, while onion plants are little green shoots of onions.

"They look at it as these plants look like green onions, so they're going to be green onions. The other ones are little round bulbs, so those are going to be bigger onions. It's the exact opposite," Schelm said. "The ones that we call sets are actually not going to end up being very large at all. The plant will be your bigger onion, like your Bermudas and your Walla Wallas and your yellow or white Spanish onions that you buy in the grocery store for chopping up."

As you're working in your garden weeding and hoeing, Schelm said it's important that you always pull the dirt away from onions, so that they can push up out of the ground.

"That will give you a way bigger onion," she said. "A lot of people, when they're in the garden, they're piling dirt up around them, because they don't want them to get sunburnt or whatever. The sun will absolutely not hurt them."

During a long, hot, dry spell, Schelm said you might have to be out in your garden daily watering your onions and potatoes. Otherwise, she said neither need to be watered a ton.

"It seems like you get more bang for your buck out of rainwater than you do out of a hose," she said. "As far as gardens go, tomatoes are the biggest ones where you really have to be diligent with your water. You need to be really consistent. You don't want to go water them like crazy and then go several days without giving them any water, because that's when your tomatoes will start cracking on the top."

Schelm said there's never a bug that bothers an onion, but tomatoes and potatoes will draw the occasional bug or worm.

"You'll have to spray or dust them, but just don't go crazy," said Schelm, who said the presence of bees are beneficial. "That's why bee populations are down, because people just want to be spraying stuff like crazy."

#### PLANTING AND CARING FOR FLOWERS



Pat Hanson holds packets of her favorite flowers.

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Pat Hanson picks out seeds for a variety of vegetables and annual flowers.

Whether you purchase annuals or perennials, be sure to check the tag in the pot before you plant. Schelm said the biggest mistake people make is choosing the right flower for sun or shade.

In terms of perennials, Schelm said lilies, coneflowers and black-eyed Susans require full sun, while hostas, coral bells and astilbes need shade. Annuals placed in containers and pots that thrive on full sun include, marigolds, geraniums and salvia. Keep those impatiens and begonias in the shade.

“Hanging baskets, probably, you’re going to give them a drink every day unless it’s raining,” Schelm said. “Flowerbeds need to be kept moist, but they don’t need to be saturated wet.”

And don’t forget to fertilize flowers in both pots and hanging baskets. Schelm said you should be applying fertilizer once or twice a week keep the flowers flourishing.

“Because you’re watering them frequently, you still need to be really, really diligent about fertilizer, too,” she said. “In particular, hanging baskets, because it not just keeps the plant green, it also keeps the blooms vibrant.”



Sheryl Schelm points out the variety of perennials available.



# GREEN THUMBS, FULL BELLIES

*Up from the Earth allows at-home gardeners  
to supply area food pantries*

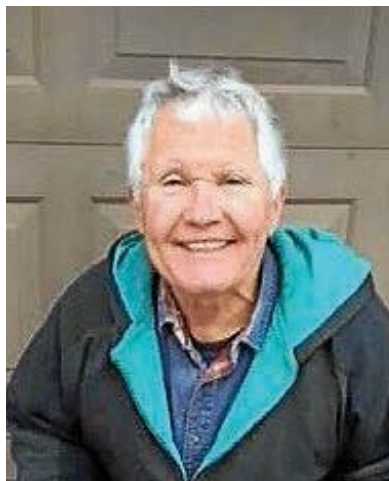
Text by *Earl Horlyk*  
Photography *Provided*

**7** Randy Burnight has always loved the start of the planting season and, this year, he is keeping his fingers crossed for a bumper crop of radishes, beets, turnips, potatoes and anything else that suits his fancy.

"My grandma inspired my love of gardening and I've been tending to one ever since I was a young boy," the retired Sioux City dentist explained. "There is something therapeutic and gratifying about being in a garden."

Always willing to pay it forward, Burnight is also encouraging his own grandkids to take up gardening.

"My grandchildren love to eat peas, right off the pods," he said with a laugh. "Plus they love to play in the dirt. Guess every gardener doesn't mind getting a bit dirty."



**Burnight**

Another thing gardeners enjoy is sharing the fruits — and the veggies — of their labor.

This is the idea behind Up from the Earth, a nonprofit organization that Burnight founded in 2014.

Comprised of area educators,



master gardeners and anyone with a green thumb, Up from the Earth encourages people to "grow an extra row" while distributing the excess produce to nearly 30 Siouxland church and community food pantries.

"Gardeners are proud of their gardens and what they grow is always a source of pride for them," Burnight noted. "Growing an extra row or two is no problem, believe me."

He is a true believer in living a greener lifestyle.

Burnight has been involved



with the Iowa State University Extension & Outreach's Master Garden program for nearly 30 years. He is the food pantry manager at Sioux City's First Lutheran Church and a recipient of the American Red Cross' Heroes of the Heartland Award.

More than that, he still gets a kick out of seeing something he planted, grow out of the ground.

"It is wonderful to plant seeds at the start of the season and end up with something you care share with your family on the dinner table," Burnight said.

This is why Burnight as well as other Up from the Earth members love to participate in the Pick a Better Snack programs offered in conjunction with ISU Extension & Outreach and the Sioux City Community School District.

"Ask a small child where vegetables come from," he suggested with chuckle. "A lot of times, they'll say vegetables come from grocery stores.

"Although some children will say vegetables comes from farms, they think you need a lot more space when you really don't."

Burnight said a fun project for kids is to grow a garden in their backyards or in pots or in planters that can fit on most windowsills.

"Children have a greater appreciation for food that they had a hand in growing," he said.

Well, perhaps, kids can also grow an extra row, right?

According to Burnight, this year may be unusually challenging since more people are likely to need food pantries.

"Since our organization was founded, Up from the Earth has grown more than 130,000 pounds of produce," he explained. "That about 390,000 individual servings of fresh fruits or vegetables over the past six years."

Talk about going green. Burnight wouldn't have it any other way.

OK, here are a few more quick questions: Is there any fruit or veggie that Burnight doesn't like?

"No, not that I can think of," he said, pausing for a moment.

Here's one last query? What's the best part of having a vegetable garden: tending to crops or eating the end product?

"I like them both," Burnight said, diplomatically.

## 'GROW AN EXTRA ROW'

Over the past six years, Up From the Earth gardeners have grown more than 130,000 pounds of produce, which adds to around 390,000 pounds of individual servings of fresh fruits and vegetables.

They do this because they "grow an extra row" that is donated to local church and community food banks.

If you're a grower who would like to donate produce, here is a listing of Up From the Earth food pantry drop-off locations:

### MORNINGSIDE LOCATIONS

- Community Action Agency of Siouxland  
2700 Leech Ave., 712-274-1610
- Grace United Methodist Church  
1735 Morningside Ave.,  
712-276-3452
- Morningside Lutheran Church  
700 S. Martha St., 712-276-2551
- Redeemer Lutheran Church  
3204 S. Lakeport, 712-276-1125
- Rustin Avenue United Methodist Church  
2910 Leech Avenue,  
712-276-3395
- St. James Methodist Church  
2032 S. Cypress, 712-276-2667
- St. Luke Lutheran Church  
2039 S. St. Aubin, 712-276-3456
- St. Mark Lutheran Church  
5200 Glenn Avenue,  
712-276-3452
- First Presbyterian Church  
608 Nebraska St., 712-255-8919
- Food Bank of Siouxland  
1313 11th St., 712-255-9741
- Radiant Life Community Church  
2410 W. First St., 712-259-3090
- Riverside Lutheran/New Hope Church  
1817 Riverside Blvd.,  
712-233-1491
- Salvation Army  
1415 Villa Ave., 712-255-8836
- Siouxland District Health Department  
1014 Nebraska St., 712-279-6119
- St. Thomas Episcopal Church  
406 12th St., 712-258-0141
- Trinity Lutheran Church  
1122 Jackson St., 712-258-0519

### NEBRASKA LOCATIONS

- First Lutheran Church  
3601 Dakota Ave., South Sioux City, 402-494-5461
- Northeast Nebraska Community Action Partnership  
2120 Dakota Ave., South Sioux City, 402-494-8212
- Nebraska Extension  
1505 Broadway, Dakota City, 402-987-2140
- Salem Lutheran Church  
1753 G Ave., Dakota City,  
402-987-3582
- St. Paul United Methodist Church  
2003 A St., South Sioux City,  
402-494-4138
- United Methodist Church  
1523 Locust, Dakota City,  
402-987-3562

### NORTHSIDE LOCATIONS

- First Lutheran Church  
3939 Cheyenne Blvd.,  
712-239-3942
- First Unitarian Church  
2508 Jackson St., 712-258-3116
- Holy Cross Parish  
3002 Jackson St., 712-277-2949
- Support Siouxland Soldiers  
Indian Hills Shopping Center, 712-541-8020

### WESTSIDE AND MIDTOWN LOCATIONS

- Crosspointe Church  
2300 W. 19th St., 712-252-0323
- First Evangelical Free Church  
401 Ninth St., 712-258-7239

Please call each location to confirm drop-off times, since each has its own schedule. More information on Up From the Earth can be found at [upfromtheearth.wixsite.com/siouxland](http://upfromtheearth.wixsite.com/siouxland) or on Facebook at [facebook.com/upfromtheearth/](https://facebook.com/upfromtheearth/)





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# BOOKS WITHOUT BORDERS

*From harrowing canoe trips to being the last man on Earth, Sioux Cityans talk about favorite literature*

Text by Earl Horlyk

A good book can send you on a bumpy canoe trip in northern Canada, searching for lost treasure around the pyramids of Egypt or even navigating your way through the galaxy as, literally, the last man on Earth.

With so much social distancing going on due to COVID-19 fears, we asked three Sioux Cityans to choose favorite pieces of literature that would make self-quarantining a bit less restrictive.

Which isn't to say that Shelby Pierce isn't making the best out of a bad situation.

An executive assistant as well as a community/business meeting facilitator for Pecaute & Co., she admitted to "living my best life" by working from home.

"I love working from home because I get so

much more done," Shelby said, shortly after coronavirus concerns changed her work outlook. "I'm also a homebody."

Things aren't quite as cozy for her husband Austin Pierce, a freelance writer who often works from home.

"I actually don't mind leaving the house," he said.

However, both Shelby and Austin enjoy reading books in their free time.

Currently Shelby is reading an allegorical novel written by Brazilian author Paulo Coelho more than 30 years ago.

Published in 1988 and widely translated into many different languages, "The Alchemist" follows a young Andalusian shepherd who was told to by a gypsy fortuneteller that his currying dream of finding treasure in Egypt was a prophesy.

Robert Moses didn't find treasures in pyramids. Instead, the late public official and "master builder" discovered power and influence in New York City and its surrounding suburbs, especially during the mid-20th century.

Austin recommended "The Power Broker: Robert Moses and the Fall of New York," a 1974 nonfiction book by Robert Caro, who is now best known for his critically-acclaimed biographies of President Lyndon B. Johnson.

A Pulitzer Prize-winning book,



**ABOVE:** Shelby Pierce, an executive assistant and community/business meeting facilitator, and husband Austin Pierce, a freelance writer, love to read whenever the couple has free time.

MASON DOCKTER, SIOUX CITY JOURNAL



"The Power Broker" allowed Caro to give props to Moses for his intelligence and nonpartisan political savvy when it came to urban planning while acknowledging his aggressive management style actually cost the communities he was nominally working for.

"This was, and will be, one of the best written books I have ever read," Austin said. "It is more interesting and better researched than almost anything I have ever read. At 1,344 pages, it's unlikely that you'll ever read it (but) if you do, I guarantee you'll never shut up about it."

At first, Austin admitted he didn't want to read Douglas Adams' satirical "The Hitchhiker's Guide to the Galaxy" series of science fiction novels.

"It seemed like an inside joke for intolerable nerds," he explained.

Instead, Austin said Arthur Dent, the hapless sole survivor of Earth, filled him with optimism.

"Even after the worst imaginable thing happened, (Dent) manages to endure and find a rich, fulfilling life along the way," Austin said. "I've laughed more reading this book than almost any book I have ever read."

Mara Hall is always on the hunt for a new book.

As the coordinator for Western Iowa Tech Community College's Institute for Lifelong Learning, she regularly programs book clubs for members.

Even when she isn't working, Hall is reading.

Right now, she's reading "Sourdough," a quirky, critically acclaimed book from novelist Robin Sloan. The book revolves around Lois Clary who, as a software engineer, has plenty of technical smarts, and armed with a magical sourdough starter, is a whiz in the kitchen.

"Sourdough" is the perfect read for right now," Hall said. "Not only is it a fun read but you learn about making sourdough. I'd argue that there are two main character: Lois and the sourdough starter."

If you're looking for a thriller, Hall recommended novelist Peter Heller's "The River."

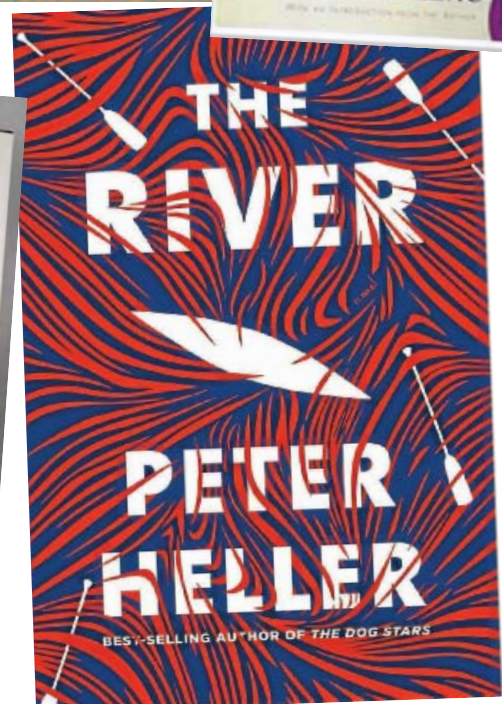
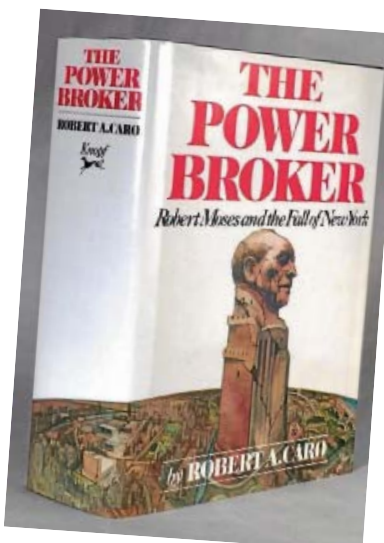
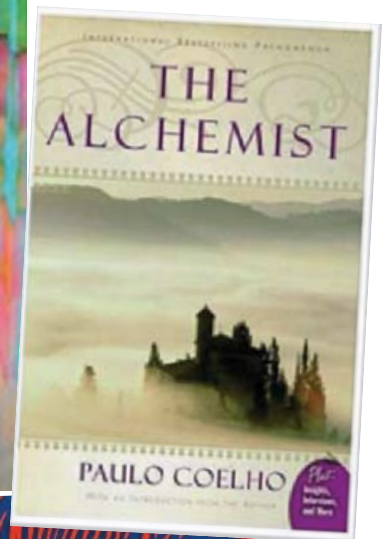
"This book is a real page-turner," she said. "It revolves around two college friends whose canoeing trip is jeopardized by a wildfire. Not only do they have to deal with an encroaching fire, they also find a woman, whose attacker is on the loose. They have to use their survival skills and their smarts to get out of this very sticky situation."

"I laughed and cried and kept turning the pages."



TIM HYNDY, SIOUX CITY JOURNAL

Mara Hall, lifelong learning coordinator at Western Iowa Tech Community College, reads books at home and listens to books when she's driving.







# JOY OF (HOME) COOKING

*Longtime Sioux City Journal food editor shares her favorite recipes  
(\*Spoiler alert: not for diet-conscious)*



*Longtime* Sioux City Journal food editor Marcia Poole shows her granddaughter Cesca Poole how to make Chicken Divan, a favorite, fourth-generation family recipe.

Text by Earl Horlyk | Photography Provided

From her Bowling Green, Kentucky kitchen, Marcia Poole was keeping a nearly 50-year-old family recipe alive.

The longtime Sioux City Journal food editor was teaching granddaughters Cesca and Luna on the proper way to make a hearty Chicken Divan.

"My mom started making our family this main dish in the early '70s," Poole, who moved away from Sioux City in 2019 to be closer to family, recalled. "None of us ever discovered where she found the recipe but we knew it used frozen broccoli, one can of cheddar cheese soup, one can of cream of cream of mushroom soup and one cup of real mayonnaise, none of that low-

fat stuff."

"Plus you had to call it Chicken Die-van as opposed to its proper pronunciation," she remembered with a laugh. "Mom never did learn the right way to say Divan."

That certainly didn't matter much. Not when Poole's mom was making wonderful mid-20th century comfort food.

Were such meals made from scratch? Sometimes, but usually not. Were they figure-friendly? Almost never. The food was always yummy, though.

"Mom's Chicken Divan started off with a layer of cooked broccoli as a base, followed by a layer of cooked chicken breasts cut into bite-sized pieces and, then, a layer



of calorie-packed sauce," Poole said. "Add button mushrooms, shredded cheese and breadcrumbs and you have a comfort food casserole that can feed a family."

#### MIDGE'S CHICKEN DIVAN INGREDIENTS

- Five cups, cooked chicken breasts, boned, skinned and cut in large pieces
- One 16-ounce bag, frozen broccoli spears or cuts, cooked and drained
- One 10.75-ounce can, cheddar cheese soup
- One 10.75-ounce can, cream of mushroom soup
- One cup, mayonnaise (not low-fat)
- Eight ounces, fresh or canned mushrooms, sliced
- Two tablespoons, margarine or butter
- Four to six ounces, shredded cheddar cheese
- One-half cup, breadcrumbs

#### INSTRUCTIONS

Preheat oven to 250 degrees, Sauté mushroom slices in margarine or butter. Remove from pan. Brown breadcrumbs in the same pan. Set aside. Combine soups and mayo, mixing well. Spread drained broccoli on the bottom of a 9x12 baking pan. Distribute chicken pieces evenly over broccoli. Spread the soup and mayonnaise mixture over chicken. Top with a layer of shredded cheddar, then, the mushroom slices and, finally, bread crumbs. Bake uncovered for about 50 minutes.

As the Journal's principal "foodie," Poole was always in charge of the paper's annual cookbook.

"Every September, we'd ask readers to send in their favorite recipes," she explained. "Being selected to share their family recipes in the cookbook was like winning the lottery for many home cooks."

That's because the cookbook — which was published as a newspaper insert from the late 1950s until 2000 — became a keepsake that was continually referenced.

However, compiling comfort food recipes was, at times, controversial.

This was true whenever Poole included a loosemeat tavern recipe.

"Sioux City's Ye Olde Tavern (now Garden Cafe) has always been credited with making the very first loosemeat tavern," she said with a laugh. "Every time we'd have a tavern recipe, readers would complain that Ye Olde Tavern did it differently or that their own family recipe was better or more authentic."



**ABOVE:** Marcia Poole, former long-time Sioux City Journal food writer, poses with a 1987 Sioux City Journal cookbook. The Journal's annual cookbook was always filled with Midwestern comfort foods, which Poole said may be making a comeback.



**LEFT:** A Sioux City Journal cookbook from the 1980s.

**TIM HYNDS, SIOUX CITY JOURNAL**

#### TAVERN SANDWICHES INGREDIENTS

- One small onion, diced in one-half cup of water
- One-half cup, ketchup
- One-quarter teaspoon, salt
- One-quarter teaspoon, pepper
- One-quarter teaspoon, chili powder
- One pound, ground beef
- One teaspoon, mustard

#### INSTRUCTIONS

Combine diced onions, ketchup, pepper and chili powder. Bring to a boil. Add ground beef and cook for five minute while breaking up the beef. Add mustard. Stir well. Serve on buns.

Back in the day, every church, club or service organizations published its own cookbook, featuring hearty meals designed to fill bellies for not a lot of bucks.

"The Midwest was especially known for its comfort food," Poole said. "We sure loved our Jell-O salads, Fruit Ambrosia, Tater Tot Hot Dishes and Ketchup-smothered meatloaf."

However, if company was coming, why not try something a bit fancier.

#### BEEFY SHEPHERD'S PIE INGREDIENTS

- One pound, ground beef
- One medium onion, chopped
- One jar, mushroom or beef gravy
- One-and-one half cup, frozen peas and carrots
- One-fourth teaspoon, pepper
- Two-to-three cups, prepared mashed potatoes, warmed
- Two tablespoons, shredded Parmesan cheese

#### INSTRUCTIONS

Preheat oven to 450 degrees. Heat large nonstick skillet over medium heat until hot. Add ground beef and onion. Cook and break into crumbles while stirring occasionally. Remove from skillet with a slotted spoon, pouring off the drippings. Return beef to skillet while stirring in gravy, peas and carrots. Season with pepper. Spoon in the beef mixture into a two-quart baking dish. Top with potatoes, spreading it evenly. Sprinkle with cheese. Bake in a 450 degree oven for 25-30 minutes or until it becomes bubbly and the cheese starts to brown.

Over the years, Poole said she's seen the trend toward moving away from home-cooked meals.

"Families are busy, I get it," she said. "Convenience foods, take-out foods and home deliveries are so much easier."

But such foods don't come with family histories.

Poole knows her granddaughters appreciate learning a bit about their heritage by cooking their great-grandma's Chicken Divan.

"We remember those meals because they weren't something thrown into a microwave," she explained. "Even though there were short cuts, you still had to make a commitment."

Still, every family loved its comfort food recipes, in spite of the calories.

"Those recipes filled our stomachs," Poole said. "They also filled us with a feeling of tender togetherness."

That's because Poole could tell Cessa and Luna about their great-grandmother, a nurse, and great-grandpa, who was a flight surgeon who served in Europe during World War II.

"Food is nourishment but it can bring a slice to normalcy to our lives through fun stories, laughs and appreciation for simply being together," she said.



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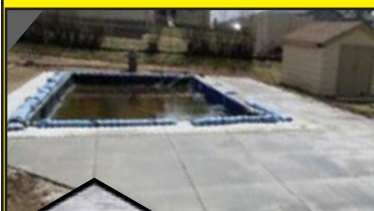


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# WHAT YOU DON'T KNOW ABOUT LAWNS

## *A springtime Q & A*

Text by *Mason Dockter*

What happens to a lawn in the wintertime? Does all the grass die, and then resurrect itself in the spring?

And is raking really necessary, or is that something people do out of a sort of compulsion?

The following is a springtime lawn-care question-and-answer session with Lance Britton, president of Sioux City's Sharp Lawn Care, Inc. The conversation has been edited for clarity.

**MD:** In the springtime, after the winter, most of the time lawns are looking kind of sad, right? What happens to lawns during the winter. Do

they freeze to death? Salt probably damages them.

**LB:** They can freeze, depending on if we get a quick freeze after a thaw cycle, something along those lines, where there's moisture in the grass that can freeze. You can get snow mold, there can be damage from rodents, voles. There can be damage from voles throughout the winter. (Note: A vole is a type of rodent, somewhat similar in size and appearance to a mouse.)

**MD:** Snow mold, was it? Is that like a fungus of some sort?

**LB:** Yeah, basically, if the ground has excessive snow and excessive compaction where it can't drain away and it's not getting that sunlight on it to dry it out and so forth, it can get a mold on it, and cause that grass in that area to die.

**MD:** Are there any other types of wintertime damage that occur? Is salt an issue?

**LB:** Yes, salt will most definitely kill the lawn if there's salt in that area. If there were excessive weeds or crabgrass going into the season, then that's going to be a problem as well.

**MD:** I've wondered for many years — you see the lawn looks like it's dead, right, sometimes in the spring, and then it turns green again.

**LB:** It goes into dormancy.

**MD:** Does it re-seed itself, or do the blades of grass just spring back to life?

**LB:** The annual grasses will germinate. The perennial grasses, the grass that we typically have, they just come out of dormancy.

**MD:** Do you get a lot of comments from people in the springtime who are like, 'My lawn looks really bad?'







**LEFT:** In a Siouxland Life Q & A, Sharp Lawn Care president Lance Britton says keeping a lawn clean in the fall, ahead of winter, will help prevent problems like "snow mold" and infestation of voles, a type of rodent.

**RIGHT:** Properly cared-for lawns should have no problem springing back to life in the springtime, says Sharp Lawn Care president Lance Britton.



**LB:** Yes and no. If someone's not getting regular aeration, and a fertilizing and weed-control program, they're going to be the ones who are going to be susceptible to that. But if they're on a good fertilize and weed-control package, with aeration, then typically there's really not a problem with it. Voles can still possibly be an issue if the cleanup wasn't done properly. If they didn't do a good fall cleanup, and they left the grass long and lots of debris and thatch, leaves on the lawn, then that can be an area that the voles would like to get into, seek refuge in that area to protect themselves.

**MD:** For those who are experiencing lawn-care issues, what would be some strategies for them?

**LB:** It depends on how bad it is, because a lot of that time, portions of the lawn, most of the lawn, just depending on how much of it is bad, may need to be re-seeded or sodded. But then you face some other issues with weeds and so forth. If you seed in the spring, you can't put down a pre-emergent, a crabgrass pre-emergent or a post-emergent weed control, until the grass has matured enough. Otherwise it'll stop it from germinating and/or kill it, just depending on where



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*It pays to do yard cleaning in the fall so it isn't such a daunting task in the spring.*

it's at in its life cycle. Then you face some other issues throughout the year with weed control. So it just depends on how bad it is, what the solution is.

**MD:** Sometimes in the summertime you'll see those little signs in the lawns that say, 'This lawn has been sprayed' or whatever the wording is, 'Stay off it' — is that just a general cautionary thing, or, the lawn chemicals that

get applied, are those — for example, if I'm walking the dog, do I need to really keep him far away from that lawn?

**LB:** You should. Iowa law requires that we post those signs in the lawn after we spray chemicals, and that people are supposed to stay off it for 24 hours. The products are all different, and so some of them, and most of the ones that we use, are 'Stay off it

until it's dry.' And that's anywhere from 15 minutes to an hour, just depending on the weather. And after that it's not a problem. But what we don't want is, we don't want pets sitting out in that lawn, grazing on that grass, especially in that first 24 hours. Because then we could be getting it into their system. But, as a general rule of thumb, you see the sign, you should stay off.



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# HOME BOUND

*Yoga instructor's classes move into her house due to pandemic*

Text by Mason Dockter  
Photography by Tim Hynds

Even yoga gets disrupted when there's a pandemic.

Erin Kuehl, who runs Evolve Yoga & Wellness on Pearl Street, held her last in-person yoga class in the middle of March, just when the COVID-19 pandemic was beginning to turn everyday life upside-down.

The following week, she began teaching yoga from home on Zoom, the videoconferencing app that became a communications bulwark as people self-isolate. The students, watching Kuehl on screens, practiced yoga in their own homes.

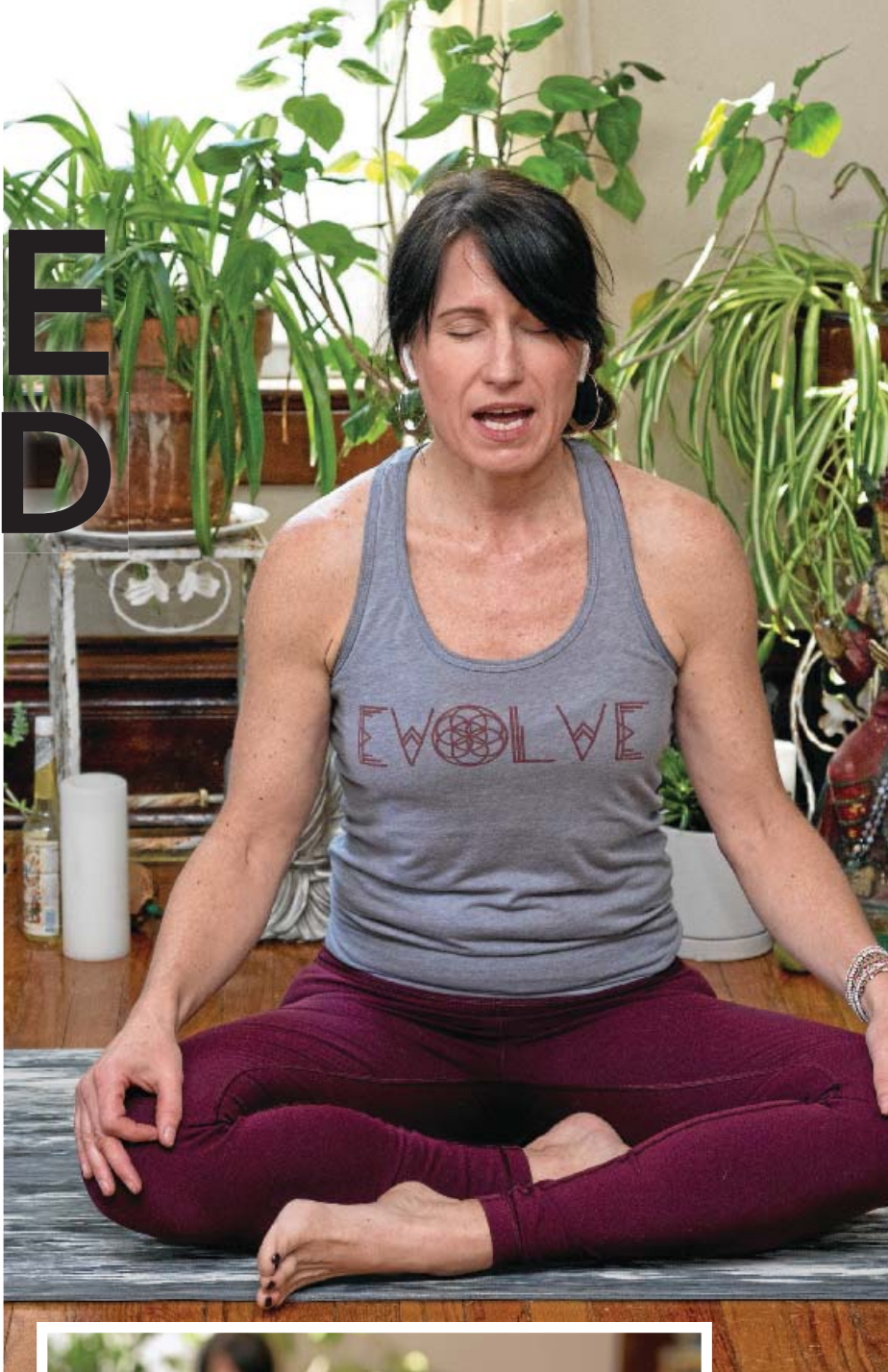
It was a first for Kuehl, who in nearly nine years of teaching yoga had never taught online — she had been aware that online yoga classes were “on the horizon,” but COVID-19 forced her to pivot to video instruction quite rapidly.

“They’ve been very well-received. We offered a discounted pricing option for those that have been financially affected by the situation that we’re in,” Kuehl said of the online classes.

Still, for some students, it seems that online yoga isn’t quite what they were looking for — class attendance has been cut by about three quarters. “So we’re still really, pretty drastically feeling the effects of the situation,” Kuehl said.

But sadly, the alternatives are non-existent — physical yoga gatherings are somewhat anathema to social distancing guidelines.

“We are in close proximity to each other, people are sharing space, people are sweating, it’s like a gym in that aspect,” Kuehl said of in-person yoga.



With her cell phone in the foreground, Erin Kuehl of Evolve Yoga & Wellness teaches a yoga class from her Sioux City home via the teleconferencing app Zoom April 17. Yoga and fitness studios have had to change the way they operate in the wake of the COVID-19 pandemic.







The class schedule had to be changed around — where Evolve once offered four to five classes a day, now only two are offered. Some of the studio's instructors opted not to teach web yoga classes.

A selection of Evolve's yoga classes are also offered free on Facebook live.

It might not appear that there's much overlap between yoga, a popular discipline of breath control, special postures and meditation that originated in Hinduism, and the COVID-19 pandemic, but Kuehl said the soothing practice has value during this chaotic and frequently unpleasant time.

"We are offering a more mindful class, a more gentle class, and there's a lot of people that come to that," she said. "That seems to really help with their stress levels."

Moreover, yoga can be done at home with minimal equipment and space. Kuehl said all that's really needed is a yoga mat and some sort of sturdy object to use for balance. And of course a phone, tablet or computer to connect with the class. Besides that, no fancy equipment is needed.

Kuehl offered no predictions for when yoga classes will move out of her house and back into the downtown studio. It depends largely on when officials begin to warm to

the idea of opening things back up: "Right now, we're just following the guidelines that are set forth by the experts."

Zoom is still an imperfect medium for yoga classes. The videos work fine live, but Kuehl has run into problems recording lengthy sessions for students to use on their own time. And web-yoga isn't completely analogous to the in-person kind.

"As an instructor, I am able to look out at my students and offer more effective cue-ing about their practice, how to get into certain positions or go deeper into certain positions, when I can physically see them," she said. "I can see areas

where they might need assistance. If something might look like it might be creating a little bit of (discomfort), I might be able to offer some guidance to help them ease into the pose a little bit more.

"So, that aspect is removed. There is definitely an energy that is held in the room, in the space of the room, in a yoga class, and that is obviously not available anymore," she added. "But, you know, when we are able to connect virtually, it was such an amazing thing to see all these people's faces, virtually, and to connect that way. It was completely different, and the class was different, but there was still something about that connection."







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# ASK THE DOC?

ANSWERS TO YOUR MEDICAL QUESTIONS



## MEET THE DOC

Dr. Destiny Miller is a native of Vail, Iowa. She completed her undergraduate training at Briar Cliff University, where she majored in nursing and pre-med. Miller worked as a registered nurse for two years before starting medical school. She completed her medical school training at Ross University located on the island of Dominica in the Caribbean. She is a family medicine resident physician at Siouxland Medical Education Foundation.

## Allergies, coronavirus fears and leg woes are among the concerns

### **I started physical therapy for my knee. How long will it take before I see results?**

Every patient is different in regard to the healing process and how long it takes. Whether you're doing physical therapy for a torn meniscus or following a knee replacement surgery, the underlying reason for the physical therapy will also be a factor in how long it will take before you see results. On average, most people will likely start to see results within four to six weeks and most physical therapy courses last six to eight weeks.

Results patients may see include less pain, stronger muscles or an increase in range of motion. Often times, patients will get frustrated because they expect to see or feel results right away. This can lead to patients choosing to stop their physical therapy course before the recommended amount of time which ultimately hinders and prolongs their recovery. Physical therapists are likely to start seeing results and improvements sooner than the patient themselves.

### **Allergies vs. colds and flu. Are there real differences when it comes to runny noses and sneezing? How can I tell if it's just my allergies acting up?**

When it comes to allergies and colds, they both tend to have common symptoms. However, there are differences amongst the two that can help you distinguish what is going on. With colds, these are generally symptoms that come

on suddenly and tend to be resolved in seven to 10 days.

Allergies tend to occur at various times throughout the year, particularly in the fall and spring. These symptoms tend to come on gradually and are going to linger on and last as long as you are being exposed to the allergens. When allergies occur, some symptoms that occur that tend to set it apart from colds include sneezing, itchy/watery eyes, and wheezing or shortness of breath.

Most colds are caused by viruses and treatment is symptomatic including nasal decongestants, Tylenol, ibuprofen, cough syrup/drops, etc. However, with allergies, symptoms can be controlled by using daily allergy medicines such as antihistamines, nasal sprays, moisturizing eye drops, and sometimes even inhalers for respiratory symptoms. People can have allergies to specific products or medications but they can also have what we call "seasonal allergies". With seasonal allergies, these symptoms tend to occur at specific times throughout the year, particularly in the fall and spring; thus, why we call them seasonal. Most individuals with seasonal allergies tend to know when their symptoms will start acting up and therefore only take medication during the time when their symptoms are present. This generally helps keep their symptoms under control or at tolerable levels.

### **Are there breathing exercises we should do to strengthen our lungs, particularly if we're fearful of getting the coronavirus?**

There aren't any specific lung "exercises" that are going to prevent viral and bacterial infections. However, often times when patients are hospitalized, they are

given an incentive spirometer while in the hospital. The incentive spirometer is a small device that you use to take slow, deep breaths to help expand all the alveoli or little air sacs in the lungs. By doing this, it helps keep those little air sacs open which ultimately helps keep your lungs healthy and functioning to the best of their ability. While not everyone has an incentive spirometer at home, an alternative would simply be just taking big, slow deep breaths multiple times throughout the day. Ultimately, the No. 1 best thing to do for your lungs to help keep them strong is to avoid second hand smoke and stop smoking and/or vaping if you currently do so.

### **How common is arthritis in young people? Should they be worried about long-term problems or is that rare?**

Arthritis is not a common thing that occurs in the younger population. It is more common as we age, due to the wear and tear on our joints. However, there is a form of juvenile arthritis such as idiopathic arthritis. This is an autoimmune arthritis, meaning that the body's immune system is attacking the healthy tissues in the joints of the body. Most of the time, this is a chronic or life-long diagnosis. There have been cases however, where patients' symptoms seemed to have subsided or resolved before adulthood. Furthermore, with early diagnosis and treatment, including medications and physical therapy, patients can live long, healthy lives.

### **What are some good practices regarding mental health during all this self-quarantining? Can you recommend things we should be doing?**

Whether it's a self-quarantine or a





mandated quarantine, staying mentally healthy is just as important as staying physically healthy. This is a challenging time for everyone in some way, shape or form but there are things that we can do to help keep us mentally healthy. Take some time every day to meditate or have some mindfulness. During this time focus on your breathing. Reflect on the positive things that are occurring. This would also be a good time to reflect on your faith and pray. Let your higher power know that you need some extra help during this time. Obviously during this time, we can't go see our friends or family. However, with all the technology

and social media today, use that to your advantage and connect with your loved ones. With a large number of people working from home along with their children being home as well, this can lead to some stress. It's okay to go outside, take a walk and have some alone time.

Take as much time as you need to so that when you return home, you are refreshed. If you're a routine type of person, make a routine and stick to it. For those who do suffer from mental health issues and receive routine care, reach out to your mental health office.

While clinics aren't doing many in

person visits, most places have transitioned to telehealth visits by either phone or video. This is an alternative way to receive your routine care, but know that it will be just as effective and it will help keep you mentally and emotionally healthy. And, lastly, remember, we are all in this together and this too shall pass.

### **What are the health benefits of simple activities like walking around the block or lifting light weights? Can we see results?**

When it comes to physical activity, whether it's simple or complex, any activity is better than nothing. Doing simple things such as walking or lifting light weights, these activities are going to help patients maintain their strength and range of motion. Generally, people who routinely walk tend to gradually start building up their endurance by being able to walk farther and even faster. When lifting weights, if it is a consistent amount of weight, this is going to help maintain what muscle mass you already have. If you are looking to build up your muscles you will need to start increasing the amount of weight you are lifting. Obviously everyone's exercise goals are different. The simple activities listed above are great for older people to help them maintain what they have. The American Heart Association recommends at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both along with at least two days a week of muscle strengthening activities. All of these activities should be spread throughout the week. Examples of moderate-intensity include brisk walking, water aerobics, riding a bike, or pushing a lawn mower. Vigorous activities include jogging, running, swimming laps or riding a bike fast or up hills.

Another way to judge the intensity of your activity is using the talk test. If you are able to talk and hold a conversation with someone, this is considered moderate intensity. With vigorous intensity, you shouldn't be able to say more than a few words without having to pause for a breath. As with any exercise or activity, over time, you will start to see results in different ways such as endurance, speed, strength, range of motion, etc.

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### **WHAT KINDS OF HEALTH QUESTIONS DO YOU HAVE?**

Submit your questions and they may be used in this regular feature. Write to Siouxland Life at 515 Pavonia St., Sioux City, Iowa 51102.



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A collage of three video thumbnails from Siouxland FCU. The left thumbnail is titled "Online Banking" and lists features like "More Control", "Your Online Branch", and "Help deliver for". The middle thumbnail is titled "Popmoney" and describes it as an "innovative personal payment service" that is "Easy To Use", "Very Secure", and "Easy To Access". The right thumbnail is titled "Online BillPayer" and describes it as "The fast and easy way to pay bills", listing features like "Easily add companies", "Set up reminders", and "Make recurring payments". A central text box with a red border is overlaid on the collage.

**Watch videos to help take you through how to set up and use online banking products and features.**

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Stay safe and we look forward to seeing you soon.



# WORKING OUT WHILE QUARANTINED AT HOME

Meet Trevor.

Trevor is a personal trainer who actually thinks I have a tape measure to record the size of my arms, legs, hips and waist. Trevor doesn't know I have a yardstick from the Home Show that does most of my measuring.

Still, he's convinced I will see changes in two weeks.

Trevor also thinks I'm able to do some barbaric exercise called a "Burpee." Little does Trevor know.

I found him on Twitter during the coronavirus pandemic and, let's face it, if someone wants to help me, I'm game.

Trevor said he'd devise a two-week workout plan that I could do in my home without equipment.

Considering I've been wearing sweatpants since this "work at home" thing started, I was game. (Also, I happened to put on "real" pants one day and discovered the zipper wasn't as cooperative as I might have liked.)

Trevor, who's based in Tampa, has a personal training business that has had impressive results. I saw photos of folks who, like me, were carrying enough spare tires for a minivan and how he transformed them.

Accompanied by plenty of encouragement, the plan came, complete with links to videos of him doing the moves so you won't mess up. If they seemed too simple, his girlfriend, Kassie, shows an "advanced" option. (Needless to say, I won't be entering Kassie's classes anytime soon.)

The first day wasn't a snap. Trevor likes lots of repetitions and isn't afraid to push you even more just when you think it's the end.

Soon after I scraped myself off the floor, he sent a text: "How did it go?" It was like he was spying on me in the house, knowing I was one number away from dialing 9-1-1. He told me to hang in there.

Because I'm not at a gym, I have one 10-pound weight to work with for some of the "weightier" moves. I found a water bottle I could turn into another one



MICHAEL A. MAUREEN PHOTOGRAPHY  
That's Trevor and Kassie, looking fit.

## HOW TO MEET TREVOR

You, too, can find Trevor's workout program. He's located at [trevor-real.com](http://trevor-real.com) and, yes, he knows what to do.

and, on day two, I was squatting with the best of them.

Trevor has all these moves only a stunt man could do (Lying Scorpions? Pulsing Sumo Squat Jumps? Bear Kickbacks? Paging: Jason Statham.)

I have come up with my own, unprintable, names for them. One day, I

texted Trevor: "Covid-19's nickname is Trevor."

His response: "One of us enjoys making people suffer...and the other is a virus."

Funny.

I realize I'm a good 30 or 40 years older than Trevor, but he does make it seem like washboard abs (like he has) are possible, even for somebody who boasts washing machine flabs. I know because I've felt muscles in my stomach that aren't just for expanding.

I've borrowed a tape measure (can't get one, remember, stay at home) and have seen some movement in the right direction. But I'm not there yet, nor am I good at executing all of the moves.

I look at the day's line-up and recoil once I see the list of circuits and the number of rounds. Trevor has his own acronyms, too. "AMRAP," he writes next to his abs round. AMRAP means "as many reps as possible." In my world, that means "one."

He also has a thing for planks — all kinds of planks. In those "how-to" videos, Trevor makes them all look so fluid. Because I'm doing planks on carpeting, I have rug burns. Coming after three or four other circuits, I'm practically one with the wall-to-wall.

Because I want something positive to come out of this "quarantined at home" moment of my life, I'm determined. I have pushed a day's workout to midnight, just to avoid the sweat-athon. But I'm not giving up.

I'm closing in on the two-week deadline and I'm hoping that my "after" picture doesn't look like my "before."

Sensing I might bail, Trevor has a "Day 14" workout that's shorter than the 13 that precede it.

It doesn't have a single Burpee or a side plank. But there is something called a "pendulum plank" that worries me.

Somehow, I get the feeling it involves suspending yourself from the ceiling with that tape measure and moving like a Cirque du Soleil pro.

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