

What's the hot
new neighborhood?

The tops in countertops
may not be what you think

Turn your home
into a resort

Siouxland Life

A GUIDE FOR LIVING IN SIOUXLAND

BUILDING BOOM

NEW HOMES, HISTORIC
RENOVATIONS THRIVE
IN SIOUXLAND

& NEW WAYS TO SPRUCE
UP YOUR HOME

SPRING 2021

SIOUXLAND LIFE IS ON THE WEB! VISIT WWW.SIOUXCITYJOURNAL.COM/SIOUXLANDLIFE

Wish Her A Happy Mother's Day

**WITH A BEAUTIFUL BOUQUET OF FLOWERS
THE PERFECT MOTHER'S DAY GIFT!**

FREE DELIVERY FOR MOTHERS DAY!

Petal Pusher Has Flowers For Mother's Day That Will Suit Any Style And Offers Mother's Day Flower Delivery To All Of Siouxland Or Nationwide!



Sophisticated
Whimsy Bouquet



Shine In Style
Bouquet



Pour On the
Beauty Bouquet



Out Door Plants



FRESH FLORALS | KEEPSAKE CONTAINERS | OUTDOOR PLANTERS

Visit Our Website www.katespetalpusher.com For Beautiful Suggestions Or Call And Let One Of Our Talented Floral Artists Create Something Special For You!



201 S. Derby Lane
North Sioux City, SD
605-232-8856
800-232-5955

Siouxland Life

If you're looking to get into a bigger home, now may be the time. Experts say we're in a seller's market, which means your current home won't linger on the market very long. Thanks to low interest rates, it also could be the time to build your dream home. We've got plenty of ideas this month – ones that can jumpstart the planning process.



4 A HOME TO WARM TO

Thanks to great finishes and woodwork, this home is a real treat, inside and out.

32 THE FOOD THAT'S HIP

After you've tired of cauliflower, it's time to turn to another nutrition booster – the chickpea.



ON THE COVER

A sign of the boom: Hovey Construction employees Edgar Gonzales and Marvin Ramirez work to install sheathing on a home under construction on East 19th Street in South Sioux City, Nebraska.

Photograph by Tim Hynds

4	HOME a 'dear' house	28	HOME building boom
12	HOME the place to be	32	NUTRITION it's chickpeas' time
16	HOME top finishes	36	GARDEN pumpkin patch
18	HOME more than sew-sew	40	HOME reuse refuse
20	HEALTH soothing sounds	42	ADVICE medical answers
26	HOME a spa feel	47	PARTING SHOT life after vaccine

PUBLISHER Chad Pauling **EDITOR** Bruce Miller

EDITORIAL Dolly Butz, Earl Horlyk, Mason Dockter

PHOTOGRAPHY Tim Hynds, Jesse Brothers **DESIGN** Jennifer Frencl

©2021 The Sioux City Journal. Siouxland Life is published quarterly by The Sioux City Journal. For advertising information, please call Marlene Smith (712) 224-6279. For editorial information, please call (712) 293-4218.



36 PLANT THAT PUMPKIN

Now is the time to get ready for fall. Plant those seeds and be ready to reap the harvest.

HOME *a 'dear' house*



A DEAR PLACE TO LIVE





Rural home offers plenty of space to grow

Text by Dolly A. Butz |
Photographs by Tim Hydns

SIOUX CITY — Fred Yates said he and his wife Janice never dreamed they would be living in a rural development on the outskirts of Sioux City.

"I fell in love with the lot right away. We were the first to build on this street," Fred said.

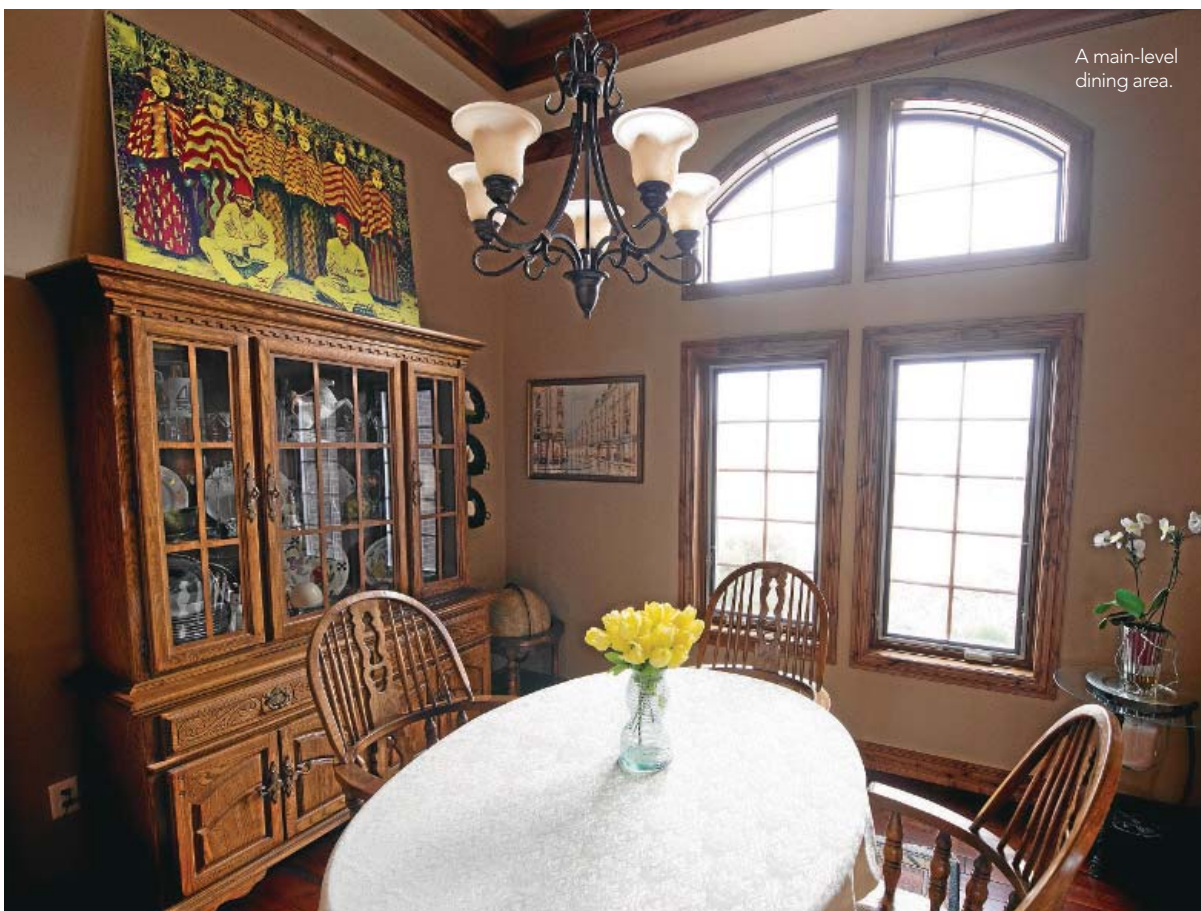
The Yateses moved into the custom-built five-bedroom, five-plus bathroom home at 1 Bollmeyer Ave. in the spring of 2016, and they've been taking in the spectacular views of



Fred and Janice Yates are shown above in a backyard entertainment area of their home, 1 Bollmeyer Ave. in rural Sioux City. The home is plumbed for an outdoor pool. **Above:** The downstairs entertainment area and wet bar are just part of the basement which includes space that could be transformed into a theater and bar area.



The pan ceiling in the family room is cherry wood, as is the floor.



A main-level dining area.





A wine bar is located off the gourmet kitchen.

Fred and Janice Yates are shown in a living room area of their home, 1 Bollmeyer Ave., in rural Sioux City. The brick home has five bedrooms and five and a half baths.



A dining area and the kitchen feature knotty pine cabinetry and cherry wood floors.

rolling farmland and wildlife ever since. Now, with the home up for sale, someone else will get to enjoy those breathtaking views.

"It's tremendous," Fred said. "We've had deer living in our yard all winter."

Fred said the 4,700-square-foot brick home, which features a four-car garage, large wrap-around deck, triple-glazed windows, and crown molding throughout, was built by Kelly Volkert Construction, of Ponca, Neb., with the best materials. He said it's well-insulated from the basement floor to the roof's peak.

"It's just as warm in that attic as it is in this area here," he said standing in the home's foyer on scraped and gouged cherry wood floors, as light poured through the windows.

Dramatic archways and columns denote separation between the living room, formal dining room and family room. There are four different ceiling heights in the home, with the highest reaching 14 feet.

"We love the high ceilings," Janice said.

Every counter in the home is granite. The neutral color palette is carried throughout the house, as is the knotty



Homeowner Janice Yates said the warming drawer, which is located in the gourmet kitchen's island, is one of her favorite features.



pine woodwork and cherry wood floors. In fact, the pan ceiling in the family room is cherry wood, too.

The spacious master bedroom is one of three bedrooms on the main floor. It has sculpted carpet, a large walk-in closet, tray ceiling with crown molding, and its own private deck, which can be accessed through sliding glass doors.

"Every room has a view," Janice said. "This is a separate deck. It's pretty cozy."

The master bathroom has a spacious walk-in shower, heated floor, jetted tub and separate vanities, each with its own sink and storage. Fred said it's one of the rooms he's going to miss the most.

"It's large. You both can be in here doing your own thing," he said. "But, the feature I like most in the house changes the air in the house in 15 minutes. It will pull all the air and dump it out through a vent."

Another space where nobody is anyone else's way is the gourmet kitchen and wine bar, which is located on the other end of the home. The countertops



Mother's Day

10% Off any

Back Pack or Purse Sets

Exp: May 31st 2021






3085 Floyd Blvd • (712) 577-4654

Tuesday - Thursday: 11:00 AM - 6:00 PM

Friday: 11:00 AM - 7:00 PM • Saturday: 11:00 AM - 7:00 PM

Closed Sunday and Monday • Check us out on [f](#)

Your Home Improvement Relief Team

Quality Plumbing Co.



1018 W 7th St. | Sioux City, IA 51103

Phone: (712) 252-3535 • Fax: (712) 252-2065

Email: qualitytjb@aol.com

Teamwork...together we achieve the extraordinary

After Hours Emergency: 712-490-9603

Mon. - Fri. 8:00am - 4:30pm; Sat. & Sun. Closed



Bobcat®

Sooland Bobcat

3109 Highway 75 N., Sioux City, IA 51105

712-277-8066 | www.soolandbobcat.com

Serving Siouxland Since 1969

Locally Owned
Family Business



- Roll-off Boxes
- 20, 25, 30, & 35 Cubic Yards

- Septic Tank &
Commercial Pumping

- Portable Toilet Service
- Our mission is to have the cleanest portable toilets in the area, with the best Service!



We're Number One in
The Number Two Business!

Lindblom Services, Inc. • 800 Clark St., Sioux City, IA 51105

712-276-8900 • lindblomservices.com

Hammond Drywall, Inc.

**For Commercial and
Residential Remodeling!**

Quality at a Competitive Price!

Call Randy Hammond

cell # 712-490-1642 • home # 712-876-2890

hammonddrywall.com

Sales, Service & Installation



O'CONNOR

Heating & Cooling

Free Estimates
on Replacement



\$79 AC Check Up

24-Hour Emergency Service

Licensed • Insured • Bonded • Financing Available

www.oconnorhvacscia.com

712-490-7827





The en suite master bath has heated floors, a jetted tub, walk-in shower and plenty of space.



Lake-themed decorations are shown in a lower-level entertainment area at the Fred and Janice Yates home in rural Sioux City.

are granite and cabinets knotty pine. One of Janice's favorite features is the warming drawer in the island, which keeps casseroles hot.

Rita Schlotman, a real estate agent with Coldwell Banker, said the home is ideal for someone who wants to entertain and has a large extended family.

"It has every bell and whistle — soft-close drawers, custom cabinetry," she said of the kitchen.

Open a set of French doors off the kitchen/eating area and walk onto the main deck. If the next owners want to add an in-ground pool, the perfect spot awaits them below. There's even convenient outdoor access to a bathroom.

"It's all plumbed for a pool," Janice said.

The basement includes two more bedrooms, a laundry room for guests, an entertaining area with a fireplace and kitchenette, a four-seasons porch and ample storage space.

Fred said one of the rooms, which they are using for storage, would be ideal to transform into a theater and bar area.

"There's plenty of room to grow yet," he said.



A main-level seating area could be ideal for a home office.



The home has five bedrooms and five and a half baths.

LUXURY REAL ESTATE:

Redefined, Unique, Intriguing

513 Bluestem Trail, Dakota Dunes, SD



5
3
4



Custom designed home on a corner lot with lots of curb appeal. Custom kitchen with hickory cabinets and granite counters. Great views from the 4 season room.

\$515,000

266 Firethorn, Dakota Dunes, SD



5
5
3



Impressive 1 1/2 story home on a .73 acre golf course lot. Brazilian walnut floor in Dining Room, Living Room and Office. Bright and welcoming Kitchen.

\$550,000

2629 Glen Ellen Road, Sioux City, IA



5
3.5
3



Custom built ranch on a .59 acre lot with golf course views. Fabulous entertaining area outside with inground pool, outside bar and gazebo. Gourmet kitchen with oversized island and granite counters.

\$725,000

901 Willow Circle, Dakota Dunes, SD



3
2.5
2



Townhome with lots of updates including new interior and exterior paint, new Trex deck, new wood floors, and updated master bathroom, just to name a few.

\$415,000

163 Levee Trail, Dakota Dunes, SD



5
3
3



Ranch home on a cul de sac in the Meadows. This home has a designated office with built in desk for two. Split bedroom plan.

\$400,000

823 Crooked Tree Lane, Dakota Dunes, SD



4
3.5
3



This townhome has golf course views and has zero entry to front door and off garage. Gourmet kitchen features custom cherry cabinets.

\$600,000

CENTURY 21
ProLink

1114 4th St, Sioux City, IA 51101

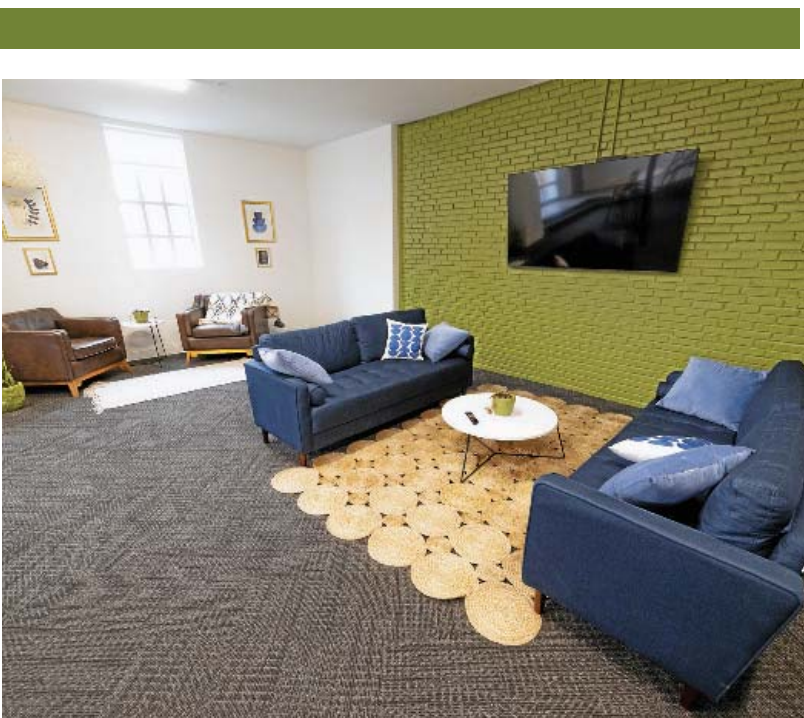


Barb Maxon
712-253-3647
Licensed in IA, NE, SD

HOME the place to be



Apartments, above, and common areas, right, reflect a hip sensibility.



The community room at Bluebird Flats is open to all residents of the building.



There's plenty of room to entertain in shared areas.

The rooftop garden on the fifth floor at Bluebird Flats is open to all the building's residents in 2020 in downtown Sioux City.



URBAN RENOVATION

Downtown Sioux City is a trendy place to call home

Text by Dolly A. Butz | Photography by Jesse Brothers

SIOUX CITY — Zac Cunha is looking forward to moving into a two-bedroom apartment at Bluebird Flats in Sioux City's downtown, a neighborhood that's trending once again.

Cunha, Briar Cliff University's football coach, said he and his fiancée chose to reside downtown at Bluebird Flats, in part, because they can easily walk to shops and restaurants.

"We really like the building and just the style — the retro feels with modern touches," Cunha said on the day he was set to pick up the keys to his apartment, which features a spacious open-concept kitchen/living area and large windows. "I really like the history of the building, as well."

J Development has spent the past several years developing the old Com-

merce Building, a brick structure at 520 Nebraska St., into Bluebird Flats. The complex features 71 apartments and roughly 12,000 square feet of commercial space. The Omaha-based developer also renovated the Hatch Building, 413 Pierce St., into Copper Flats, 30 one- and two-bedroom apartments and a vast retail space. Both properties offer rooftop decks with firepits.



Renovations finished at Bluebird Flats apartments late last year in 2020 in downtown Sioux City.

Husqvarna

VIKING®

Epic 95Q



LOADS OF BUILT-IN ASSISTANCE TO HELP YOU GO FROM GOOD TO GREAT SEWING!

Granny's Stitches
WITH VIKING

3806 Floyd Blvd., Sioux City, IA • 712-239-0457
grannysstitcheswithviking.com

Valid at participating, authorized HUSQVARNA VIKING® retailers in USA. VIKING is a trademark of Singer Sourcing Limited LLC. HUSQVARNA and the "H" Crown Device are trademarks of Husqvarna AB. ©2018 Singer Sourcing Limited LLC. All rights reserved.



A model apartment has large windows that offer great views of Sioux City. Modern finishes are part of the kitchen areas in the apartments.



Stackable washers and dryers are attractive to apartment dwellers.

Build Your Dream Home!



Make your home more energy efficient and save on energy costs! We'd be happy to arrange a demonstration of a new OPTIMA system.

Call today
Klein Insulation Inc.
800-515-5691 or 712-540-5691

Locally owned since 1994
Northwest Iowa Dealer BIBS
(Blow In Blanket System)



Hot new colors mingle with classic architecture.

"We love old buildings. We love to restore them and make new uses for them. We just really felt that Sioux City has so many great assets and art and culture. What it was missing was lot of options for downtown housing," said Julie Stavneak, principal with J Development. "The more people who live downtown, the more successful the businesses are."

Sioux City Economic Development Director Marty Dougherty said rehabbing historic buildings into living spaces is a strategy that Des Moines, Omaha and other cities across the country have taken to revitalize their downtowns.

"When you have older historic buildings, they start to become functionally obsolete. Maybe they were built as office buildings, but the upper floor spaces are not large enough by today's standards," he said. "A strategy that a lot of places have followed, and we've been following in Sioux City, is see if you can get these buildings renovated and maybe use the first and second floors for commercial uses and use the upper floors for residential. The key there is we're trying to make that be market-rate residential."

Dougherty said having a lot of people residing there not only brings life and activity to downtown, but it also provides a lot of support for restaurants and other businesses.

"I think it's working. I think it's effective," he said of the strategy. "You see one by one these historic buildings being renovated and filling up with people. And then, the other cool thing is, after you get to a certain level, you kind of start to run out of those buildings and you start to see new buildings built."

Stavneak said the "hip, cool, lofty, urban apartments" that Bluebird Flats and Copper Flats offer appeal to young professionals, many of whom moved in from out of town.

"There are people that are commuting to Blue Bunny in Le Mars. We're seeing quite a few nurses," she said. "It's young professionals coming in for a variety of different jobs."

Here Comes The Guide

Your local wedding planning resource



Dakota Dunes Country Club

Banquet Room Seating Up To 250
Jim Tieck, Food and Beverage Director
Jtieck@dakotadunescountryclub.com
605-232-3000



Your ad for all things
Bridal could be here!

Simply call

Gloria Wells
@ 712-293-4212



COUNTER

Quartz wins the countertop contest

Photographs by Tim Hydns | Text by Dolly A. Butz

SIOUX CITY — With home sales booming in the Sioux City metro, Laurie Baldwin, co-owner of Solid Fabrications, Inc., said she's "blessed and stressed."

It's a busy time for the solid surface fabricator located at 2515 Murray St. Baldwin said she works with a lot of customers who are looking for a new countertop simply because they're planning to sell their homes in the near future.

"I think it's always a good idea to upgrade your kitchen, because it's one of the rooms that people look at when buying a new home," she said. "We actually have people who come in and say, 'I'm going to sell my house. I need a new countertop.' Why don't you get it now and live with it for a few years before you sell your house?"

Baldwin said quartz, an extremely durable and non-porous mineral that won't stain and doesn't require sealing, remains one of the top choices for kitchen countertops. Quartz is mined, crushed up, mixed with resin and then poured into slabs.

"I'd say it's been growing within the last 10 years, for sure," Baldwin said of quartz. "The product came out in the late-'90s. It's really just been taking off."

Although white and gray are still very popular for countertops, Baldwin said she has seen an increase in a request for softer off-whites and beiges. She said the latest designs from Cambria, a family owned producer of quartz surfaces, feature green veining against a white backdrop.

"There are many different options available as far as color.



Laurie Baldwin shows a sample of Cambria's "Nevern" color quartz.

INTUITIVE

You can start from the original rocky look, and it's kind of trended to more movement and subtle changes in the counter-top," she said. "Now, the latest trend is to have the big large vein movement."

Baldwin said sometimes homeowners will opt for a more neutral, quieter pattern for the perimeter and then choose a design with a lot of movement and color for an island.

When it comes to selecting a quartz countertop, Baldwin suggests picking a color group first and then considering how much movement you want in the pattern. Entry level pricing for Cambria, which offers a lifetime limited warranty, begins in the upper \$80s per square foot. Baldwin said there are a dozen different front edges available with Cambria quartz at no additional charge.

"Obviously, the color is the main choice, but some of the other options are what kind of a sink are you going to like — a quartz-type sink or a stainless steel sink," she said. "Another thing to think about is the backsplash — if you would like a

4-inch backsplash, no backsplash or a backsplash that goes all the way up to your upper cabinets."

Baldwin encourages customers to take samples home with them so they can see what the product looks like in their spaces.

"Obviously, their light is different. They might have more natural light than we do," she said. "Color looks very different in different environments."

Baldwin said turn around time from template to installation for a Cambria quartz countertop is about four weeks. She said it generally takes half to three-quarters of a day to install a quartz countertop in a standard kitchen.

"Our templator draws it and then we send the file our supplier in Omaha and they cut it. When we get it, it's all ready to install," said Baldwin, who noted that there is no waste with Cambria quartz. "These other brands that we carry, you have to get the whole slab. If your project needs a slab and a quarter, then you'd have to pay for the two slabs."

HOME *more than sew-sew*



SEW, WHAT'S NEW?

*New audiences clamor
for a classic hobby*

Text by Earl Horlyk |
Photography by Jess Brothers

After 14 years in business, Granny's Stitches had its best year ever.

Owner Jeanne Matlock credited an unusual reason for the new interest in the 3806 Floyd Blvd. sewing machine, fabric and notions store.



Jeanne Matlock, owner of Granny's Stitches with Viking, works with a Husqvarna Viking Designer Epic 2 embroidery sewing machine.

"COVID-19 got people sewing again," she said.

AN OLD HOBBY GETS RENEWED INTEREST

"When the pandemic first hit, we started making protective face masks," Matlock explained. "As the demand increased, more people volunteered their time to help us."

Once enough masks were made, volunteers discovered they enjoyed sewing and kept at it.

"People often learn how to sew when they're young and in school," Matlock said. "Then, they start having families and careers. Time quickly comes at a premium."

THERAPY WITH PINS AND NEEDLES

When the world shut down due to COVID concerns, work responsibilities changed and people were suddenly spending more time at home.

"This is where it all started," Matlock noted. "People were at home, they were bored, and old hobbies started looking better and better."

Not only that, sewing had a therapeutic effect, especially during uncertain times.

"I find working with my hands to be quite relaxing," Matlock suggested. "Other people do, too."

As a result, people felt accomplished after making cool quilts, table toppers and any number of embroidered embellishments.

"You get to be creative and have something nice to show for it," Matlock suggested with a smile. "What can be better than that?"

THE ULTIMATE 'PLAY STORE'

Indeed, she liked to call Granny's Stitches a "play store."

"It's hard to imagine a sewing shop as a serious business," Matlock said, noting that Granny's Stitches also hosts regular sewing, quilting and embroidery classes. "Our business revolves around playing with fabrics and playing with patterns."

Matlock's sister Karen March nodded her head in agreement.

Unlike Matlock, who started sewing as a child, March is a more recent convert.

"Sewing was Jeanne's thing," March said. "Me? I loved working with hair."

In fact, March was the owner of a hair salon for many years. That was, until she broke her arm.

"I knew I wouldn't be able to cut hair with a broken arm," she said. "But I discovered I could sew instead."

STATE OF THE ART TECHNOLOGY

That was true with the state-of-the-



Jeanne Matlock, owner of Granny's Stitches with Viking, watches a Husqvarna Viking Designer Epic 2 automatic embroidery sewing machine as it completes a pattern at her store in Sioux City, Iowa.

DETAILS

WHAT: Granny's Stitches

WHEN: 9:30 a.m.—3 p.m. Tuesday—Saturday

WHERE: 3806 Floyd Blvd., Sioux City

PHONE: 712-239-0457

art Husqvarna Designer Epic 2, which Matlock said is one of the most technically-advanced sewing and embroidery machines on the market.

With more than 750 built-in embroidery designs as well as on screen access to a streaming library with up to 4,000 designs, she said Designer Epic 2 takes much of the guesswork out of sewing.

"If you haven't been around sewing for a while, you'll be amazed at the new technology," she said.

Which is nice since many of Matlock's new customers are younger.

"That is the real trend," she said. "Young girls are wanting to learn sewing

techniques. This is a good sign for the industry."

Plus dads and granddads are learning the joys of sewing as well.

"Guys tend to be more enthusiastic than anyone," Matlock said. "They will come in and show us what they've just made."

HOMEMADE GIFTS ARE SPECIAL GIFTS

Matlock said she can't blame them.

"People love getting homemade gifts because it means somebody went to extra effort," she said. "Plus people love gifts that have been personalized."

"I made my grandkids bath towels with their names on them," Matlock said, chuckling at the memory. "The grandkids couldn't wait to use them."

That's right, the owner of Granny's Stitches really is a mother with the two daughters and a grandmother of 11.

The Sioux City woman is even the great-grandmother of two.

"As soon as the youngest ones are old enough, I'll teach them how to sew," she said.



FOR SALE: The Home Builders Association of Greater Siouxland's Project Home, 718 Brentwood St. (Woodbury Heights).

This home will feature 1,625 sq. ft. with 3 bedrooms, a master bedroom with master bath and large walk-in closet, living room with vaulted ceiling, safe room in the basement, and a 2 stall garage.

Contact the Home Builder's Association if you're interested in purchasing this home.

Equal Housing Opportunity.

Visit us online at www.siouxlandhba.com for a complete list of members or email us at: hbasooland@siouxland.net
3900 Stadium Dr., Sioux City, IA • 712-255-3852





Nancy Thieman, Siouxland Mental Health Center's Director of Special Projects, says sensory equipment will be installed in a 17' by 36' area behind the center's building on Court Avenue and will be funded by grant money from Mildred Anderson's estate.

AWAKENING THE SENSES

*Siouxland Mental Health will install
sensory therapy equipment with rediscovered funds*

Text by Mason Dockter | Photography by Tim Hynds

SIOUX CITY — The Siouxland Mental Health Center is preparing to install sensory equipment behind its building, using a newly found funding source.

Nancy Thieman, director of special projects with Siouxland Mental Health, said the nonprofit is planning to install outdoor percussion musical equipment, a sandbox and a labyrinth panel (a sort of large puzzle installation) in a backyard area behind its building on Court Street. The musical equipment may include an outdoor xylophone, cymbals and/or drums.

"It is for therapeutic purposes for either individuals or groups," Thieman said. "We're planning on some different musical things."

There is not yet a set date for when the equipment will be installed. "The sooner the better, we're coming into the prime season for using it," Thieman said.

Sensory integration therapy involves stimulating the senses — usually touch,

"This is something that we really want to do, but we have never had the funds. And what a safe thing to do, to be able to provide therapy outside for our kids and adults, especially in the world with the pandemic right now. So we are really looking forward to this."

*Sheila Martin
Executive director
Siouxland Mental Health*

sound and sight — in the treatment of various neurological conditions. Thieman said the musical equipment can be especially helpful for those who struggle with language and communication.

"There is no language barrier with music," she said.

According to Occupational Health for Children, an Australian children's clinical service, sensory issues can manifest in various ways — some individuals may be too sensitive to sensory stimuli, while others may respond too little to such stimuli. Autism, for example, is known to produce an aversion to loud noises in some people.

Various conditions can result in coordination problems, too little or too much activity, poor behavior and organization-skill deficits, among others. Sensory integration therapy is thought to alleviate some of these symptoms.

Please see **Senses**, Page 22

Get on the Ball this Spring

Brookside

101 Hwy. 140, Kingsley IA 51028
712-378-2595



While at Brookside stop into
Lunch 11-1 • Dinner 4-8 • Dine-in
Curbside • Carryout

The Meadows



Meadows Country Club
1483 Humboldt Ave.
Menville, IA
712-873-3184

www.meadowscountryclub.com

Bluff Creek Golf Cars & Storage



ATVs & Golf Car

Sales • Repairs
Storage • Rent-to-Own
Customization
Custom Built Sheds

712.239.0757

bluffcreekgolfcars.webs.com

3314 Highway 75 N | Sioux City, Iowa



**Come on out
and Play
Today!**



Open 7 days a week
8:00am-10:00pm
Covington Links Golf Course
497 Golf Rd.
So. Sioux City, NE 68776
402-494-9841



Majestic Hills
GOLF COURSE
2505 Boulders Drive
Denison, IA 51442

712-263-5194
www.majestichillsgolf.com

Now in Stock!!

ZERO MAINTENANCE E-Z-GO RXV ELECTRIC ELITE!!

Featuring maintenance-free lithium battery power



**Stop in &
drive the
New
RXV ELITE**

Trade-Ins
Welcome

Financing
available!!

28
YEARS IN
BUSINESS!



Senses

From 20

"They help build self-esteem and self-confidence, giving them additional stimulating things to do, and help with coping skills," Thieman said. "This helps decrease the symptoms of whatever that individual's particular diagnosis is, whether that be depression, anxiety, ADHD, post-traumatic stress disorder."

Siouxland Mental Health had been wanting to buy this sort of equipment for several years. Then at the March 16 Woodbury County Supervisors meeting, Supervisor Mark Monson proposed that a largely forgotten \$30,000 bequest that had been intended for the old County Home would be given to Siouxland Mental Health. The Board of Supervisors voted to allocate the money.

"This is something that we really want to do, but we have never had the funds," Sheila Martin, executive director of Siouxland Mental Health, said during the March 16 meeting. "And what a safe thing to do, to be able to provide therapy outside for our kids and adults, especially in the world with the pandemic right now. So we are really looking forward to this."

Philanthropist Mildred W. Anderson died Nov. 12, 1988 at age 80. She and husband Robert D. Anderson, who died three years earlier, had owned and operated the Sioux City Stationery Co. for years.

Upon her death, Anderson donated more than \$1 million to more than two dozen organizations — charitable, civic, arts, religious, education and health groups all benefitted. The most prominent of these bequests was \$300,000 for a grand dance pavilion along the Missouri River — the Anderson Dance Pavilion. Mildred and Robert met at a dance pavilion in Lincoln, Nebraska, in 1916.

In lists of organizations that were on the receiving end of Anderson's bequest, the Woodbury County Home and its \$30,000 gift tended to be put near the bottom.

The County Home was a mental health facility on Old Highway 141. Anderson had intended that her gift be used to furnish things that "will bring comfort and cheer" to the patients there.

But for one reason or another, Anderson's gift sat on Woodbury County's books mostly unused. The County Home closed a decade and a half after Anderson died. The money still sat there, and with interest eventually came to be around \$36,000.

Much of the County Home's role in the community was inherited by Siouxland Mental Health, making the organization the most logical modern-day heir to the funds.

Get on the Ball this Spring



*Great Place For
A Fun Round
Of Golf!!*

712-239-9942

Call For Tee Time

**5 So. Hidden Acres Dr.
Sioux City, IA 51108**

www.hiddenacresgolf.com
Snack Bar Beverages

Spencer
Municipal Golf Course

1320 4th Ave., SW Spencer, IA
(712) 580-7280
www.spencermunicipalgolf.com



Junior Season Pass \$65.00

18 years or younger

Young Adult Season Pass

\$360.00

30 years old and younger

Punch Cards \$250.00

for 18 nine hole rounds of golf



GOLF
EMERALD HILLS

JANUELLO'S PARK | IOWA

712-332-7100
GOLFEMERALDHILLS.COM

green valley
GOLF CLUB

4300 Donner Ave, Sioux City
Greenvalleyfloyd.com
712-252-2025



27 Holes. 3 Courses. 1 Clear choice.

Brooks Golf is a public course with a private setting just south of Spirit Lake on Hwy 71. Enjoy our bentgrass fairways and greens, practice range, clubhouse, lounge and more.

1201 Brooks Park Drive, Okoboji, IA
712-332-5011 / brooksgolfclub.com

• Open House May 1-2
\$10/nine holes includes cart.



Present this ad to play 18 holes for the price of 9, or 27 holes for the price of 18!



JASON RASMUS
Market President



JON FRIESSEN
Vice President Senior
Loan Officer



MONICA FAY
Vice President
Mortgage Loan Officer
NMLS #976357



LAWRENCE JENSEN
Vice President
Loan Officer



LOGAN ROBBINS
Retail Banking Officer

EXPERIENCED BANKERS. MORE AVAILABILITY.

Meet our **Sioux City** team of loan experts!
We're dedicated to bringing better banking to you!



Visit us at [availa.bank](https://www.availa.bank).

1380 Hamilton Blvd., Sioux City • 712.255.1012

AMES / ANKENY / ARCADIA / CARROLL / COON RAPIDS / COUNCIL BLUFFS / DENISON / FORT DODGE /
HOLSTEIN / JEWELL / NEVADA / POCAHONTAS / ROLAND / SIOUX CITY / WEBSTER CITY



Member
FDIC



Availa Bank: New Name, Same Local Service By Molly Barari

What's does Availa mean? Everything!

Availa is short for "available" and the bank is available in every sense of the word. With 24/7 electronic banking and bankers available Monday through Saturday, you can find help with every phase of life, from securing your first home to helping you grow your business and much, much more. Availa's specialty is helping customers make smart and sound financial decisions in the 15 Iowa communities it serves.

Availa, which acquired First American Bank in 2017, offers new mortgage and refinance loans, military homeownership assistance, construction loans, business loans, instant issue debit cards, free personal and business checking options, and mobile banking & deposits. Availa customers can also enjoy the convenience of applying for a mortgage online.

Curious about some of the friendly faces you'll find at the Sioux City branch? Get to know some of the bank's leaders below.

Jason Rasmus, Sioux City Market President

Jason joined the Availa family a few months ago. He brings impressive experience to his new position, with close to 15 years in banking. The last nine years found him in commercial banking, with the previous five years in the Des Moines metro. He found a love for banking while studying business at Iowa State University.

There's one part of this job that stands out to Jason. "Working with business owners and being part of the discussions on how they run their business – and why they operate in certain ways – is fascinating. The highlight of every day for me is being in front of both customers and prospective customers."

Jason lives in Lawton with his wife, Courtney, and their four children: Jacob, Ellie, Brynn, and Caleb. He is involved in various boards of directors, including the United Way And Big Brothers Big Sisters. He is also a volunteer coach for youth sports. He enjoys hunting in the winter months and spends the summer months swimming and traveling with his family.

Jon Friessen, Vice President Senior Loan Officer

Jon joined Availa Bank at the same time as Jason, and like Jason, he's no stranger to the banking world. He's been involved with loans for the past 14 years, with a specialization in business banking.

With a degree in finance and an acumen for problem-solving, Jon enjoys working with small-business customers. "What I find most fulfilling in my role is solving problems with everyday business," he says.

As a lifelong Sioux City resident, Jon has an important understanding of local business needs and the people he serves at Availa. In his free time, Jon is busy with his family which includes his wife, Niki, and their three children. They live in Hinton and enjoy traveling when they have the chance.

Jon gives back to his community as a board member for New Perspectives, Inc. and as a United Way volunteer. He is also a volunteer coach for youth sports.

Monica Fay, Vice President Mortgage Loan Officer

With over 20 years of experience in the banking industry, Monica brings a wealth of knowledge to her Availa clients. Monica's roles over the years have included teller, personal banker, branch manager, mortgage loan processor, and loan originator.

In her current role as VP Mortgage Loan Officer, Monica's job is to educate customers on how to make their homeownership dreams a reality. "I'm a financial dream weaver," she says.

Monica has been with Availa since 2017. She is originally from Grand Island, NE, and has degrees in business management and early childhood education. She has held banking jobs in several states and with multiple banks. Her favorite aspect of her work is building relationships with her clients.

"Buying a home is an important milestone in a person's life," says Monica. "Whether a person is buying a first home or refinancing, the process can be confusing and overwhelming. I enjoy helping clients navigate the process. It often takes creative solutions to achieve their desired result."

Monica is involved in the community as an active member of Big Brothers Big Sisters for over 20 years and as a board member for PowHer Networking Group of Siouxland. When she's not working, Monica can be found camping with her friend, Scott, or browsing flea markets and antique stores. She has a son, Jacob who works at Tyson Foods in Sioux City, and a daughter, Lyndy, who studies at Iowa State.

Lawrence Jensen, Vice President Loan Officer

As a graduate of Sioux City North High School and the University of Iowa, Lawrence is deeply rooted in Iowa. He personally has 17 years of experience in the banking industry, holding positions ranging from Credit Analyst to Relationship Manager to Regional Business Development Officer to Market President. He now holds the title of Vice President Loan Officer at Availa.

For Lawrence, banking is about chasing the next deal and learning about the amazing companies in the area. He enjoys listening to customers' stories and finding ways to help where he can.

Banking has also provided Lawrence with the opportunity to travel predominantly through the Dakotas and northwest Iowa. "It is always fun to learn of that one large company in remote counties that is the lifeblood of a community – where the ownership family is on all the local boards and city council and provides funds for community improvement."

When Lawrence isn't chasing his next deal, you can find him serving on the boards for the LifeScape Foundation and the Okoboji Yacht Club Sailing School or serving as a volunteer assistant coach for the Morningside Women's Soccer Team. He also enjoys sailing and hanging out with his dog, Freddie.

Logan Robbins, Retail Banking Officer

Newly hired Logan is excited to join the Availa team. As a Sioux City resident for the past eight years, he has plenty of experience with banking in the region in his previous roles as a Personal Banker and as a Service Manager.

Logan graduated from Colorado State University with a B.S. in MIS & Business Analytics. As a retail banking officer, Logan will be focusing on bringing in new deposit and lending relationships with an emphasis on customer retention and overall staff development.

Banking isn't the only thing that interests Logan. From 2010-2016, he served in the Iowa National Guard. Logan looks forward to broadening his banking knowledge and to being part of the Sioux City Availa Bank team.

Get in Touch

Want to know more about what the Availa Bank team can do for you? Call them at 712.255.1012 or find out more at <https://www.availa.bank/>.



Visit us at [availa.bank](https://www.availa.bank).
1380 Hamilton Blvd., Sioux City
712.255.1012



Member
FDIC

America's Exterior Experts

Improving Homes. Changing Lives.



Windows Siding Roofing Doors

Call, Text,
or Visit us for
FREE Estimate
712-276-5588

Window World

Special Financing Offers available with approved credit @

www.WindowWorldSiouxland.com

How To Know When To Pick Up A Hammer Or Pick Up The Phone.

We all watch the home improvement shows, fascinated by the before-and-after transformation. It looks so easy. After all, the work is planned, completed, cleaned up, and decorated within an hour, right? Surely, we can do it ourselves. What do they have that we don't?

**Window
World**
1001 Dakota Ave, South Sioux City, NE
712-276-5588

Well, for starters, a behind-the-scenes staff, some serious insurance coverage, an extensive background of professional success and failures, workshop space, and tools far beyond what you may have in your catch-all drawer, toolbox, or on your toolbelt. (We all have toolbelts, right?) Don't be discouraged, though! There are [tons of projects that are perfect for DIY](#). That said, there are certain kinds of projects you shouldn't try to tackle on your own. To learn which is which, let's start with a few basic questions.

Ask yourself:

- Do I have the necessary skills to complete the project?
- Could I learn the skills I need by watching tutorials online?
- Is the project dangerous?
- Does the job require special permits or licenses?
- Is it cost-effective to try and do it myself?
- How long will it take a beginner to finish the job?
- If I fail, do I risk lowering my home's property value?

Depending on how you answered, you might already know which route to take. If not, we've made it easy to choose between DIY and hiring a contractor by giving you a few things to keep in mind below.

Cost vs. time

First thing's first. There's no doubt you can likely save money by doing a project yourself, and if you don't mind living with a project while it's completed in your spare time, it could be worth it. But remember, your time is valuable, too.

You should consider the time required to learn what's involved in taking on a task, the cost of acquiring tools and materials, and the time to do the project, assuming you get it right the first time. Paying a professional may be cheaper in the long run for a shorter completion time.

Risk vs. reward

The perfect DIY project strikes a delicate balance between time, cost, and risk. Some jobs could be faster and more affordable to do yourself, but the consequences for failing could have major impacts on your home's value. In the same way, some jobs are safe and affordable, but they might take months to do alone.

Before you begin a project, consider making a pros and cons list between DIY and hiring a professional. If the project is affordable, reasonably quick, and low-risk, it might be better to do it on your own.

DIY these projects:

If you've made it this far and you haven't thrown up any red flags, the project you have in mind might be perfect for DIY. Here are five home renovation projects to take on yourself.

1. Interior paint

Time consuming? Somewhat. Messy? It can be. Absolutely doable? You know it. Painting the inside of your home is one of the easiest and most affordable ways to customize a space to your taste. It can even help increase your property value.

2. Simple upgrades

Believe it or not, it's [the simple things](#) that can quickly turn a house into a dream home. With a little know-how, replacing items like light fixtures, doorknobs, drawer hardware, and even faucets can be super simple. There are plenty of online tutorials that can help walk you through the process, and the potential risks are minimal.

3. Vinyl or linoleum flooring

While most flooring types are better left to the pros (especially hardwood), vinyl and linoleum are actually quite cost-effective and easy to work with.!

Hire a pro for these projects:

In some cases, your safety, financial well-being, and the value of your home are worth calling in an expert. Here are five projects that you should hire a contractor to handle.

1. Electrical work

If you're not a professional electrician, don't even think about rewiring your house. Not only can electrical work be fatal, but it can also lead to



major issues that cost more to repair than simply hiring a pro in the first place. Between building codes, regulations, and dangerous situations, you should always rely on a contractor or professional electrician for these projects.

2. Plumbing and gas

Much like electrical work, plumbing

and gas are no joke. One poor decision could lead to a flooded basement or a burst pipe, and once again, those situations can be significantly more expensive than the original project. While some projects are simple enough (like repairing a toilet), anything involving pipes is best left to the pros.

3. Siding and doors

If your siding is in desperate need of some TLC and a simple pressure-washing treatment won't cut it, it's time to hire a professional. While it's certainly *possible* to replace it yourself, doing so will likely take a toll on your free time, budget, and sanity.

We suggest finding a local siding expert that can deliver a fast, affordable, and top-notch solution. They'll have [plenty of options](#) to choose from in terms of aesthetics, and they'll also be able to complete the job significantly faster than you could on your own. Plus, you'll be able to rest easy knowing that the job was done flawlessly. The same is true for [doors](#)! If you're considering changing the style of your door, contact an expert that can walk you through the process and let you know if there will be any challenges with the project.

4. Structural changes

Before you go knocking down any walls to create the open floor plan you've always dreamed of — don't. As simple as they make it look on TV, these projects can end in disaster for non-experts. Consult a professional contractor before making any structural changes to your home to ensure the direction you're going is even possible. The last thing you want is to sacrifice the structural integrity of your home.

5. Replacing windows

This seems like a simple project, right? You're just removing one window and replacing it with another, after all. Unfortunately, it's rarely that easy. Often, older windows aren't of a standard size, which means they'll require new framing, insulation, and a significant amount of work. Here, the time, cost, and headaches simply aren't worth it. Hire [a professional that specializes in window replacement](#). A contractor will be able to find the perfect solution for your home and your unique needs, and their craftsmanship will ensure your [new windows](#) will perform for years to come.

Final thoughts

So, should you hire a contractor or attempt to do it yourself? Well, that's a question that only you can answer. If you have the skills, time, and courage to take on a new project — give it a shot! But remember, the ideal DIY project should be safe, it should save you money, and it shouldn't take years to complete. If it's out of your league or too big to tackle, hiring a contractor is always the way to go.

If you need the help of a pro to take on an exterior remodeling project, get in touch with the experts at [Window World](#). Whether you need new windows, updated siding, or a stunning new front door, our team is always ready to learn about your vision and help you bring it to life. [For more remodeling inspiration, check out our blog.](#) [www.windowworldnne.com](#)

SPA DAYS AND NIGHTS

Feel like you're in an exotic resort without having to leave home

Text by Earl Horlyk | Photography by Tim Hynds

When Lucas Mosher's daughter wants to relax in her dad's big tub, the 3-year-old doesn't realize it is part of the premiere Marquis line that Mosher sells at Professional Pool & Spa.

"My daughter just knows it is nice and it is big," Mosher, the store's sales manager, said with a laugh.

Apparently, hot tubs are also in high demand since Professional Pool & Spa has had a hard time keeping them in stock at its 325 W. 25th St. showroom.

"When COVID hit last year, people began spending more time at home," Mosher explained. "Since people were at home, they started purchasing hot tubs."

With demand came shortages. Then, shortages caused delays of several months.

Nowadays, there is still a delay. Luckily, hot tubs are coming — and going — in a few month's time.

"As soon as we get one in, it is being delivered and installed right away," Mosher said. "That's not a bad problem to have."

In fact, the Resort Hot Tub — available at Professional Pool & Spa — is the signature model of Marquis' exclusive line.

Designed to seat five people, the unique and curvaceous Resort featured open, multilevel seating with exclusive H.O.T. Zone lumbar jets, shoulder jets and extreme foot jets.

"People think hot tubs are just for entertaining," Mosher said. "The Resort also delivers exceptional hydrotherapy, which our customers swear by."

"After a long day at work, there is nothing as relaxing as a soak in a hot



Luke Mosher, sales manager at Professional Pool & Spa in Sioux City, is shown at a Marquis hot tub.



Water jets are key to hot tubs.

tub," he added.

Plus a person can enhance the experience with a state-of-the-art Bluetooth Audio System as well as some aromatherapy to create a tropical oasis, right at home.

But are hot tubs really worthwhile in Midwestern climates, where temps can get pretty extreme?

"Marquis hot tubs allow you to regulate water temperatures that will be perfect for you," Mosher said. "During the

coldest winter days, your hot tubs will stay at a toasty 102 degrees, which is the same as a very hot bath."

And in the hotter-than-Hades dogs days of summer, a Marquis can keep you cool in a breeze.

"I use my hot tub, year-round," Mosher said. "I love it."

So do his customers, who want to keep their business local.

"When you dealing with a big box store or an online distributor, you're not getting the personal care that a local business can provide," Mosher reasoned. "We'll install the hot tub and answer all of your questions before we leave."

"You'll become an expert when it comes to hot tub safety and hot tub maintenance before you know it," he said, smiling.

Which is a good thing for people who are spending a lot of time at home.

"While the pandemic is starting to get better, things aren't yet back to normal," Mosher said. "Sometimes, it is nice to feel like you're in the exclusive spa even when in your backyard."



**KITCHEN &
BATHROOM
REMODELS**

**FINISHED
BASEMENTS**



**NEW
ADDITIONS**



**NEW
HOMES**

**YOUR COMMERCIAL & RESIDENTIAL
GENERAL CONTRACTOR**





Hovey Construction employees, from left, Edgar Gonzales, Marvin Ramirez, and Noah Uhing work on a new home.



MOD HOUSE
interiors

**CLEAN LINES.
SIMPLE FORM.
FIND YOUR MOD.**

We at Mod House Interiors believe your style isn't in a catalog, and shouldn't feel rehearsed or duplicated but a true reflection of you. We invite you to come by, explore, ask questions, and get a feel for what's possible.

f t i p

mod
HOUSE INTERIORS

255 5TH STREET, SIOUX CITY, IA 51101
712.224.2555
MODHOUSEINTERIORS.COM

*Great Gift
For Mom!*

**Chef'n Original Stem
Gem Strawberry Huller**

\$7.99

- **PERFECT GADGET FOR THE JOB:** Quickly and easily de-stem strawberries and other soft fruits and vegetables in seconds.
- **FUN FRUIT PREP:** With a push of a button and a simple twist, the whole family will have a berry good time hulling as many strawberries, mini bell peppers or other soft vegetables as you'd like.
- **EASY TO CLEAN:** Top-rack dishwasher safe.

Kitchen Dressings
Southern Hills Mall, Sioux City
**20% off almost everything
with this ad**
exp : May 31st 2021 **712-276-3770**

“We’re as busy
as we’ve ever
been, and it
doesn’t look like
it’s going to be
slowing down
anytime soon.”
*Andy Hovey,
who runs Hovey Construction.*



Sioux City homebuilders say it's not slowing down

Text by Mason Dockter | Photography by Tim Hynds

SOUTH SIOUX CITY — Demand for new homes in the Sioux City metro has been hot, hot, hot.

“We’re as busy as we’ve ever been, and it doesn’t look like it’s going to be slowing down anytime soon,” said Andy Hovey, who runs Jefferson, South Dakota-based Hovey Construction. The homebuilder is currently in the process of putting up a series of homes in a new development in South Sioux City.

In a normal year, Hovey said, his firm builds seven to 10 houses a year. This year it might hit 12 to 15. “Right now we’re getting one or two calls a day — at least six or seven calls a week, on new

construction,” he said.

Housing demand sizzled nationwide this year. This was in part due to rock-bottom interest rates: the Fed’s rate has been essentially zero for the past year. In some instances, particularly during times of low interest rates, monthly mortgage payments are less than renting. Mortgage rates, however, have ticked up slightly in recent months.

“I think people are concerned that interest rates will rise,” said Bart Connelly, the developer whose firm specializes in Dakota Dunes and North Sioux City-area properties. “So if anybody has been contemplating buying lots or build-

ing, the threat of rising interest rates and inflation and continued rise of cost of materials are pushing a lot of people that were, maybe on the fence about doing it or not. I think people are trying to take advantage of the low interest rates.”

Early in the pandemic, some wealthier residents in large cities fled to smaller communities and to the countryside. And because everyone was stuck at home or in an apartment for months on end, it’s likely that some people took a hard look at their surroundings and decided they wanted a new place to live.

“We’re seeing homeowners who are able to step up to the next level, be-

Hovey Construction employees, from left, Edgar Gonzales, Noah Uhing and Marvin Ramirez, install sheathing on a home under construction.



cause the rates are affordable,” said Terri Schelm, executive officer with the Home Builders Association of Greater Siouxland. “That makes it a little easier to go from your starter home to the next level up.”

And for one reason or another, the existing housing supply in the Sioux City metro isn’t quite keeping up with demand. This further drives up demand for new homes.

“The lack of housing — just existing houses on the market, there are very few houses,” Hovey said. “I’m friends with a lot of Realtors on social media, and every one of them is posting messages saying, ‘We’ve got a backlog of buyers with nobody to sell houses.’”

All that demand for houses, coupled with the many people who opted to renovate their homes during the pandemic, led to a surge in material prices. Lumber in particular has gone through the roof — the National Association of Home Builders has reported that lumber is up 200 percent from a year ago, which adds more than \$24,000 to the price of a new home.

“It’s not just lumber prices that we’re being affected with — copper wiring has tripled in the last year, PVC is up, we just got a notification that our drywall supplier that those prices are going up,”



A backhoe is shown at the site of a home being built by Hovey Construction.

Hovey said.

All this has driven up prices to some extent, depending on the degree to which a given contractor is willing to eat the added expense.

“Prices are up between 10 and 15 percent, but that’s driven by material prices mostly,” Connelly said. He added that subcontractor prices — electricians, plumbers and the like — have

also increased, but that’s in part due to increased prices of the materials they work with.

His firm is building “spec” (speculative, built without a specific buyer lined up) houses along McCook Lake in North Sioux City and in Dakota Dunes.

“And they’re all selling before we get them done,” Connelly said. “There seems to be continuous growth here.”

Hovey Construction employees, from left, Edgar Gonzales, Noah Uhing and Marvin Ramirez install sheathing on a home under construction.



Mike Clausen
HBA President
Contractors Supply

CAREERS IN HIGH-DEMAND & BUILD MY FUTURE EVENT



plumbers and HVACR technicians do not require a four-year degree and have the earning potential of more than \$50,000 a year. In fact, many skilled trades offer apprentice opportunities so students can earn while they learn. If you're thinking about starting a new career, your current skills are likely a match for at least one career path in the skilled trades.

Carpenter. Critical thinkers who are detailed oriented, are drawn to carpentry. Carpenters construct and repair structures from wood and other materials. Precision is key in this position to ensure items are measured out exactly, as well as problem-solving for project management and troubleshooting issues. According to the U.S. Bureau of Labor Statistics (BLS), the 2019 national average wage for carpenters was \$52,850 annually. The majority of carpenters are self-employed and are able to set their own schedule.

Electrician. Professionals in this field have excellent

analytical skills and solid hand-eye coordination. From diagnosing problems to working with a variety of tools and technology, this career choice offers job satisfaction through daily challenges. Qualified electricians are always in demand. According to the BLS, the 2019 national average wage for electricians was \$60,370 annually and employment for electricians is expected to grow 10 percent by 2028.

Painter. Communicating clearly with clients is key as a professional painter. Painters have to make some judgements on what looks good and ensure all the details are sharp and neat. Painting and maintaining surfaces improve the appearance of a home and can increase its value. There is always a need for experienced painters. According to the BLS, the 2019 national average wage for painters was \$44,640 annually.

Plumber. In general, plumbers are excellent listeners and problem-solvers, two important skills for troubleshooting issues. Plumbers install, repair, and maintain pipes in residential, commercial and/or industrial buildings. As long as there are complex water systems in and outside of homes, there will be a

need for reliable plumbers. According to the BLS, the 2019 national average wage for plumbers was \$59,800 annually. Employment wage for plumbing is expected to grow 14 percent by 2028.

HVACR Technician. A heating, ventilation, air conditioning and refrigeration technician is a rewarding career path for individuals who excel in customer service and critical thinking skills.

Technicians listen to customers' problems and try to solve them. The need to replace older units or systems with more energy efficient models is growing, so HVACR technicians are always needed. According to the BLS, the 2019 national average wage for HVACR technicians was \$51,420 annually. Employment for HVACR is expected to grow 13 percent by 2028.

The Home Builders Association of Greater Siouxland is partnering with area businesses and construction-related trades to bring hands-on learning to students. This Build My Future event is scheduled for October 19, 2021 and is open to all area high school students. Visit <http://www.sioxlandhba.com/build-my-future/> for more information.

712-255-3852 | sioxlandhba.com



Chickpeas, also known as garbanzo beans, have earned greater cred among dietitians. They're the hot food now.

EAT SMART, BE SMART

Chickpeas pack a flavorful wallop, dietitian says

Text by Earl Horlyk | Photography by Tim Hynds

Stop the presses because it is now official: cauliflower is out and chickpeas are in when comes to most ubiquitous healthy ingredients.

At least that is what registered dietitian Andrea Parman discovered while walking through the aisles of Hy-Vee's Hamilton Boulevard location.

"For the past few years, cauliflower was popular because it was very low in calories and carbs while being high in fiber," she said of the white, fleshy veggie with a mild taste.

Indeed, cauliflower-infused pastas and rice became common-place for people watching their carbs.

Plus pizzas with crusts made with cauliflower instead of white refined flour began popping up in the frozen food case, sometimes boasting Oprah Win-

frey's seal of approval.

However, the chickpea — a legume that can be ground into a flour — had an even better nutrition profile that include a moderate amount of calories but an outstanding percentage of protein and iron.

Just as important, pizza crusts and pasta made of chickpea flour have a tastier texture.

"That is the true test," Parman said. "People are willing to eat healthier foods as long as they taste good."

Creating healthy-but-tasty alternatives is a large part of Parman's job. Luckily, her husband is a willing taste tester whenever she's in the mood for a bit of culinary experimentation.

"I've made meals made with chickpea pastas at home and they taste great," she



J.B. FORBES/ST. LOUIS POST-DISPATCH/TNS

Falafels are the balls made with chickpeas and the completed sandwich made with pita bread.

More Great Offers From Your Home Improvement Relief Team!



Specializing in Energy Efficient & Environmental Building Practices
"SIOUXLAND'S PREMIER GREEN BUILDER"

List of Certifications:

- Advanced Energy Building Science Master Certification
- NAHB Graduate Master Builders (GMB)
- NAHB Certified Green Professionals (CGP)
- NAHB Certified Aging in Place Specialists (CAPS)



Integrity Award

New Construction & Remodeling

Jeff (Woody) Delfs: (712) 203-ABLE • Willie Delfs: (712) 203-HOME
Fax: 1-855-630-8721 • 205 W 45th St., Sioux City, IA 51104 • willie@ablehomes.com • www.ablehomes.com

**Mention This Ad
and Receive!
10% OFF
Services**
(Interior Work Only)

Additions • Remodels • Decks
Garages • Concrete
Blown-In Insulation • Siding
Painting • Custom Design



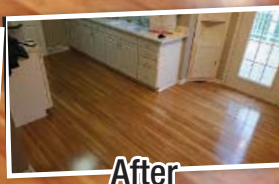
**McDonald
Construction**
Serving the Siouxland Area

712 420 3672

**YOU MAY HAVE A TREASURE HIDDEN
UNDER YOUR CARPETING!**



Before



After



Serving Siouxland For Over 42 Years.
Since 1978 • 3 Generations

712.276.4636 • www.donhanna.com



Dietitian Andrea Parman shows off some of her favorite healthy food at Sioux City's Hamilton Boulevard Hy-Vee.

said. "They have more protein and fiber than a wheat pasta and a fewer number of net carbs."

Parman makes RightRice, which is made with chickpeas, lentils, green peas and rice, that is packed with nutrition as well as being free of both GMOs and gluten.

"When you want a fast, easy stir fry, add your favorite protein and vegetables and you have a dinner, plus leftovers to take to work the next day," she said.

Another veggie to try is asparagus, which is low in calories and a great source of nutrients like fiber, folate and vitamins A, C and K. Asparagus can also improve digestion, lower blood pressure and help in weight loss.

Which isn't a bad thing when temps warm up.

"We've had a long winter and people are ready for spring," Parman said. "This is the perfect time to start eating lighter foods."

A nutritious salad can make for a

delicious lunch or dinner. However, she recommended becoming a label reader when it comes to salad dressing.

"Some dressings are packed with calories and people drown their salads with it," Parman said. "Try to go with a low-fat, low-calorie dressing, add your favorite ingredient and, maybe, add some chicken to pack in more protein."

Huh, that sounds good. But can't we cheat a bit?

Parman said the best cheat food may be something you'd least expect.

"People are often surprised that dark chocolate contains many health benefits," she explained. "It is high in fiber, minerals and antioxidants while lowering the chances of heart disease, strokes and depression when eaten in moderation."

This is the key, isn't it? Moderation is important in any diet.

"We do spend a lot of time eating mindlessly," Parman said. "If we put more thought into what we put into our bodies, we'd be so much better off."

LIGHT DISHES THAT ARE PACKED WITH FLAVOR

Italian Roasted Pepper (serves 4)

Ingredients

One pound, fresh asparagus, trimmed
Six teaspoons, basil-flavored oil, divided

Mediterranean sea salt, to taste

Malabar black pepper

One cup, multicolor cherry tomatoes, quartered

One-third cup plus one-half cup, finely shredded Italian cheese, divided

Balsamic glaze

Fresh basil leaves, for garnish

What to do

Preheat oven to 400 degrees. Line a large rimmed baking pan with foil.

Lightly spray with a nonstick spray and set aside.

Toss asparagus with four teaspoons of oil. Place it in a single layer on the prepared pan. Sprinkle with salt and pepper. Roast for 10 minutes or until crisp. Remove from oven and preheat broiler.

Meanwhile, toss tomatoes with the remaining two teaspoons of oil and one-third cup of cheese.

Transfer asparagus to a broiler-safe baking dish. Top with the remaining one-half cup of cheese, then with a tomato and cheese mixture. Broil five to six inches from heat for one to two minutes or until the cheese is slightly melted. Garnish with basil leaves, if desired.

Asian Rice Noodle Soup (Serves 4)

Ingredients

Two ounce, rice sticks

Two tablespoons, Thai peanut sauce

One (13.6 ounce) bag, Asian salad kit

One cup, Mandarin oranges

One cup, pepper strips

One-third cup, chopped fresh cilantro

What to do

Cook two ounce rice sticks, according to the package directions. Drain and rinse under cold water

Toss with Thai peanut sauce and set aside

Open bag of Asian salad kit, remove pouch containing dressing and salad toppers. set aside.

Pour salad kit greens into a large bowl. add dressing pouch and toss

Top with sauced rice noodles, mandarin oranges, peppers strips, chopped fresh cilantro and remaining pouch containing wonton Strips and slices almonds. Drizzle with additional peanut sauce, if desired.



HOME DECOR | WOODWICK | COPPER PEARL | BAGGALLINI | KEEPSAKE ORNAMENTS



2931 Hamilton Blvd, Sioux City | 712-258-3453 | facebook.com/evieshallmark

E&Co. Boutique
\$10⁰⁰ OFF

Any Regular
Priced Apparel
Item
Exp July 15, 2021

Evie's Hallmark
20% OFF

Any One Item
Excludes Cards &
Ornaments
Exp July 15, 2021



TRIBAL | CHARLIE B | LULU B | PURSES | JEWELRY | INIS

E&Co. Boutique

2919 Hamilton Blvd, Sioux City | 712-234-0090 | eandcoboutique.com

SIoux CITY TALE OF TWO

Small Business Sister Stores

Emily & Kendra Covey, co-owners of Evie's Hallmark and E & Co. Boutique, became part of Sioux City retail in 1999. In March of 2009, the family decided to open their 2nd Gold Crown Store in the Marketplace Shopping Center on Hamilton Boulevard. Fast forward 6 years later and the mother-daughter duo opened a women's boutique three doors down from the Hallmark store, called E & Co. Boutique.

Evie's Hallmark is the only Gold Crown store within the surrounding area, focusing on home décor and gifts for all occasions.

E & Co. is a boutique that carries women's fashions sizing from 4-18. The small business also carries purses, perfume, lotion, hats, jewelry, and many more fun accessories.

Two locally owned small businesses with such an amazing story. Follow the rest of their stores in the upcoming issues of "The Siouxland life Magazine"

A GROWTH MARKET

Pumpkin seeds need to be planted in spring in order to reap a fall bounty.

Master gardener offers tips on pumpkins

Text by Mason Dockter | Photography by Tim Hynds

This pumpkin face with merry gleam/ Will light your way on Hallowe'en.

— From a turn-of-the-century Halloween postcard, using the old spelling of Hallowe'en

SIOUX CITY — Pumpkins are an autumn fruit and/or decoration, but their lives begin many months earlier, in mid-spring.

Marion Cain, a master gardener with the Iowa State University Outreach and Extension, said she plants pumpkins in late May, after the threat of frost has passed. Pumpkins are native to Mexico, and they hate frost. (The Spanish word for pumpkin is “calabaza.” A popular autumn dish in Mexico is “calabaza en tacha” — candied, heavily sweetened pumpkin.)

Some gardeners start their pumpkins indoors in the springtime, then trans-

plant the seedlings to the outdoors. Cain considers this step optional.

“You can, it’s really not necessary around here,” Cain said. “The most important thing about planting pumpkins is, you want the soil to be warm. Don’t go out there in April and try to plant them. Wait more like, until, end of May, even first of June is OK. They are a warm-weather crop.”

Cain builds small mounds of dirt — she calls them “clumps” or “hills” — in which she puts four or five plants pumpkin seeds, half an inch to an inch below the soil and a few inches apart. Pumpkin plants like the sun. Cain recommends planting them somewhere with a goodly amount of sunlight.

“About as much sun as you can get, is a good idea,” Cain said. “They say six to eight hours of sunshine. So if you have a

tree there that’s giving some shade in the area, and if you get six or eight hours of sunshine, you’ll probably be OK.”

All else being equal, pumpkins are fairly easy to grow, made all the easier by the excellent, rich topsoil in this part of the country. Legend has it that indigenous peoples in North America would plant pumpkin seeds, then leave the plants unattended for long stretches. By the fall, there were pumpkins.

“Really easy,” Cain said with a laugh. “You plant the seed, and it grows!”

“Nature really takes care of a lot of stuff for us.”

ONE TO FOUR PER SEED

The number of pumpkins yielded per seed varies — as few as one, or potentially as many as four.

Pumpkins tend to be quite reason-



SUPPORT YOUR LOCAL SIOUXLAND CHOICE WINNERS!!

Auto

Health

Restaurants

Banks

Bands

Bartenders

Windows

Women's Clothing

Food

**Be Sure
And Vote For
Your Favorite
Next Year!!**

Winner!



Voted the Best
ASSISTED LIVING/SENIOR LIVING
in the 2018, 2019 & 2021
Siouxland's Choice Awards.

4000/4002 Teton Trace, Sioux City, IA 51104
Office: 712-239-9400
www.heritage-communities.com



Runner Up!

**Hang Over Cure
Thank You Siouxland!**

712-233-1212 • Sioux City, IA

Winner!

A Step in Thyme Florals

FLORIST

3230 Stone Park Blvd., Sioux City, IA
712-252-0515
astepinthymeflorals.com

Winner!



Bakery

700 Jennings St., Sioux City, IA 51105
712-252-5598
www.thesugarshackbakery.com



Marion Cain is a master gardener from Dakota City, Nebraska.

able in the matter of hydration — they require perhaps an inch a week. During a dry spell, this is equivalent to watering once a week. During a moist spell when the plants are established, no watering is needed.

“It depends on the stage in their life. If they’re brand new and we have a drought, you might want to give it some rain, or some water. But it’s not something you have to stress about,” Cain said.

Cain mulches around her pumpkin plants, which helps to prevent weeds from competing with the pumpkins.

“You need to keep the weeds down some way,” she said.

Pumpkins have other enemies besides frost and weeds. One is “powdery mildew,” which is a type of mildew encouraged by overly damp conditions. This is one of the reasons that Cain doesn’t recommend watering pumpkins heavily, especially in areas with infrequent breezes.

Cain is excited about new varieties of mildew-resistant pumpkins — but a

gardener shouldn’t assume their seeds are mildew-resistant unless the packet explicitly says so. Ordinary, inexpensive pumpkin seed packets likely aren’t mildew-resistant.

“So, if you have had powdery mildew problems in your garden in the past, this is a good kind to choose,” she said.

NATURAL ENEMIES OF PUMPKINS

Rural pumpkin patches occasionally come under attack from cows — cattle are capable of devouring whole pumpkins and destroying pumpkin patches if they wander into one. Other types of livestock have also been known to eat pumpkins.

Another pumpkin nemesis is squash bugs, which will destroy pumpkin patches as surely as cows. Gardeners should keep an eye out for these insects; the Old Farmer’s Almanac offers a variety of suggestions for prevention and elimination of squash bugs, but detection is key.

There are dozens of types of pumpkins, several of which have ideal traits for Jack-o’-Lanterns. A smaller number

“Really easy, You plant the seed, and it grows!
“Nature really takes care of a lot of stuff for us.”

*Marion Cain
Master Gardener*

of pumpkins have been specially bred for pies. Pumpkins can be white, deep orange or pinkish orange, though related and visually similar squash varieties come in a rainbow of colors. Botanically the pumpkin is a fruit, but it can be considered a vegetable from a culinary standpoint.

The distinction between pumpkin varieties may seem a trivial matter, but Cain said there’s a big difference — she used the metaphor of apple cultivars, which have a wide disparity in flavor, sweetness, color, juiciness, storage life and so forth.

Maximizing Personal Potential through Dignified and Purposeful Living.

RESIDENTIAL REHABILITATION

- Provides 24-hour residential services in OU homes
- Rehabilitation team includes Physical Therapy, Speech Therapy, Occupational Therapy, Psychological Services, Nursing, Employment Development, Exercise Therapy and Direct Support Professionals
- CARF and ACBIS Accredited

HOME & COMMUNITY BASED SERVICES (HCBS)

- Person centered services accessible to individuals who qualify for Waiver Services in Iowa
- Skill development and Respite services available at OU's Community Center, in the home of persons served, or throughout community
- Services designed to provide supports to individuals to learn skills of independency while living in the community

MISSION DRIVEN ORGANIZATION

- Local Non-Profit organization founded in the 1990's by families who had children with brain injuries
- OU Mission Statement: Maximizing Personal Potential through Dignified and Purposeful Living
- OU Core Values that inspire our staff and support persons served:
 - Celebrate the uniqueness of all people
 - Demonstrate integrity in all our actions
 - Pursue excellence in all we do



opportunitiesunlimited.com

712.277.8295

3439 Glen Oaks Blvd., Sioux City, IA 51104



Maximizing Personal Potential through Dignified and Purposeful Living

Opportunities Unlimited (OU) has been serving individuals with special needs in Siouxland since the early 1990's.

Opportunities Unlimited provides Community-Based Neurobehavioral Services and Residential Rehabilitation Services for individuals who have sustained a traumatic brain injury, a spinal cord injury, or other physical disability. The OU campus, which is located on the north side of Sioux City, consists of nine residential homes and a large Community Center that serves as the hub for therapies and activities as well as houses the administrative offices.

In addition to providing Community-Based Neurobehavioral Services and Residential Rehabilitation Services, OU also provides Home and Community Based Services (HCBS) to children and adults with special needs. Individuals eligible for waiver programs can access services for a predetermined number of hours each month, set by the individual's caseworker. These services are offered at the Opportunities Unlimited Community Center, out in the community, and in the

privacy of the person served's home. OU also has two HCBS homes for individuals requiring assistance with skills needed to live in a more independent setting.

The Employment Services Department offers many vocational services to individuals with special needs to access meaningful employment.

For more information on programs and services available through Opportunities Unlimited, go to www.opportunitiesunlimited.com



REUSE THIS REFUSE

*Don't toss these
7 single-use
household items
just yet*

Text by *Sam Schipani*, Bangor Daily News, Maine
Single-use items are so ingrained in our culture that nearly all of us — no matter how sustainability-minded we may be — throw things away without even thinking about it. These easily disposable items might even be coming home with our groceries and household products.

These tips from homeowners and gardeners will help you find small things that can be reused in many ways around your home, garden and beyond.

1 BREAD BAG TIES AND CLIPS

The ties and clips that keep your bagged bread closed can come in handy in a pinch, especially in the garden.

"I have used the bread ties in the garden to (stake) things up, such as trellis peas that aren't going the way I wanted," says Darlene Nicole-Utz McSwine.

The uses for these ties and clips don't end in the garden, though.

"They are almost as useful as zip ties. (I use them for) holds on chicken wire, hanging pictures, keeping my headphones untangled in my purse, the cords behind my computer and TV labeled, hanging hair ties in the bathroom to free up counter space," Holly Fillmore says. "My absolute-100-percent-all-the-time use is at the end of the tape roll."

2 TOILET PAPER TUBES

Billie Jo Smith says that dryer lint in a toilet paper tube can be an effective fire starter for camping. Toilet paper tubes can also be used as seed starters and to prevent cutworms from chopping down seedlings as they are transplanted into the garden.





3 EGG CARTONS

If you have chickens or any other backyard fowl, you are likely already saving your store-bought egg cartons to hold your farm fresh eggs. Even if you don't have birds, though, egg cartons can be reused in a number of ways. As with toilet paper tubes, for example, they can be turned into effective DIY fire starters for wood stoves.

"You take your dryer lint, cut out the egg seat and drizzle some candle wax on it," Kellyjo Tibbetts says. "Then your wood stove has a tinder starter. (It's) super useful."

4 MESH BAGS

The stretchy mesh bags that carry bulk produce at the grocery store have a surprising number of uses around the house.

"The plastic mesh bags from onions (and) avocados make really good dish scrubbies," Raina Cole says. "I just cut off the extra packaging and ball the mesh into my hand and scrub."

Mesh bags are also useful in the garden, as trellises or to help with pot drainage.

"I save mine for my bulbs I dig up in the fall, and overwinter for planting the next spring," Regina Fick says.



5 COFFEE CANS

If your favorite coffee comes in cans instead of bags, save them for home storage, to grow mushrooms and to use as planters for other kinds of plants.

"We found that the tomato plants we potted up into coffee cans absolutely thrived compared to the same kinds of tomatoes in other pots of any kind," says Alison Murray Whittington.

6 YOGURT CONTAINERS

"Plastic yogurt and sour cream containers are great for growing or sharing plants, as well as lining some planters for succulents," says Wendy Smith. She washes them in the dishwasher on the top rack on a sanitizer cycle. You can also rinse them with hydrogen peroxide, spritz with isopropyl alcohol or dip in a diluted bleach solution and allow them to dry.



7 SHAKER CONTAINER LIDS

Before you toss that plastic container of Parmesan cheese, check to see if the lid will fit on a Mason jar.

"I like to use the shaker with a dry rub that I make," says Shari Maynes. "I also put some (diatomaceous) earth in a jar to make it easier to sprinkle around the chicken pen."

'DOC, I'VE GOT A QUESTION ...'

answers to your medical questions

Leg pains and vaccines, fasting and ticks

Is it common to get leg pains after getting the coronavirus vaccine? I was fine after the first one, but the second one made me feel very tired and I had pains in my left leg. Should I be worried?

Side effects from vaccinations are common. The vast majority are mild and resolve with time. The most common side effects with the COVID-19 vaccines are pain, redness and swelling at the injection site. Leg pain can be the result of many things such as muscle pain. If the leg pain is only in one leg, though, it is important to see a doctor as this may be a more serious problem. Other common side effects that can affect other areas of your body include fatigue, headache, muscle pain, chills, fever and nausea. While these side effects are unwelcome, it is important to remember that these symptoms are significantly milder than actually having COVID-19. Do not refrain from becoming vaccinated for COVID-19 due to fears or concerns of side effects. The effects of the vaccine are powerful and help your body recognize and fight the COVID-19 virus if you ever come into contact with it in the future.

If we're still wearing masks in the summer, is there something we can do to avoid rashes and other problems from wearing something that close to our faces?

The CDC recommends regular mask use to reduce transmission of COVID-19. Masks can cause rashes due to the chemicals in their fabric and materials. If you are developing a rash along the edges of the mask that come into contact with your skin it is recommended to discontinue its use and to try another material. This is cause contact dermatitis. Another rash is due to the humidity of our breath and its drying effect on our skin. It is important to moisturize your skin regularly with skin creams to rehydrate your skin. It is also important

to utilize your mask often, but to take breaks, when appropriately distanced, from others that give you the opportunity to remove your mask. We are not meant to live with a mask on our faces 24 hours a day.

What do you think of fasting diets? Do they work? Are they safe?

Whether you believe in evolution or creation, the world of our forefathers was significantly different than today. There were many periods of time when food was not as plentiful as it is today. When you look at body mass index (weight in kilograms divided by height in meters squared) of humans today you will see that 71.6% of Americans are either overweight or obese. While the terms overweight and obese have grown out of popularity, they do identify the current trend in our health. Simply put, we have become more sedentary and consume too many calories. On top of that, the calories that we consume are unhealthy. This has led to different approaches to weight management. Fasting diets are one of the most popular types of dieting. It comes in many different forms with some individuals refraining from eating for so many hours in the day or so many days of the week.

Fasting has many beneficial effects. Dr. Valter Longo, director of the Longevity Institute at the University of Southern California, has researched the effects of fasting and shown that it helps stimulate stem cells which give way to new tissue development. There are many nuances as to how to fast and not all forms of fasting are equal and most are safe. It is important to discuss plans of fasting with your primary care doctor especially if you have a history of diabetes mellitus.

What's the best way to remove ticks?

The best way to remove ticks is to not get one in the first place. Avoid-



MEET THE DOC

Dr. Eli Wayman, an Omaha native who attended high school in Glenwood, Iowa, completed his undergraduate and medical education at the University of Nebraska. He is a veteran of the U.S. Army.

ing wooded and brushy areas, walking in the center of trails, wearing light-colored clothing to easily identify ticks, wearing long pants and long sleeve shirts, wearing permethrin-treated clothing and using Environmental Protection Agency-approved tick repellents are the best ways to avoid ticks.

If you get a tick on you and it latches on, it is recommended to use a fine tip tweezers to grasp the tick as close to the skin as possible, wait until it releases its bite, and then to lift the tick upwards from the skin. Do not twist or jerk it off. After it has been removed, wash the bite site and save the tick in a sealed plastic bag or container for identification. Be sure to monitor the bite site for development of a rash and notify your primary care provider if one develops.

What good is an appendix?

The appendix is a small portion of tissue located at the junction of your small and large intestine. It is still unclear as to what the purpose of the appendix is. Some say that it is an important reservoir for beneficial gut flora. Whatever function it serves, there has been no evidence that it is a vital organ. Even though it is not vital to our existence, it is not recommended to remove it unless it becomes inflamed, which is called appendicitis.

Appendicitis can be a life-threatening condition. If the appendix bursts due to becoming infected and inflamed it




Care Initiatives Hospice

Providing Comfort and Support to patients and families in Sioux City and the surrounding area since 2009.

- ♥ Expert, Compassionate Care at end of life
- ♥ We provide care where you reside
- ♥ 1-Hour (or less) response
- ♥ Up to 13 months of bereavement services
- ♥ 24hr/7day Availability & Admissions (712) 239-1226

www.careinitiahospice.org



The Dentist OF SIOUXLAND

DentistOfSiouxland.com

Lakeport • Elk Point • Hamilton



Tri-State Nursing

"Professionals with Pride"

Occupational Health

FOCUSED ON YOUR HEALING PROCESS

Common Disorders that Benefit from Physical Therapy

Back Pain | Neck Pain | Joint Replacement
Vertigo | Osteoarthritis and Rheumatoid Arthritis
Meniscus Tear | Tendon or Ligament Issues
Plantar Fasciitis




Tri-State Nursing
Occupational Health & Therapy Services
(712) 277-4442
stollbergj@tristatenursing.com
www.tristatenursing.com



Now Accepting New Patients

Recover Health is honored to have been selected a top home health care agency in Siouxland. Thank you!

We strive to deliver the trusted and compassionate care our patients and healthcare partners expect and deserve.

MEDICARE APPROVED AGENCY

Do you want to know more about our award winning agency?
712-233-5494



2020 Indian Hills Dr. Suite 100
Sioux City, IA 51104
www.aveanna.com



Care Initiatives

Correctionville | Specialty Care

Now Accepting New Patients



We provide compassionate holistic care to Iowans at all stages of life, while also working to support the well being of their family members as their loved one walks through life's health transitions. We are committed to providing compassionate, dignified and custom care for almost any need. *We offer rehabilitation services, skilled nursing care, long term care and, when the time comes to transition to end-of-life care, we can coordinate compassionate hospice care.*

1116 E. Hwy 20, Correctionville, IA 51016
712-372-4466 www.careinitiatives.org/correctionville-specialty-care

Rehab to Home Specialty Unit

- Private Rooms
- Home Like Furnishings
- Physical & Occupational Therapy
- Speech/Language Pathology
- Fridge
- Snacks
- Welcome Basket



"A Special Thank You To All Of Our Nurses & Supporting Staff During These Trying Times"



Care Initiatives
Westwood | Specialty Care
4201 Fieldcrest Dr. • Sioux City, IA 51103
712-258-0135 www.careinitiatives.org

To advertise on this page
call Gloria Wells at 712-293-4212 or email gwells@siouxcityjournal.com

Advice

From 42

can cause an infection in the abdomen called peritonitis. Peritonitis can cause a person to become septic and lead the body to shut down. So while the purpose of the appendix is still unknown, it is important enough to keep it on our radar and to see your primary care provider or go the emergency room if you have severe abdominal pain in the right, lower corner of your belly.

I hear bad things about the shingles vaccine. Does it really make you sick?

Can you go without getting one?

The shingles vaccine is important in keeping the varicella zoster virus at bay in those who were infected as children or adults. Previous vaccines have not been very effective, but the recent Shingrix vaccine is very effective at preventing shingles.

Varicella zoster virus causes chicken pox and most individuals prior to the introduction of the varicella zoster vaccine's 1995 have had it. The shingles vaccine is used to prevent recurrence of the virus which can cause a painful, blistering rash. The rash can show up on any part of the body and typically remains within the distribution of a single nerve

bundle originating from the spinal cord (dermatome). Patient with shingles is treated with antiviral medication, which is effective. Still, patients can have pain after the rash has cleared for months and years, which is called post-herpetic neuralgia.

The best way to prevent shingles is to get the shingles vaccine. It has been shown to be effective at reducing shingles and preventing complications. The shingles vaccine has not been known to make an individual sick and you can go without getting one, but you do risk having shingles and possible pain afterwards for some time as mentioned before.

Durability of Commercial Elegance of Residential

Comfort Series Vinyl & Rhino Aluminum

gerkin.com

How do men know if they've got low testosterone? I've seen ads on TV saying if you're sluggish you might have it. But isn't everyone a little tired now and then?

It is difficult to identify whether a patient has low testosterone purely from his symptoms. As men age, it is common for the body to produce less and less testosterone leading to symptoms of fatigue, reduced sex drive and loss of muscle strength.

Additionally, there are many things that can cause a person to be sluggish and tired. Some of the most common causes of fatigue are insomnia, obstructive sleep apnea, hypothyroidism, depression, diabetes mellitus and medications. It is important to discuss your symptoms with a physician in order to identify what risks you may have (e.g. obesity, depression, substance use) and review your family history, which will give a better indication of what is to blame for your fatigue.

Companies who sell testosterone products have one purpose in mind: to make money. Testosterone supplements are not regulated by the FDA. Some have been researched and found to be ineffective at managing testosterone levels. Visiting with your doctor about your concerns for low testosterone should be the first step in determining if your testosterone is in fact low. He or she will order a total testosterone level, if indicated, to see how much testosterone you are making. If it is in fact low, then he or she will be able to provide you with testosterone replacement therapy.

WHAT KINDS OF HEALTH QUESTIONS DO YOU HAVE?

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

Presented By: UnityPoint Health St. Luke's GREAT SOUTHERN BANK

Sioux City Farmers Market

May 5th - October 30th

Wednesdays & Saturdays

8:00 am - 1:00 pm

Tyson Events Center Parking Lot

Sioux City, Iowa

www.farmersmarketsiouxcity.com

Drs. Wagner, Kuntz and Grabouski are proud to welcome
Dr. Molly Kopf
as our new orthodontist.



Dr. Molly grew up in Lexington, Nebraska. She attended undergrad at Wayne State College and received her dental degree from the University of Nebraska. Dr Molly pursued her orthodontic specialty degree at the University of Minnesota and has been practicing in Norfolk for the past year.

Dr. Molly and her husband Blake live in Yankton South Dakota, where they enjoy lake sports, hiking, camping, traveling and her family's competitive fantasy football league!

We are so happy to have her!!

You can call to schedule an appointment with

Dr. Molly at the following locations:

• Norfolk (402) 371-7198 • Hamilton Blvd (712) 258-0501 • Yankton (605) 665-5520 • Vermillion (605) 624-5407

Dr. Wagner, Kuntz & Grabouski

Practice Limited to Orthodontics

Dr. Richard W. Wagner • Dr. James K. Grabouski • Dr. Timothy R. Kuntz • Dr. Jeremy Grabouski • Dr. Molly Kopf



Wagner, Kuntz & Grabouski
Orthodontics

Wagner, Kuntz, and Grabouski Orthodontics Welcomes New Orthodontist

Drs. Wagner, Kuntz, and Grabouski's are proud to announce the addition of Dr. Molly Kopf to their orthodontic practice. Dr. Molly Kopf and her husband Dr. Blake Kopf grew up in rural Nebraska and have fallen in love with Siouxland.

Dr. Kopf decided on her future career at the age of 12. "I had some goofy-looking teeth and was made fun of for my smile," she said. Braces straightened her teeth and gave her a beautiful smile with greater self-confidence. She knew then that she wanted to give the same results to others that have difficulty smiling because of their crooked teeth.

Molly went to Wayne State College, where she met her husband Blake. After graduating, Dr. Kopf went to dental school with her husband at UNMC, then proceeded to the University of Minnesota for two years of orthodontic training. She opened a solo orthodontic practice in Norfolk in 2019 before joining the Wagner, Kuntz, and Grabouski practice in 2020.

At the time Molly decided to join the group practice, she had no idea that COVID-19

would lead to a 2-month shutdown of all dental related services. "It was fortunate to have new partners to bounce around ideas and lend moral support. I feel that the synergy of the partnership enhances the practice as well as shapes each orthodontist into a better clinician," she said.

She emphasizes that the staff has been incredible with creating and implementing innovative ideas to keep our patients and themselves safe during the pandemic. The precautions at their offices exceed all COVID-19 guidelines set by the Tri-State Dental Boards, American Dental Association, American Association of Orthodontists, OSHA, and the CDC.

Dr. Kopf is trained in all the latest techniques in orthodontics including Invisalign®, clear braces, jaw surgery, temporary anchorage devices (TADs), and intraoral lasers. In her free time, she enjoys travelling, camping, hiking, and spending time on the lake with her family.

"I look forward to meeting new families and working with the dentists of Siouxland,"



she said. Patients can contact the following offices to schedule a complementary new patient exam.

Hamilton Blvd: (712) 258-0501
Norfolk: (402) 371-7198
Yankton: (605) 665-5520
Vermillion: (605) 624-5407



FILL YOUR EXISTING WALLS WITH FOAM!



Our specialized injection foam fills your existing walls making your home energy efficient while eliminating undesired noise.

Our superior injection foam fits in spots where traditional insulation services can not.

We specialize in insulating your existing wall cavities without disturbing the interior and minimal disruption to the exterior.

We handle everything

from the initial thermal imaging consult to installation.

Being family owned and operated means we are dedicated to providing our customers the best experience possible through the whole process.

Satisfaction guaranteed means we are not happy unless you are happy. If your home feels like it could use some more comfort, give us a call to schedule your FREE in home consult.

- Financing Available
- Satisfaction Guaranteed
- Servicing NW IA, SW MN, and Eastern SD



1626 US-59, Allendorf, IA

Call Us Today! 712-339-5339 Or (712) 344-9324

Two weeks after my second COVID-19 vaccination, I went shopping. Not grocery shopping or staples shopping. *Shopping shopping. Buying stuff you don't need shopping.*

And it felt great.

Sure, I was careful about touching things and I thought twice about buying clothes without trying them on. But I was among people, looking at merchandise and planning for something more than a night with Netflix.

While trolling the aisles of a department store, I noticed mannequins had gained a little weight, too. These weren't just plus-sized mannequins. These were plus-plus-sized mannequins. Either the creators were reflecting my reality (I know I've gained more than 19 pounds without even stepping on scale) or getting us to see what the stuff really looks like on someone who hasn't exercised in 11 months. It was both upsetting and comforting. I didn't buy (particularly since it was workout wear) but I did vow to jumpstart those ab exercises now that I've gotten my two shots.

After the first one, I felt an amazing sense of relief. I was giddy when I got into my car after the requisite 15-minute wait and decided I needed to celebrate. I raced to McDonald's and devoured fries. I was back, I thought.

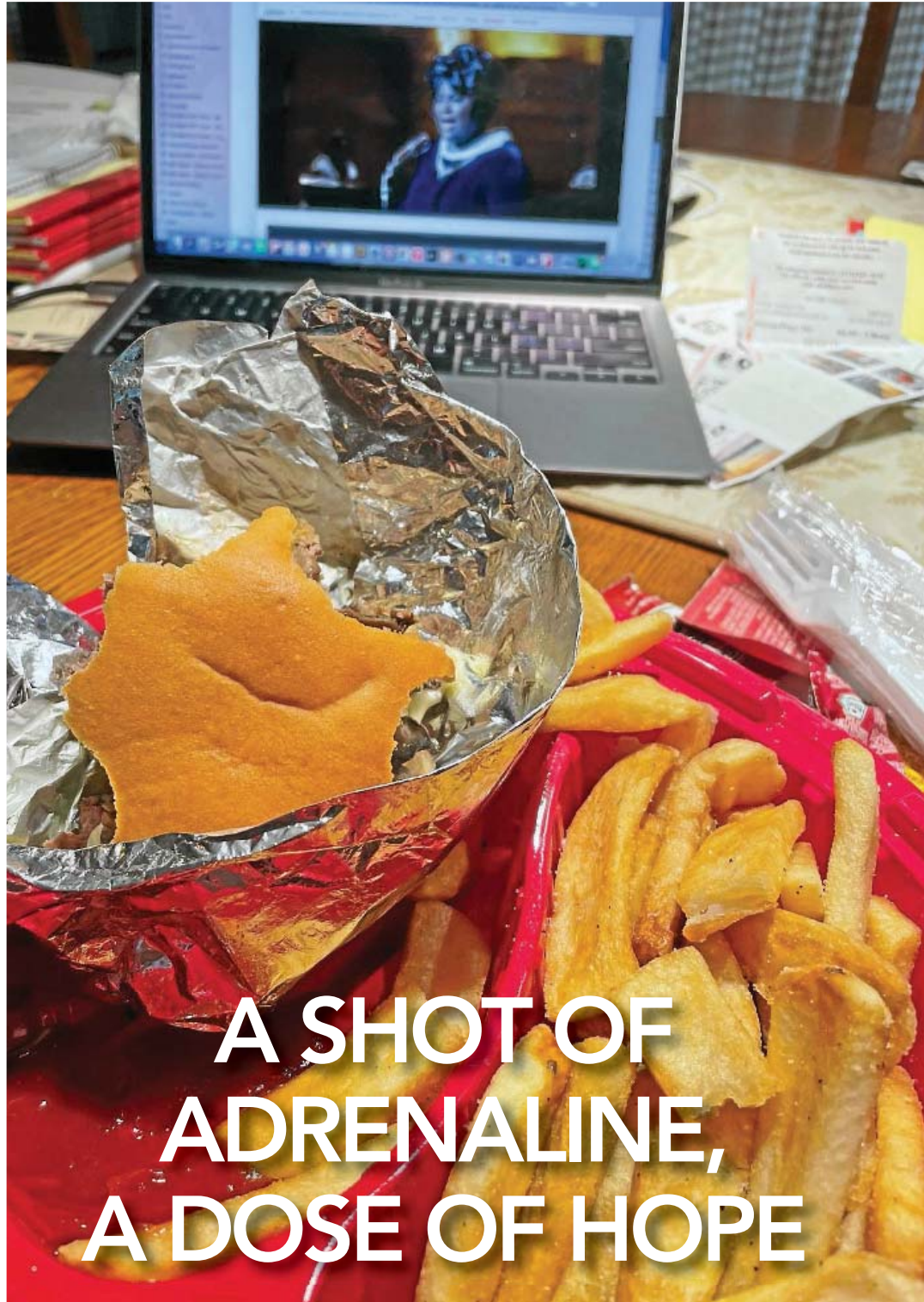
But then my arm started to feel like it had been slugged and I went back home and settled in with Netflix, once again.

During the four-week wait between vaccinations, I was extremely cautious. Sure, I had a better chance of weathering COVID-19, but I didn't want to tempt fate. I stayed in, limited my exposure and counted the days until my second poke with Pfizer.

When the day arrived (after much fretting about bad weather on the day), I got there at least 30 minutes before my appointment and started visiting with others in the waiting area. It was like being with fellow soldiers in the coronavirus war. We talked about that first shot, shared war stories and compared wish lists. We all wanted to see friends and family in person, eat inside restaurants, go on trips and live the life we once knew.

The second shot prompted muscle pains, but I didn't care. I was almost home free. I vowed to get fries again and, then, in the car, I started to cry. I'm not sure why. It was like emotion had built up inside me and I had been steeling myself against the worst.

I thought about the friends I lost to



A SHOT OF ADRENALINE, A DOSE OF HOPE

How do you celebrate during a pandemic? With takeout food and streaming movies.

COVID. I considered final conversations that didn't happen, funerals that weren't held, the purgatory we all seemed to be inhabiting.

At home with the fries, I started to feel concurrently hot and cold. I had a killer headache and a throbbing pain in my left leg. Side effects, no doubt, but I took that as a sign the vaccine was working.

Two days of those effects were nothing. Armed with the vaccine, I cracked the drapes and actually thought about spring cleaning. I sorted receipts for my taxes, threw out outdated food and made

plans for that big day of shopping.

When it came, I was ready to buy something totally unnecessary. A piano? A sofa? A new car?

Nope. I came home with a big bag of organizational containers – bins, buckets and lazy Susans.

A cop out? Nope. I saw that as very hopeful. If I was planning far enough ahead to sort and categorize, I had to believe there was a future for me — one that didn't involve sweatpants, takeout food and the 24th viewing of "Home Alone."



**You Want It?
We Got It.**

Satisfaction Guaranteed



Family Owned



Financing Available



Lifetime Warranty



HOURS

MON 8AM - 5PM • TUE 8AM - 5PM
WED 8AM - 5PM • THU 8AM - 5PM
FRI 8AM - 5PM • SAT 10AM - 2PM

We Offer Siding



**1623 ROSE AVE, ALLENDORF, UNITED STATES
(712)720-0759 • CWP.ANDREA@GMAIL.COM**