

Spring 2025

# Women *in* **C**redible

*Every women has a story that matters!*

Self

Work

Faith

Home

Health

## Featuring

Algona, IA  
Mankato, MN  
Weight Loss

On The Cover HOTWORX Studio

Mankato, MN

# We Love Sharing Your Stories!



As the publisher of WomenInc Magazine, I can't help but reflect on the incredible journey we've been on together. One of my greatest joys is reaching out to women and asking if we can feature their story, which we desire to come from suggestions. The excitement when I share this opportunity is simply uplifting to me on every level! It makes me feel like I have the best job in the world. I get to bless people to know they are valuable and share Happy News to all of you to see what's possible for you... What could be better? (We are told all the time that men love Womeninc as well; we love sharing these beauties with you too.)

Every woman has a story that deserves to be told. Whether you've overcome a significant challenge, accomplished something remarkable, or simply have information that inspires others, we love to share it with others! These experiences can uplift our readers, showing them that no matter the obstacles they face, they too can achieve their dreams or conquer their fears. Whether it's a lesson learned in health, home, faith, work, or self-discovery, your story could be the light someone else needs to find their own way.

We encourage you to send us your ideas for women to feature in our magazine. Think of the remarkable women in your life—those who inspire you with their strength and resilience. Perhaps it's a friend who has started a successful adventure, a neighbor who has overcome adversity, a friend who has just remodeled her dream home, or a family member who has a unique perspective on life. Each of these stories holds the power to resonate with our readers and remind them that they are not alone and possibilities awaits for them too.

Speaking of stories, I want to take a moment to express my heartfelt gratitude to everyone who has shared their journey with us. Thank you for trusting us with your Stories and allowing us to amplify your voices. Your stories not only enrich our magazine but also create a vision of inspiration that encourages women everywhere of what possible.

We want to express our sincere appreciation for our incredible advertisers & subscribers. Your support is vital in helping us share powerful stories that inspire our readers and connect them with opportunities that can enrich their lives. By partnering with us as an advertiser, you not only promote your business but also contribute to our mission of providing valuable solutions to our community with what your business offers. If you're interested in learning more about advertising with us, please reach out at the email below. Thank you for being an essential part of our journey!

At WomenInc, we are more than just a magazine; we are a group of women that believes every woman matters no matter what they have done or not done. We love our subscribers and advertisers, and we pray for their joy and success. We want every woman to feel loved, encouraged, and valued. You are here for a purpose, and together, we can celebrate the unique contributions each of us brings to the world. YES, YOU TOO MY DEAR!

So, let's cheer Women everywhere on! We are all trying to navigate this world and overcome different things. Share your stories, send us your ideas, and let's continue to create a space where every woman feels empowered and inspired. Remember, you matter to us, and we can't wait to showcase these incredible women in your lives. Send your suggestions to [info@womenincmagazine.com](mailto:info@womenincmagazine.com)

Kim Reutzal, Publisher, WomenInc Magazine



*"For we are His workmanship [His own master work, a work of art], created in Christ Jesus [reborn from above—spiritually transformed, renewed, ready to be used] for good works, which God prepared [for us] beforehand [taking paths which He set], so that we would walk in them [living the good life which He prearranged and made ready for us]. Eph 2:10 AMP*



Kim Reutzal, MA, BA, is the founder of 2 Inspire LLC, DBA, Womeninc Magazine, Bibletations App and The Biblical Neuroscience Coach Podcast. Kim is a NCCA Licensed Clinical Christian Counselor with a Masters Degree from Cornerstone University since 2001, a Master Certified Neuroscience Coach, a Christian Certified NLP Practitioner and a Certified Calming Breath Coach. [www.2inspirellc.org](http://www.2inspirellc.org)



Scan to listen to the last Podcast

# WomenInc Magazine™

*Every Woman has a Story that Matters, Even You!*

**Publisher**  
2 Inspire LLC

**Editor**  
Kim Reutzel

**Copy Editor**  
Marietta Olsen

**Advertising/Marketing**  
info@womenincmagazine  
or 507-236-6371

info@womenincmagazine  
507-236-6371

**Subscriptions Qin Walker**  
www.womenincmagazine.com

info@womenincmagazine.com or 507.236.6371



Scan to Order Womeninc



Follow Kim on Facebook at

<https://www.facebook.com/Kimandfaith>  
for Daily Inspiration.

## Prayer for Today!

My Lord, I want to be everything that you want me to be and I know you know this already. The innermost parts of me want to know and cling to You. Your word says: (“He who believes in Me , as the Scripture has said, ‘From his innermost being will flow continually rivers of living water.’ ” John 7:38 AMP) Allow rivers of Your goodness to continually flow through me. My heart desires all You love to give. In Jesus name, Amen!

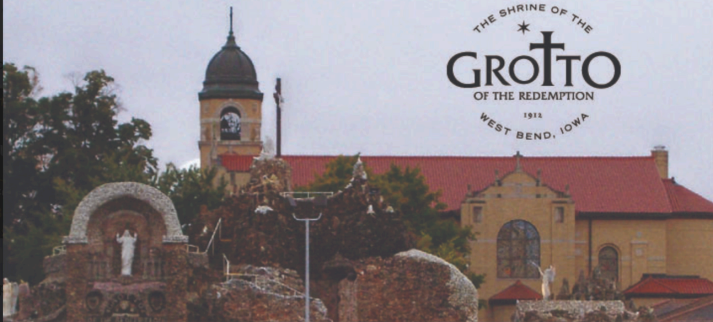


Order at Womenincmagazine.com or Send Check, \$20 1 year or \$36 for 2 years. to Womeninc, PO Box 42, Burt, IA, 50522; or call 507.236.6371. Editorials and Press Inquiries to address above or info@womenincmagazine.com

Advertising contact:

sales@womenincmagazine.com or call 507.236.6371.

Share Your Story: Send submissions to Womeninc, PO Box 42, Burt IA, 50522 or info@womenincmagazine.com. All submissions become the property of Womeninc and will not be returned. Submissions may be edited for length and clarity and may be used without compensation and acknowledgement. Please include a daytime telephone number and email for certification and contact purposes. Scriptures used by Permission, Amplified Bible, (AMP) (NIV)The Lockman Foundation. Biblegateway.com

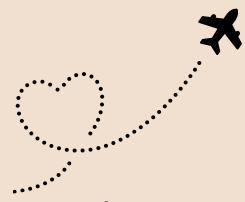


THE SHRINE OF THE  
**GROTTO**  
OF THE REDEMPTION  
1912  
WEST BEND, IOWA

The Grotto is frequently considered the “Eighth Wonder of the World” and The Iowan magazine has described the Grotto as a “Miracle in Stone”.

The location was placed on the National Register of Historical Places in 2001 and has been included in such features as Roadside America and Disney’s The Straight Story.

**GIFT SHOP • MUSEUM • CAFE**  
**CAMP GROUNDS • GUIDED TOURS**  
**WEST BEND, IOWA (515) 887-2371**



## Redefining Retirement: The Inspiring Journey of Cindy Twait Liljedahl and AdventuRetired

In a world where retirement is often viewed as the end of an era, Cindy Twait Liljedahl stands as a beacon of hope and inspiration for those ready to embrace new adventures. Hailing from the quaint town of Ringsted, Iowa, Cindy's story is one of transformation, passion, and a commitment to living life to the fullest.

**The Beginning** - After completing high school, Cindy attended Iowa State University, where she met her husband, Curt. Their love story blossomed, and together they ventured from the familiar plains of Iowa to the sun-drenched landscapes of South Texas. It was here that they nurtured their dreams, raised their two daughters, and built fulfilling careers as educators. Their lives were rich with family memories, laughter, and learning.

However, in 2015, at the age of 54, they decided it was time for a new chapter. The couple yearned to reconnect with their roots and the serene beauty of their home state. Their move back to Ingham Lake in Northwest Iowa marked not only a geographical shift but also a profound lifestyle transformation. This decision opened the door to limitless opportunities and adventures that awaited them in retirement.

**The Birth of AdventuRetired** - As Cindy and Curt settled into their new lives, they soon realized that retirement didn't mean the end of exploration. Instead, it could be a time filled with travel, discovery, and new experiences. In May 2020, they launched their podcast, AdventuRetired, sparked by a simple curiosity about podcasting and a plan for a trip to Croatia.

What began as a personal venture quickly evolved into a powerful platform. In their exploration of the podcasting world, they discovered a significant gap: a lack of focus on retirement adventures. This realization ignited their passion to share stories, insights, and experiences with others who were at a similar crossroads in life.

**The Podcast Journey** - AdventuRetired has blossomed into a bi-monthly series with 117 engaging episodes to date. Each episode features guests who share their unique retirement journeys, offering listeners valuable insights and fresh inspiration. The topics covered range from travel tips to lifestyle changes, encapsulating the essence of what it means to embrace retirement fully.

Take, for instance, the story of Ric, a former Washington D.C. professional who now spends his retirement traveling the world on various cruise lines. Kathy, another guest, has found fulfillment as a professional retirement downsizer, helping others transition into their next phase. Janet, who left her home in California to become an expat in Mexico, shares her experiences of living a life filled with adventure and love.

The podcast's popularity has been remarkable, with download numbers consistently ranging from 800 to 1,200. This growing interest highlights a collective yearning for connection and exploration during retirement years.

**Building a Community** - What truly sets AdventuRetired apart is the sense of community it has fostered. Cindy and Curt's journey has attracted an audience that shares a passion for discovery and growth. Listeners regularly reach out to share their stories and provide feedback, creating a vibrant space for connection and camaraderie. This community has become a source of support and encouragement, reminding everyone that they are not alone on this journey.

The success of AdventuRetired was entirely unplanned. It was fueled by curiosity, a desire to connect, and the simple act of sharing experiences. This grassroots movement has allowed countless individuals to reimagine retirement as a thrilling adventure rather than a quiet conclusion.

**Overcoming Challenges** - Cindy and Curt's journey has not been without its hurdles. Producing and launching a podcast came with a steep learning curve, and they soon realized that many in their target audience, primarily baby boomers, had limited prior knowledge of podcasts. However, these challenges have only strengthened their resolve.

Embracing the podcasting world has proven to be an enriching experience, showcasing that exploration and learning can happen at any age. Each obstacle has been an opportunity for growth, and they remain committed to finding new guests to interview, expanding their network, and sharing diverse perspectives on retirement.

**The Road Ahead** - As Cindy reflects on her journey, she recognizes the importance of embracing change and pursuing passions, even when the road ahead seems uncertain. The launch of AdventuRetired has not only reshaped her own life but has also inspired countless others to seek joy and adventure in their retirement years.

Cindy invites readers to consider their own retirement journeys. Whether you're contemplating your next steps or have already embarked on new adventures, your story matters. If you have a retirement journey to share, reach out to AdventuRetired at [AdventuRetired@gmail.com](mailto:AdventuRetired@gmail.com).

In a world where the narrative around aging can sometimes be negative, Cindy Twait Liljedahl's story serves as a reminder that retirement can be a vibrant and fulfilling chapter of life. With an open heart and a curious mind, we can all redefine what it means to grow older and embrace the adventures that await us. Let Cindy's journey inspire you to turn the page and discover the limitless possibilities of your own retirement adventure.



## WEST BEND, IA - A ROCK SOLID COMMUNITY

So much to see - Plan your day trip with your friends today!



Ellies On Main/The Beehive  
*gift shop/consignment boutique*  
215 S Broadway  
West Bend, IA 50597  
515-887-7070 or 515-887-5050

Monday-Friday 10-5  
Saturday 9-1

*Find us on Facebook!*



*Working Everyday  
For Our Clients*

**Toll Free: 888.887.2341**

*Five Branches:*

West Bend  
Algona  
Bode  
Fenton  
Laurens

Member FDIC

**westiowabank.com**

Candy, Ice-Cream Snacks, and so much more!  
203 S. Broadway Ave.  
West Bend, IA 50597  
**515-887-6700**  
**Find Us On Facebook!**

The Grotto is frequently considered the "Eighth Wonder of the World" and The Iowan magazine has described the Grotto as a "Miracle in Stone".

The location was placed on the National Register of Historical Places in 2001 and has been included in such features as Roadside America and Disney's The Straight Story.

**GIFT SHOP • MUSEUM • CAFE  
CAMP GROUNDS • GUIDED TOURS**

**WEST BEND, IOWA (515) 887-2371**



# Women's Health: A Holistic Approach to Wellness



As a family medicine physician at Kossuth Regional Health Center, I have had the privilege of serving a diverse group of patients, including many incredible women who entrust me with their health and well-being. Women's health is an incredibly broad field, encompassing everything from reproductive health to mental wellness and chronic conditions. As women, we often wear many hats—caregivers, professionals, and community members—and our health can sometimes take a back seat. My goal is to highlight some key aspects of women's health that can often be overlooked, and to encourage women to prioritize themselves, not only for their own benefit but also for the benefit of their families.

**Reproductive Health: More than Just Childbirth** - Reproductive health is often the first area that comes to mind when we think about women's health. However, it's important to recognize that this area covers a lot more than just pregnancy and childbirth. Women experience a range of life stages, from menstruation to menopause, and each phase brings its own health challenges and needs. For example, managing menstrual health—such as understanding irregular periods or addressing conditions like endometriosis or polycystic ovary syndrome (PCOS)—can significantly improve a woman's overall health.

Additionally, regular screenings like Pap smears, breast exams, and mammograms are essential tools in detecting early signs of cervical and breast cancers. These preventive measures save lives and contribute to a long, healthy life. It is crucial that women speak openly with their healthcare providers about any concerns or changes they notice, whether they involve their menstrual cycle or anything else related to reproductive health.

**Mental Health: A Priority, Not a Side Note** - Mental health is just as important as physical health, yet it is often not given the attention it deserves in conversations about wellness. For women, the pressures of balancing personal, family, and work life can sometimes contribute to feelings of anxiety, depression, or stress. Unfortunately, mental health struggles are still stigmatized in some communities, and women may hesitate to ask for help or seek treatment.

It's important to recognize that seeking help is a sign of strength, not weakness. As a physician, I encourage women to reach out when they are struggling with their mental health. Whether it's through therapy, medication, or lifestyle changes such as exercise and mindfulness, there are effective treatments available. No one should have to endure mental health issues alone, and early intervention can significantly improve the quality of life. For a list of local and regional mental health resources, patients can visit the Behavioral Health page at [www.krhc.com](http://www.krhc.com)

**Chronic Conditions: Prevention and Management** - Chronic conditions such as heart disease, diabetes, and high blood pressure are common among women, but they are often preventable or manageable through healthy lifestyle choices. As women age, the risk of developing these conditions increases. Adopting health habits at any age - such as maintaining a balanced diet, staying physically active, and managing stress - can go a long way in reducing the risks.

## Kossuth Regional Health Center is Your Home for Healthcare

KRHC proudly offers family medicine clinics in Algona and Bancroft. Our medical staff includes doctors, physician assistants, a general surgeon, behavioral health provider, and a team of visiting specialists all working together to provide you and your family the care you need right here at home.

515-295-2451



KOSSUTH  
REGIONAL  
HEALTH CENTER

An Affiliate of MERCYONE.

krhc.com



Regular screenings for conditions like high blood pressure, cholesterol levels, and blood sugar are essential to catch any potential problems early. Managing chronic conditions also requires building a strong partnership between patients and their healthcare team. As a family physician, I work with each patient to develop a personalized care plan that fits their unique lifestyle and health goals.

**Self-Care and Advocacy: Empowering Women to Take Charge of Their Health** - One of the most important aspects of women’s health is self-care. Taking the time to care for yourself—not just physically but also emotionally and mentally—is vital for overall wellness. This might include something as simple as getting enough rest, eating nutritious foods, and staying active, but also carving out time for relaxation and activities that bring joy.

Women are natural caregivers, and it can be difficult to prioritize ourselves amidst the demands of others. However, self-care is not selfish; it’s a necessary part of being able to continue supporting others effectively. As a physician, I encourage women to advocate for their own health by asking questions, seeking second opinions when necessary, and understanding that their needs deserve to be addressed.

Women’s health is multifaceted, and each stage of life brings unique challenges. Whether it’s addressing reproductive health, focusing on mental well-being, managing chronic conditions, or committing to self-care, women deserve comprehensive and compassionate care. At Kossuth Regional Health Center, we are dedicated to helping women (and men) live their healthiest lives by providing personalized care that meets their needs. Don’t wait to prioritize your health—take the first step today for a longer, healthier, and more fulfilling life!

For a full list of services and healthcare providers at Kossuth Regional Health Center, please visit [www.krhc.com](http://www.krhc.com).

**Dr. Rachel Venteicher is Family Medicine Physician at Kossuth Regional Health Center in Algona, Iowa.**

## Easy Butterfinger Pie



From the Kitchen of Kathy Nelson



**Ingredients: Graham Cracker Crust, 8 oz Whipped Cream Cheese, Sugar, 2 Large Butterfinger, 8 oz Cool Whip**

8oz. Whipped Cream Cheese...Add 6 Tablespoons of sugar and mix together.

Spread mixture on Graham Cracker Crust.

Top with 1 Large crushed Butterfinger.

Spread 8oz. Container of Cool Whip on top of Crushed Butterfinger.

Top with 2nd crushed Butterfinger

Cool for at least 4 to 6 hours or make the day ahead.



Locally Owned & Operated  
1502 Hwy. 169 N. • Algona, IA 50511  
(515) 395-2472





# Walker Chiropractic: Keeping Your Battery Full!



Spring cleaning is among us! Are you cleaning up or adding in wellness habits? We talk to our patients often about the benefit of movement. The spinal adjustment and extremity adjustment moves joints to give feedback to the brain on proper motion which decreases pain as well as inflammation. Inflammation is a safety measure from the body but when left unchecked, wreaks havoc on our joints.

In addition to the movement gained from adjustments, decreasing sugar, processed foods and increasing water as well as whole body movement aids in decreasing inflammation. This allows the body to heal and settle into homeostasis-ensuring optimal function. Our body has many signals it sends, pain being one, but poor sleep or the 3pm fatigue sets in to give us insight; it's time to clean up our habits, spring into action this year!

Rebecca Walker is a Board Certified Chiropractic Neurologist at Walker Chiropractic & Wellness, P. C., Algona & Swea City. You can reach her at 515-200-0020



## Crush Cravings by Nourishing Your Brain

It's Not About Willpower—It's About Brain Power!

Written by Laurie Hammer, Algona, IA

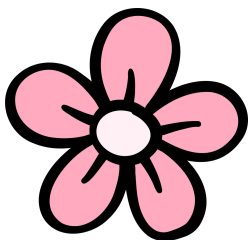
- Struggling with cravings? It's not a lack of discipline—it's your brain calling for balance.
- Your cravings aren't random. Low serotonin makes you crave sugar and carbs, while low dopamine has you reaching for chocolate, caffeine, and junk food.
- Amino acid therapy works with your body, not against it. L-tyrosine boosts motivation, 5-HTP increases serotonin for better mood, and L-glutamine stabilizes blood sugar to reduce cravings naturally and can stomp your sugar cravings within 5 MINUTES!
- Unlike other medications being used today, which force appetite suppression and can cause side effects, amino acids support your brain's natural chemistry—restoring balance rather than overriding it.
- True weight loss starts with balance. When your brain is nourished, cravings fade, energy stabilizes, and your body thrives—without needing drugs to trick it.
- Take back control of your cravings. You were designed for health and vitality!



Laurie Hammer is a nutritional therapist specializing in brain health and amino acid therapy. Learn more at <https://www.lauriehammer.com>

*"She is clothed with strength and dignity, and she laughs without fear of the future." – Proverbs 31:25*

# Empowering Change: The Impact of Women Coming Together in Kossuth County, IA



In the heart of Kossuth County, a remarkable movement has taken root—one that exemplifies the incredible power of women uniting for a common cause. Since its inception in November 2017, the 100+ Women Who Care of Kossuth County has proven that when women come together, they can create a ripple of change that transforms lives. With over \$357,000 raised and distributed to families, individuals, and nonprofits in the community, this collective effort showcases the profound impact of solidarity and compassion.



*Back row: Katie Besch, Kristi Roberts, Lisa Merron, Front Row: Angelique Berry, Gina Geving, Tara Brandt*

At the helm of this initiative are six dedicated board members: Angelique Berry, Katie Besch, Lisa Merron, Kristi Roberts, Gina Geving, and Tara Brandt. Each brings a unique set of skills and a passion for service, ensuring that every meeting runs smoothly and every dollar raised is put to good use. Their commitment is evident in the meticulous planning and organization that goes into each quarterly meeting, where over 100 women gather to discuss, nominate, and vote on recipients for the funds raised.

The format is simple yet powerful. In just one hour, these women have the opportunity to make a substantial impact, pooling their resources to contribute \$10,000 to a worthy cause. The meetings take place every third Monday of February, May, August, and November, where they alternate between supporting families/individuals and nonprofits. This straightforward approach not only makes philanthropy accessible but also encourages active participation, fostering a sense of community and shared purpose.

Every meeting is an event filled with anticipation and hope. As women gather at the VFW Post in Algona, IA the room buzzes with the energy of compassion and commitment. They listen to heartfelt speeches from those nominated, sharing stories of challenges faced and the difference support can make. After careful consideration, they cast their votes, and the excitement builds as the winning recipient is announced. That evening, checks are written, and the tangible results of their collective effort are realized.

For many women, the journey with 100+ Women Who Care began with a belief that their individual contributions might not make a significant difference. However, as Angelique Berry aptly states, “MY \$100 wouldn’t help anyone or any nonprofit, but collectively OUR \$10,000 will be life-changing.” This sentiment resonates deeply, encouraging women to recognize the power of their collective action. It’s a reminder that together, they can achieve what seems impossible alone.

The impact of this initiative extends far beyond the financial contributions. It creates a network of support where women uplift each other and foster connections that lead to further community engagement. As they pool their resources, they also share ideas, resources, and encouragement, effectively becoming advocates for one another and their community. This sense of camaraderie transforms the act of giving into a movement, inspiring more women to join and contribute their voices and resources.



## Featuring Algona, IA

Across the nation and around the world, giving circles like this are reshaping the landscape of philanthropy. They unite people to invest in their communities, creating a more equitable and compassionate society. In times of crisis, collective giving becomes even more crucial. These organizations are on the front lines, providing essential services to those in need. The question arises: Will we show up for them? The answer from Kossuth County women is a resounding yes.

Collective giving offers a powerful solution during challenging times. It removes barriers, mobilizes resources quickly, and stands in solidarity with those facing adversities. The women of Kossuth County have embraced this philosophy, demonstrating that they are not just donors but also advocates and changemakers. They listen to the needs of their community and respond with action, ensuring that those who are struggling do not face their challenges alone.

As the movement continues to grow, the board members have made it a priority to engage more women in Kossuth County, IA. Their message is clear: everyone can contribute to this cause, and even the smallest donations can lead to significant change. By inviting more women to join, they aim to expand their reach and increase the impact of their collective efforts.

The journey of 100+ Women Who Care of Kossuth County is a testament to what is possible when women come together. It's a reminder that each of us has the power to make a difference, and that together, we can create lasting change. The stories shared at each meeting highlight the resilience of individuals and families who have benefited from the generosity of their neighbors. These narratives inspire others to get involved, fostering a culture of giving and support that strengthens the fabric of the community.

As we look to the future, the vision for 100+ Women Who Care remains bright. With each meeting, more women are inspired to join the cause, and the impact continues to grow. The board members are committed to nurturing this momentum, ensuring that Kossuth County remains a place where compassion thrives and everyone has the opportunity to succeed.

In conclusion, the story of 100+ Women Who Care of Kossuth County is not just about fundraising; it's about building a community of empowered women who believe in the power of collective action. It's a call to all women to recognize their potential and to join together in support of each other and their community. As we reflect on the past and look towards the future, let us remember that when women unite for a cause, the possibilities are endless. Together, we can change lives, uplift our community, and inspire one another to reach new heights.

If you would like to attend a meeting or get more information... the next meeting is May 19th at the VFW at 5:30 pm or email [100womenwhocarekossuth@gmail.com](mailto:100womenwhocarekossuth@gmail.com) or call 515-890-0398



Deitering Brothers Inc.  
Est. 1936 Bancroft, Iowa  
515-885-2314

NEW HOLLAND  
AGRICULTURE

Bobcat

KINZE Ag Leader

WHITE  
PLANTERS

[info@deiteringbrothers.com](mailto:info@deiteringbrothers.com)  
[www.deiteringbrothers.com](http://www.deiteringbrothers.com)

### Freeze Your Fat Away

CoolSculpting is a non-surgical body contouring treatment that freezes & naturally eliminates fat. No needles, no surgery and best of all, no downtime.

Now offered at Hancock County Health System's MedSpa in Britt.

For a FREE consultation: 641-843-5050

### A Worthwhile Investment In Your Health

Proper nutrition with three daily meals, medications taken as prescribed, help with daily living chores, social interaction and physical movement within our spacious facility all are investment in YOU.

**Apartments Available**

Forest Plaza  
Assisted Living  
635 Hwy 9 East  
Forest City, IA 50436

Visit us today.

Call 641-585-1555 • Email: [info@forestplaza.biz](mailto:info@forestplaza.biz)  
[www.forestplaza.biz](http://www.forestplaza.biz)

# Celebrating Vicki Mallory

## A Beacon of Dedication and Community Spirit

In Algona, Iowa, lives a woman whose unwavering commitment to service has not only transformed her community but also inspired countless individuals. Vicki Mallory, the cherished leader of the Algona Chamber of Commerce, is stepping into a new chapter of her life—retirement—after years of dedicated service that have left an indelible mark on the town she loves.

Vicki's journey with the Chamber began during a tumultuous time of leadership turnover. Recognizing the need for stability, she took it upon herself to create a sense of continuity that would guide the organization forward. "I always felt that I was fortunate to have the best job in Algona," she reflects. Through her vision, Vicki fostered an environment where collaboration thrived. With a small staff and a strong volunteer base, she harnessed the talents and resources of those around her, successfully launching initiatives that put the "Go" in Algona.



Under Vicki's leadership, the Chamber became a hub of activity, generating income and creating opportunities for local businesses. Her dedication to promoting Algona extended beyond mere numbers; it was about building a sense of community, where every voice mattered and everyone could contribute. "I realized that other Chamber professionals were my lifeline," she shares. "No one else was doing in Algona what I was doing, so having others to discuss ideas was critical to building a successful organization."

Vicki's influence has not only changed her life but also the lives of many others in the community. She has fostered a spirit of collaboration that resonates in many corners of Algona. Her efforts have shown that when people come together, they can overcome challenges and create a positive environment. As she prepares to pass the torch, her hope is that her successor will feel the same pride and joy in serving the community. "I want her to feel like she has the best job in Algona," Vicki emphasizes.

Throughout her career, Vicki has learned invaluable lessons, one of which she shares with a sense of humility: "You can't make everyone happy, so just focus on what is best for the majority." This wisdom has guided her through challenging times, allowing her to prioritize the needs of the community while remaining true to her values.

As she looks forward to retirement, Vicki encourages others to embrace every new phase of life with excitement. "Allow yourself time to adjust to your new 'normal,'" she advises. "It's like starting a new job. Find a routine that fits you." Her insight reflects her understanding that change, while daunting, can also be a source of growth and opportunity.

Vicki's favorite quote from the late Robin Williams encapsulates her philosophy beautifully: "Everyone you meet is fighting a battle you know nothing about – be kind." This reminder of compassion and understanding has been the cornerstone of her approach to leadership and community service.

As Vicki Mallory closes this chapter and embarks on her new journey, we celebrate her accomplishments with gratitude. The legacy she leaves behind—a strong, united Algona Chamber of Commerce and a community that thrives on collaboration—will inspire future generations of leaders. Vicki has shown us that serving others is not just a job; it's a calling that can change lives, including our own. Thank you, Vicki, for your years of dedication and the profound impact you've made on Algona. Your spirit will continue to shine brightly, guiding others as they carry the torch forward.



# A Journey of Giving Back



Nestled in Algona, IA, *Nicole Taffe* embodies the spirit of community and entrepreneurship. As a small business owner, she has turned her passion for serving others into a powerful force for good. Nicole's journey is not just about running a business; it's about making a difference in the lives of those around her. Through her various initiatives, she has shown that giving back can transform not only the community but also oneself.

Nicole's commitment to community service shines brightly through her recent endeavors. This past year, she orchestrated the creation of Teacher Bags, an initiative funded by the generous contributions of her loyal customers. These bags, filled with essential supplies and gift cards for classroom needs, were a heartfelt gesture of appreciation for the hard work that educators put into shaping young minds. Nicole believes that supporting teachers is crucial, as they play an integral role in the development of children and the community at large. The joy that comes from knowing she is making a positive impact on educators' lives is deeply fulfilling.

In addition to supporting educators, Nicole has demonstrated her unwavering support for local law enforcement. By creating a Back the Blue Quilt and selling tickets, she raised funds to benefit the Algona Police Department. This initiative not only honors the dedication of local officers but also fosters a sense of safety and community pride. Nicole's and others efforts extend beyond this; she previously organized fundraising efforts for the family of fallen Police Officer Kevin Cram, showcasing her commitment to those who protect and serve. These initiatives reflect a profound respect for the individuals who work tirelessly to ensure the safety of the community.

Nicole's passion for community extends to nurturing the next generation of entrepreneurs inside her business downtown Algona, "West Vendee". She has actively worked with young individuals who wish to turn their hobbies into small businesses. For instance, a young girl in the community raised money for her dance competitions by creating and selling hot cocoa kits. These initiatives not only empower youth but also instill the values of hard work and entrepreneurship, inspiring them to follow their dreams. Nicole takes pride in encouraging young entrepreneurs, seeing it as an investment in the future of the community.

The connection Nicole shares with local schools is profound. As part of her dedication, she has partnered with Bishop Garrigan Schools, providing a space for a uniform resale. The funds generated from this effort directly support school events and essential supplies for teachers. Moreover, Nicole is currently collaborating with the Algona Music Booster Club to raise money for their Choir and Band programs through custom shirt sales. These initiatives illustrate her belief that supporting schools is vital for the growth and development of children in the community.



Nicole often reflects on how giving back has changed her life. "Being able to be in the position to give back is very fulfilling," she shares. This sentiment resonates deeply, as she emphasizes the blessings of living in a community that genuinely cares for one another. The joy of giving and the relationships forged through these efforts have enriched her life immeasurably. It's a cycle of support that not only benefits recipients but also brings a sense of purpose and connection to the giver.

Nicole's work has also touched the lives of countless individuals in her community. She hopes that her charitable contributions highlight the importance of small businesses in sustaining local life. "I hope that the individuals we have been able to bless know just how important they are to us and our community," she says. This connection fosters a sense of belonging and reinforces the idea that every individual can play a vital role in the larger community fabric.

Nicole's journey serves as a reminder to everyone that supporting local businesses is crucial. "To put yourself in a small business owner's shoes and show compassion is essential," she urges. When the community rallies behind local entrepreneurs, it creates a cycle of support that allows for more giving back. By choosing to shop local, community members can help ensure that their local businesses thrive, providing them with the resources needed to contribute to charitable causes everyone loves.





The commitment to her community is further encapsulated in Nicole's mantra: "Make It Happen." This phrase, which she has tattooed on her shoulder, serves as a daily reminder of resilience and determination. "When days are hard, there is no time to give up," she asserts. Her unwavering spirit is a testament to the strength of small business owners who pour their hearts into their work while uplifting those around them.

In the end, Nicole's story is one of inspiration and empowerment. Her dedication to giving back not only enhances the lives of others but also enriches her own. As she continues to support her community and encourage aspiring entrepreneurs, Nicole Taffe stands as a reminder that when we lift each other up and work with others that give their time for the cause as well, we all rise together.

Every act of kindness, no matter how small, has the power to create a ripple effect of positive change. Whether through supporting local businesses, volunteering time, or simply spreading kindness, we, too, can make it happen. Nicole Taffe's journey reminds us of the incredible impact we can have when we embrace the spirit of opening the door for giving back and working together with other like minded individuals to give of their time to experience the fuzzy feel-good feelings from it... we all win.



## RS HOME

A new vibrant chapter begins in downtown Algona with the opening of RS Home, a delightful venture by Kimberly and Ron Kollasch. After revitalizing a long-vacant storefront, the couple has transformed it into a haven for home decor enthusiasts, offering an array of accents, candles, and restored furniture.

Their journey, which started in January, culminated in a grand opening by mid-February. Excitingly, Kimberly plans to launch a vintage antique mall on the adjacent side by the end of April, inviting up to 30 vendors. Congratulations to Kimberly for her inspiring contribution to the community!



# StateLine Cooperative

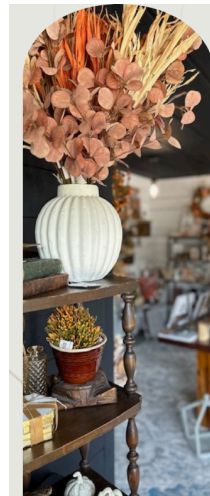
*Real People. Real Pride.*



**Security State Bank**  
[www.bankssb.com](http://www.bankssb.com)

1 East State St. Algona 295-9501  
Drive Up 801 East State St. 395-6501  
122 Walnut St. Burt 924-3215  
102 Dewitt St. LuVerne 882-3277

Member  
**FDIC**



## RS HOME

102 East State Street  
Algona, Iowa

Furniture, New Home Decor & Vintage Decor



SHOP NOW AT :

<https://400-rs-home-design.myshopify.com/>

[FACEBOOK.COM/400RSHOMEDSIGN](https://FACEBOOK.COM/400RSHOMEDSIGN)

## Celebrating Resilience and Community: The Journey of Molly Berte

In Algona, Iowa, an inspiring story unfolds—an expression of love, resilience, and the spirit of entrepreneurship. Molly Berte, a passionate restaurateur and a true inspiration to women in business. Molly's journey began in the small towns of LuVerne and Corwith, IA where her roots run deep. After graduating from CWL, she made a bold move by purchasing her first home right after high school and diving into the world of accounting at Smithfield.

In 2003, Molly and her husband Chad took a leap of faith and opened their first business together, Quarters Bar in LuVerne. Specializing in delicious pizzas and short-order food, they quickly became a staple in the community. Their dedication and hard work paid off, and after seven successful years, they sold the bar and moved on to new adventures.

That adventure led them to a new establishment in Algona, formerly known as "Sister Sarah's." In May 2010, they transformed it into "Emerald's Fine Food & Libations," named lovingly after their daughter, Emerald. With an emerald gem theme woven into the restaurant's identity, Molly and Chad embarked on a journey that would soon celebrate 16 years of serving the community.

"The support from our surrounding communities has been overwhelming," Molly shares. "We feel incredibly blessed." Today, as they prepare for another year of growth, they remain dedicated to providing a unique dining experience. Their banquet room and catering options have become popular choices for local businesses and families alike, allowing them to create memorable moments for their customers.

Owning a restaurant is no small feat. It comes with challenges that test one's physical and mental strength. Long hours on their feet and relentless problem-solving are part of the daily grind. However, Molly finds satisfaction in the hard work. "The fulfillment of completing a tough week is worth every moment," she reflects. More than just a job, her restaurant has become a family affair—her staff are not merely employees but cherished members of their extended family.

Molly's influence extends beyond her restaurant. Inspired by her parents' entrepreneurial spirit, her daughter Emerald has opened her own business, Bare Beauty Studios. "Watching her chase her dreams is like reliving my own journey," Molly beams. The bond between mother and daughter is a testament to the power of inspiration and support.

One of the most significant lessons Molly has learned is that not everyone can be pleased. "Despite our best efforts, there will always be challenges," she acknowledges. Yet, it's the heartfelt gratitude from satisfied customers that makes it all worthwhile. A simple thank-you or a kind review can brighten the toughest of days. "I've learned to focus on the positives," she says, "and to live for the highs, not the lows."



*Photo by Erin Elise Photography*

Molly's story is not just about business; it's about community. "I'm honored to be featured in Women Inc.," she says. "There are so many incredible women in our community juggling life and business."

Her respect for fellow female entrepreneurs is palpable, as she recognizes the strength it takes to succeed.

What sets Emerald's apart is the personal touch. Molly and Chad are the chefs behind the scenes, crafting every dish with love. Molly is known for her homemade soups, made fresh every day, reflecting her commitment to quality and care. "I can't imagine life any other way," she expresses, "working side by side with my husband."

Molly has served as the Dallas Clark Foundation Coordinator for 17 years, a role she cherishes deeply. Named after retired NFL player and former Iowa Hawkeye Dallas Clark, the foundation awards over \$40,000 in scholarships annually to students in Kossuth and Humboldt counties.

As we conclude this inspiring story, Molly leaves us with a beautiful sentiment: "I can't think of any better representation of beauty than someone who is unafraid to be herself." Her journey reminds us that with passion, resilience, and a supportive community, anything is possible.

In celebrating Molly Berte, we celebrate all women who dare to dream and create. Here's to the stories that inspire us and the women who continue to pave the way for future generations! May your heart be inspired to reveal your greatness too.



Tour the Newly Built Wilcon Construction Homes  
Your Dream Home Awaits!

Looking for a brand-new home that combines modern comfort with convenience? Wilcon Construction is proud to present stunning new homes in a beautiful subdivision nestled between Eagle Lake and Mankato. These thoughtfully designed residences offer the perfect blend of style and functionality, making them ideal for those who appreciate the ease of single-level living.

Each home features three spacious bedrooms and two bathrooms, including a luxurious primary suite with a walk-in shower and heated floors—perfect for those chilly Minnesota mornings. The open floor plan includes a walk-in pantry, a generous living area, and a large laundry room, ensuring ample space for everyday living. Plus, a double attached garage with extra storage provides room for all your essentials.

Want to see these homes for yourself? Open houses are available by request and Monday, Wednesday, and Friday 10 AM – 1 PM. Don't miss this opportunity to tour your future home.

Wilcon Construction Services Contact us at 507-345-6653 or <https://www.wilcon-construction.com>



**YOU'RE INVITED  
6 OPEN HOUSES**  
**MON, WED, FRI: 10AM-1PM**  
 Contact Bonnie at 507) 327-0633  
 Contact Sam at (952) 212-7266

- 3104 BASSETT DRIVE, MANKATO  
• MLS# 7036172
- 3106 BASSETT DRIVE, MANKATO  
• MLS# 7036176
- 3110 BASSETT DRIVE, MANKATO  
• MLS# 7036171
- 3112 BASSETT DRIVE, MANKATO  
• MLS# 7036168
- 3114 BASSETT DRIVE, MANKATO  
• MLS# 7036162
- 3116 BASSETT DRIVE, MANKATO  
• MLS# 7036170

EEO/AA MN ID #BC757938



*Pins and Needles  
Alterations*

728 N Riverfront Dr,  
Mankato,  
MN 56001

507-625-5163

*Experienced wedding  
and formal  
wear alterations*

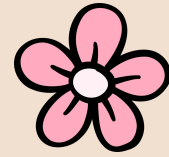
[www.katobears.com](http://www.katobears.com)

*like us on facebook*

# Amber Pietan Travel Agency, Inc



North Mankato, MN



Amber has been customizing and planning personalized luxury vacations since 1999. Her amazing attention to detail and impeccable personal service have become her hallmarks in travel planning. Her dedication to each and every client is second to none.

Amber grew up and has resided in the Mankato area her entire life. She currently lives in Lake Crystal where she is raising her son, Lucas. She graduated from Dakota County Technical College in Rosemount, Minnesota in 1998. She has a Diploma in Travel Planning, and is a Certified Travel Associate certified by The Travel Institute. The CTA designation, conferred by The Travel Institute, marks the pinnacle of travel industry professionalism. CTAs are required to complete a rigorous academic program and exam, possess at least five years of full-time experience, and follow a continuing education regimen to remain current on the latest travel trends. Amber is also a Luxury Lifestyle Specialist, having been certified as a specialist from Sandals Resorts, Aruba, Dominican Republic, Jamaica, Disney Vacations, Holland America Cruises, and Trafalgar Tours.

Her expertise is in customized itineraries, luxury cruises and tours, adventure travel, history tours, honeymoons, romantic getaways, and world cruises, as well as travel for large groups, businesses, destination weddings and family reunions.

Amber was an award-winning Travel Agent for over 14 years at AAA in Mankato, MN. At AAA Travel, she earned the President's Elite for top sales in 2007, 2008, 2010, 2011 and 2012. In 2013, Amber opened her own agency called Amber Pietan Travel Agency. She quickly established herself and began personalizing travel for her beloved clients in lower North Mankato. Since opening her agency, Amber received the Outside Agents Outstanding Sales Achievement Award in 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023 and 2024! She has also been voted the top Travel Agency in Mankato by the Mankato Free Press/Mankato Magazine every year since she started Amber Pietan Travel Agency.

Amber is a seasoned and dedicated traveler! As a child, she and her family traveled the United States extensively. As an adult, Amber has traveled to many Mexico destinations, England, Iceland, France, Italy, Switzerland, Spain, Greece, the Dominican Republic, Hawaii, Africa, Aruba, St. Martin, Costa Rica, Turks & Caicos, Vietnam, Cambodia, and Jamaica. She has also enjoyed a fabulous Caribbean, Alaskan & English Channel Cruises.

Amber's moto is "Without a Travel Agent you are on your own". On your own, planning a trip today can be confusing, and time consuming. However, having the availability and expertise of a travel professional to assist you will guarantee you the best prices and most amazing itineraries. Her years of experience enables her to share the wealth of information she has accumulated over the years with her clients and in her own personal travels. She also makes herself available to clients for unforeseen emergencies and changes. Amber prides herself on making each vacation she plans a memorable experience.

We are excited to share that we are rebranding our business. We are now operating under the name APTA Travel rather than Amber Pietan Travel Agency.

Over the last few years, our business has grown significantly, and we are no longer just a one-person operation. We have 8 experienced travel agents: Alena Otterdahl, Alisa Schipper, Ellen Warren, Erin Fredricks, Gary Zins (Specializes in Pickleball travel), Liz Voss & Neil Kaus (Disney Expert), who are ready to assist you in planning the perfect trip. No matter what your destination, we have the expertise to make your travel dreams a reality.

**Our New Division: Escorting Tours** - We are excited to announce the launch of our new tour escort division based in Mankato. In partnership with Collette Tours and Southwest Tour and Travel, we now offer escorted tours to enrich your travel experiences. Please see our website ([www.apta-travel.com](http://www.apta-travel.com)) for more details on these exciting tour opportunities.

**Introducing Our New Referral Program** - We value the power of word-of-mouth referrals. When you refer a client to us and share their referral details, you will receive a \$25 travel gift certificate as a token of our appreciation.

**Why Choose APTA Travel?**

- **Global Expertise:** We offer travel arrangements for destinations worldwide and specialize in river cruises.
- **Exclusive Savings:** Our extensive industry knowledge and relationships allow us to save you money compared to booking directly with cruise lines or vendors.
- **Personalized Service:** We are committed to nurturing relationships with our clients, vendors, and contacts to ensure every travel dream becomes a reality.

Thank you for being a part of our journey. We look forward to helping you explore the world with confidence and excitement. If you have any questions or need more information, please do not hesitate to reach out.



**DANCE CONSERVATORY**

Gerri Cogswell  
Office Manager

1400 Madison Avenue, Suite 318  
Mankato MN 56001  
507-625-2005  
[dcdance002@gmail.com](mailto:dcdance002@gmail.com)  
[www.dcsmdance.com](http://www.dcsmdance.com)



Scan to Subscribe to Womeninc



**By Investing Today, You're Saving Tomorrow.**  
Sales · Service · Design · Installation

**DAVIS**  
Comfort Systems  
*Your indoor comfort specialists*

Jennifer Wurster  
Comfort Consultant

20765 Foley Road, Mankato, MN | 507.387.2434 | 507.726.2417

Four Time National Award Winners

TRANE  
It's Hard To Stop A Trane.

BBB ACCREDITED BUSINESS

Heating. AC. Geothermal. Heat Pumps. Hot Water Heat. Vent & More  
[www.daviscomfortsystems.com](http://www.daviscomfortsystems.com)



# Handy Helper

By Ashley Hanley, North Mankato

**Have you ever considered hiring someone to help you with the everyday chores or even organizing?** One Mankato woman hopes to reach more people through her newly formed cleaning service, 507 Cleaning. Dawn Benson is the owner of 507 Cleaning. She told us what drives her passion and how she helps people all over the area with cleaning and so much more.

**How long have you been open?** I opened my business last summer.

**Why did you open the business?** I want to help people with what they need and also enjoy having more free time to enjoy things that life has to offer!

**Where are you located?** Mankato, MN

**How many clients/customers do you have?** I have eight independent clients and I also have a few landlords that I clean their apartments and get them ready for new tenants.

**How many employees?** Only me.

**What services do you offer?** House cleaning and organizing. Any job that you have I would discuss, and it would be at the regular rate.

**What makes your business unique?** I have one rate that is currently \$25 per hour. However, that is for any and all services it does not change based off of the job.

**Why should someone try you out?** I like to have a good time while cleaning and tend to be pretty happy-go-lucky. I enjoy spending the time I do with my clients.

**Best part of the job?** Meeting so many wonderful new people! and I also get quite the workout while cleaning.

**Most challenging?** Having to reschedule clients. I base my time off of the job and the amount of time projected to be there. So when extras are added in that's fine, but I may not be able to get to it. I know I'm already there and it seems like it should be easy to add things, but we have to remember that other clients are already scheduled, and also that I have my own things I really need to take care of too.

**Future plans?** To keep cleaning up for those who cannot afford an expensive housekeeper. Or any that may need extra help with projects!

**Anything else you want to add?** Please reach out with ANY jobs you may need help with. You'd be surprised how much I can assist with! My email is:  
restorationcomplete.dawn@gmail.com



- Residential Roofing Experts
- FREE Estimates
- New Construction
- Reroofing-Homes/Commercial
- Buildings-Barns/Machine Sheds
- Churches
- Flat Rubber Roofs
- Metal Roofs & Steel Shingles

Mankato, MN

Mike Hansen

License #BC 090743

20 Year Workmanship Guaranteed

1400 Lake St - N. Mankato, MN 56003  
Work (507) 388-9259 - Cell (507) 420-2954  
Fax (507) 625-7533

Email: mhanconst@hickorytech.net

[www.MikeHansenRoofing.com](http://www.MikeHansenRoofing.com)



Permanent Cosmetics and Salon by Staci with 25+ years in permanent cosmetics (makeup), and full-service salon if you are looking for a refresh or something completely new I would love to meet you.

I specialize in many techniques of Eyebrows, eyeliner, Lips, Beauty marks, and corrective permanent makeup. Also Color and Haircuts. I love designing the perfect look for my clients, both young and mature.

Located in Mankato MN.

Please call 507-317-7048 for appointments.

# A Unique Way to Workout

By Ashley Hanley, North Mankato

Owners, Brandon and Vickie Hoffman, have had a passion for fitness for many years. They've been involved in the fitness franchise business since 2015. Their HOTWORX journey began in 2022 after speaking to a family friend who owned a HOTWORX studio in Sioux Falls, South Dakota. They opened a HOTWORX Studio in Mankato in March 2024.

**Mankato HOTWORX** General Manager Maddie Perry said, "They love how HOTWORX pioneered the 24-hour infrared fitness studio, offering access to various hot exercise workouts, with infrared energy from the sauna helping to burn fat and release toxins from the body."

The decision to open the first HOTWORX studio in Mankato was based on the limited fitness options in the area, as traditional gyms offered only a few classes, treadmills, and weights, but nothing comparable to HOTWORX, Perry added. "The goal was to introduce a new fitness concept with 24-hour access, virtually instructed work outs, and more effective results in less time. Brandon and Vickie plan to expand and open more HOTWORX studios in Minnesota, with the second location planned for Rochester in 2025/2026."



*Continued on the Next page*



**ANYTIME FITNESS**  
 Locally Owned & Operated  
 1502 Hwy. 169 N. • Algona, IA 50511  
 (515) 395-2472



## 7 Reasons Why it's Important to Have Healthy Relationships

- Trust can be Built
- Better Health
- They add Value to Your Life
- Build Mutual Respect
- Peace and Joy
- Decreased Stress
- Emotional Support



Email: [coach@carlaskow.com](mailto:coach@carlaskow.com)

**Bibletations**<sup>™</sup>  
 Inspirational Scriptural Meditations, Prayers & More!  
**Increase Your Faith & Peace**  
**Helping You Write**  
**Scriptures on Your Heart**  
 Download the Bibletation App



Scan to Download the Bibletations App



Currently, the Mankato location, which is located on Sioux Road, serves over 460 customers and continues to grow.

**How many employees do you have?** We have a team of 4, soon to be 5 AMAZING women! Plus two awesome owners that none of what we do would be possible without!

What services do you offer?

- 24 hour access to 12 virtually instructed infrared sauna workouts
- 3 - 15 minute HIIT Sessions (Cycle, Thunder & Blast)
- 9 - 30 minute Isometric Sessions (Yoga, Pilates, Iso, Buns, Stretch, Barre None, Warrior, Core, Bands)
- FX Zone ~ Weight lifting area
- MORE WORKOUT IN LESS TIME!!



**What makes your business unique?** Open 24 hours to members. Infrared Sauna Workouts. Virtually led Workouts that are inclusive to everyone wherever you are at in your fitness journey! Staff is committed to keeping members motivated and engaged in their fitness goals!

**Why should someone try you out?** To feel the greatness of infrared energy & how it will benefit their everyday life. For all of the health benefits you will receive from utilizing our studio and to try something unlike anything you have done before!

**Efficient Workouts:** Get effective results in just 15-30 minutes with infrared heat and exercise.

**Variety:** Choose from 12 different sessions including yoga, Pilates, HIIT, and MORE! All in a sauna. **24/7**

**Access:** Work out any time, day or night. **Detox & Health:** Sweating in infrared helps eliminate toxins and improves skin. **Mental Clarity:** Stress relief and improved focus through soothing heat. **Customizable:**

Virtual instructors provide guidance and motivation. **All Fitness Levels:** Suitable for beginners to athletes, with adjustable intensity.

**Other Health Benefits:** Fat Burning, Detoxification, Improved Skin / Anti Aging, Enhanced Flexibility, Reduced Cellulite, Joint & Muscle Recovery, Increased Endurance, Stress Relief, Boosted Immune System

**What is the best part of the job?** By FAR the best part of this job is connecting with our members, being a part of their journey and motivating them to be the best version of themselves. I have created the most amazing relationships inside our studio and I will forever be grateful for it! Our HOTWORX Mankato team is absolutely incredible & they make every single day a fun day. Working with leads who are looking to better themselves brightens my day as I would not be in this position if I did not wholeheartedly believe that what we offer here at HOTWORX is enough to change lives!




**COMPEER FINANCIAL**  
COMPEER.COM | #CHAMPIONRURAL

**Jean A Dikken**  
Lending Officer, NMLS# 712127  
jean.dikken@compeer.com  
(C) (507) 525-0827  
(O) (844) 426-6733  
Blue Earth, MN



Compeer Financial, ACA is an Equal Credit Opportunity Lender and Equal Opportunity Provider. ©2019 ACA. All rights reserved.

*spa · dee · dah!*  
bancroft, iowa & 515-885-2772  
*Bancroft Boutique*  
...the place to be.



**New York Life Insurance Company**

Life Insurance, Long Term Care Ins.,  
IRA Funding – Investments#

931 Madison Avenue  
Suite 1, Mankato,  
MN 56001 Bus.  
Phone: 507-387-4262

[www.jrmountain@nylagents.com](mailto:www.jrmountain@nylagents.com)  
[jrmountain@ft.newyorklife.com](mailto:jrmountain@ft.newyorklife.com)



Judy Ringler Mountain  
LUTCF, CLTC, Agent

Registered representative with NYLIFE Securities LLC.  
(Member FINRA/SIPC) A Licensed Insurance Agency. NYLIFE Securities LLC is a New York Life Co.  
#Investments Involve risk, fees and expenses, and maybe subject to current taxation.  
These factors when taken into consideration can seriously alter the calculated results.

Featuring Mankato, MN

# A Journey Toward Financial Harmony

## Judy Ringler Mountain



Before Judy Ringler Mountain became a financial professional, she helped many women dress for success at The Dahl House of Mankato, in the Madison East Mall, where she was manager. She was buyer for all 24 stores in Minnesota, Wisconsin and Iowa buying sportswear and accessories. She also was a sportswear buyer for Brett's in Mankato. This focus on success and service is an ongoing theme for Judy.

Today, Ringler Mountain is the Founder and President of Mountain Financial Group LLC. Specifically serving with a family-focused, financial strategy, she helps clients by doing full factfinding and bringing financial harmony to the clients and their families. During thirty years as a Financial professional with New York Life, Judy supports families, business owners, individuals, and retirees with their wealth strategies, long term care needs, funding for college options, healthcare, and estate planning.

**Every Minute Counts!** “I present strategy outcomes and encourage a future-focused lifestyle. Many clients today feel too busy to plan and manage their financials to their best advantage which results in living month to month. I help them rediscover what’s important to them. It doesn’t matter your income it matters what you do with it. I am never too busy to be a resource for others. I want to make every minute count.”

**My Why?** “I love being available to help others succeed. The trust that my clients place in me has translated into relationships. It is a privilege to work with them on their personal journey. These relationships become stronger over time, like family. I have a very supportive husband and family. There are times when family is the priority and there are times when business is the priority.”

As a financial professional, Judy provides her clients with an integrated insurance and financial roadmap, positioning them for a positive future. Clients embrace change rather than resist, and continue to grow and thrive in different circumstances. A thorough, long-term financial strategy may integrate permanent life insurance, diverse investments, and annuities depending on your needs and financial goals.

**Relationships are Priceless!** The value of building and maintaining strong relationships cannot be overstated. Navigating clients through their individualized strategic process is very rewarding for Judy. “A passion for making an impact on their future is one of my core values.” Judy finds joy in pivoting from one solution to another as each client's needs are evaluated and supported. “I love the flexibility to work with a variety of clients from all walks of life!”

**Staying Relevant.** “I like being curious and open to new ideas and information because there is always more to learn. I believe that listening is a superpower.”

**Determination and Dedication.** “Approach your vision every day positively and continue to strive for excellence.” Ringler Mountain's hard work and dedication have paid off. She is a Lifetime member of Million Dollar RoundTable\*\*, Obtained Certified Long-Term Care Designation, and NYL Annual Councils\*\*\*. My purpose is to help our clients protect what they care about and achieve their financial goals.

**Connecting to Community** Giving back has always been important to Ringler Mountain. She supports United Way, GMG, Zonta Club of Mankato, Zonta International, YWCA, Surge, Twilight Garden Club, CADA, BNI, and Alpha Chi Omega. She enjoys leisure time with family and grandchildren going to sporting events, plays, and going to the lake, gardening, and exercising. A strand that connects through Judy’s life is the understanding that if she does the right thing for clients, for colleagues, for family, and friends, goals and dreams eventually come within reach.

**Passion and Commitment.** “As I create my NYL team, we stand along with our clients to lighten their burden by helping them navigate uncertainty, protect what’s most important, and improve their financial wellbeing. People who believe in what they are doing, do it with passion. Mountain Financial Group is meeting the clients where they are with empathy and care.”

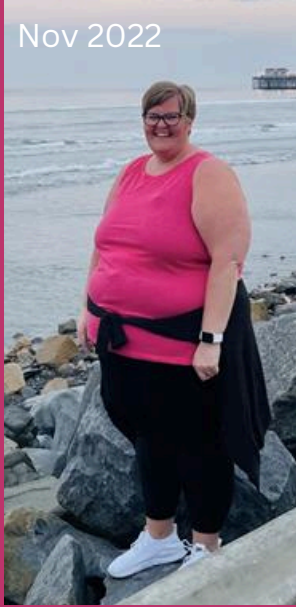
*\*\*MDRT is recognized throughout the industry as the standard of excellence in life insurance sales performance.*

*\*\*\*Awarded by New York Life Insurance Company for outstanding sales achievements. Council is an annual company recognition program based on agent production from July 1- June 30. QC = 1998, 2000, 2001, 2002, 2005, 2006, 2007, 2008, 2009, 2010 / EC = 1994, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024*

*^ Judy Ringler Mountain, Registered Representative, with NYLIFE Securities LLC, Member FINRA/SIPC, A Licensed Insurance Agency. 931 MADISON AVENUE SUITE 1 MANKATO MN USA 56001 (507) 387-4262. Mountain Financial Group, LLC, is not owned or operated by NYLIFE Securities LLC or its affiliates. Mountain Financial Group, LLC, nor its financial professional provide tax, legal or accounting advice. This is provided for general informational purposes only.*



# Renee Rolling: A Journey of Transformation and Empowerment



Nov 2022



Feb 2025

## Her Personal Journey Through Weight Loss



In the heart of Clear Lake, Iowa, (growing up in Bancroft, IA) lives a remarkable woman named Renee Rolling. At 41, single, and with a beloved beagle Louie by her side, Renee made a life-altering decision that would not only transform her health but could also inspire countless others. Today, she stands as a beacon of hope and determination, proving that it's never too late to reclaim your life.

Renee's journey began in November 2022, during a frightening emergency room visit. It was a wake-up call that urged her to confront the reality of her health. "I was done living a life of obesity," she shares. "I wasn't enjoying life; I was hiding at home."

This pivotal moment forced Renee to re-evaluate her choices and sparked the desire for change. With the support of her physician, she sought help from a weight loss management doctor, someone who could provide the accountability and encouragement she needed.

For Renee, the first year was all about nutrition. "I'm a firm believer that weight loss happens in the kitchen," she says. She dedicated herself to understanding calorie counting, macronutrients, and the importance of balanced meals. Through sheer determination, she lost an impressive 90 pounds. This initial success motivated her to incorporate exercise into her routine. Walking became her newfound passion, first with her dog and later on her own during lunch breaks and evenings. As she embraced movement, she discovered the joy of weight training, further enhancing her physical capabilities.

Renee's goals were not about fitting into a certain size or achieving a specific weight. Instead, her primary aim was to add years to her life and reduce her risk of heart disease, a condition that looms in her family history. "Going from a size 5X to a large is something to be proud of," she reflects, but for her, the focus remained on overall health and well-being.

Through this journey, Renee has learned valuable lessons about healthy living that she passionately shares with others. Her top three recommendations for anyone looking to improve their health are straightforward yet powerful:

**1. Plan, Plan, Plan:** "The better you plan, the more likely you are to stick with it," she advises. Meal prepping and stocking the fridge with nutritious options can set the foundation for success. I never gave up anything, I still eat out, eat sweets, and drink fountain Diet Coke! Renee encourages creativity in the kitchen, inspired by social media, and admits that she has even developed a newfound love for Brussels sprouts!

**2. Forgive Yourself and Have Grace:** "A healthy lifestyle is NOT a diet," she emphasizes. Mistakes happen, and it's vital to let go of guilt and move forward without dwelling on setbacks. Every meal offers a new opportunity to make healthier choices

**3. Avoid Comparisons:** "Comparison is the thief of joy," Renee reminds us. Each person's journey is unique, and it's essential to embrace individuality and celebrate personal progress..



Anytime Fitness, Algona, IA  
Dietary Supplements - 515-341-6821



## Featuring Weight Loss

Renee's motivation to maintain her new lifestyle stems from the incredible changes she has experienced. "I feel great!" she exclaims. The aches and pains that once plagued her are gone, replaced by newfound energy and vitality. She reflects on her father's memory, who passed away twelve years ago but continues to inspire her. "He always told me, 'You're too pretty to cry.' I can only imagine how proud he would be now." In moments of doubt and frustration, she recalls his words, wiping away tears and forging ahead with renewed strength.

While Renee humbly claims she does not see herself as an inspiration, she recognizes the power of her story. "If I can encourage just one person to make some simple life changes, that in itself is motivation!" she asserts. However, the journey has not been without challenges. The nagging fear of regaining lost weight often looms in the background. "The mental challenges are definitely the biggest obstacle," she admits. Overcoming this mindset requires constant vigilance and self-compassion.

To all the women out there, Renee has a powerful message: "You have to do this for yourself. No one else can do it for you." Her words resonate deeply, reminding us that the path to health and happiness is paved with mindful choices and dedication. "Don't give up on yourself!" she urges, a testament to the strength that lies within every woman.

As she reflects on her journey, Renee shares a poignant update with her followers on social media, celebrating two years of transformation. "I've lost 155 lbs. Woowoooooof!!!" she exclaims. "The journey has never been perfect, but I'm glad I started then and proud of where I am today!" Her authenticity shines through as she acknowledges the effort, time, and consistency that have brought her to this point.

Renee encourages everyone to remember their beginnings and to appreciate the small victories along the way. "Just because things don't happen overnight doesn't mean they're not happening," she reminds us. Her biggest celebration? For the first time in her adult life, her New Year's resolution is not to lose weight but to continue thriving and embracing life.

Renee Rolling's story is one of resilience, courage, and unwavering determination. She embodies the spirit of transformation, inspiring women everywhere to take charge of their health and pursue their dreams. Through her journey, she reminds us that we all have the power to make meaningful changes, no matter where we start. So, let's take a page from Renee's book: embrace your uniqueness, plan for success, forgive yourself, and most importantly, believe in your ability to create a vibrant and fulfilling life. The journey may be challenging, but with each step, you're one step closer to the incredible life you deserve.

## Featuring Weight Loss

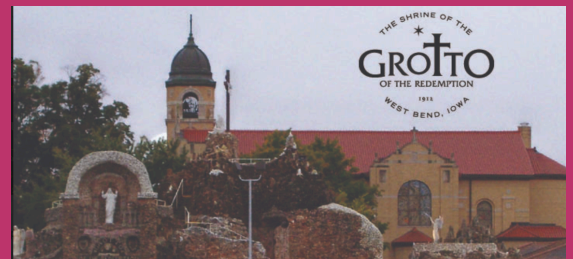
spa • dee • dah!

bancroft, iowa & 515-885-2772

Bancroft Boutique  
...the place to be.



hair • skin • body • nails • massage  
fashion • gifts • accessories



The Grotto is frequently considered the "Eighth Wonder of the World" and The Iowan magazine has described the Grotto as a "Miracle in Stone".

The location was placed on the National Register of Historical Places in 2001 and has been included in such features as Roadside America and Disney's The Straight Story.

**GIFT SHOP • MUSEUM • CAFE  
CAMP GROUNDS • GUIDED TOURS**

**WEST BEND, IOWA (515) 887-2371**





# 5 Ways to Boost Your Metabolism and Embrace a Healthier You



Understanding and optimizing your metabolism can significantly impact your weight loss journey and overall health. Metabolism refers to the body's processes that convert food into energy, playing a central role in how we feel, function, and manage our weight. Here are five evidence-based strategies to help you boost your metabolism, supported by research.

**Eat More Protein** - Incorporating more protein into your diet can significantly enhance your metabolism. Research shows that a high-protein diet increases your resting metabolic rate due to a phenomenon called diet-induced thermogenesis, where the body burns more calories digesting protein compared to fats or carbohydrates (Moon et al., 2020). Aim to include protein-rich foods such as lean meats, fish, eggs, legumes, and dairy in your meals. For breakfast, consider a Greek yogurt parfait topped with nuts and berries or an omelet filled with vegetables.

**Exercise and Strength Train Regularly** - Physical activity is a potent way to boost your metabolism. Regular exercise not only burns calories but also builds muscle mass, which is crucial for a higher metabolic rate. A study found that strength training increases metabolic function by building muscle, which burns more calories at rest compared to fat (Kim et al., 2020). Incorporate both cardio and strength training into your weekly routine. Even small changes, like standing more often instead of sitting, can enhance your metabolic rate (Garthwaite et al., 2024). Aim for at least 150 minutes of moderate-intensity exercise each week, mixing in resistance training two to three times.

**Stay Hydrated** - Hydration plays a critical role in maintaining metabolic health. Research shows that water is essential for various metabolic processes, including calorie conversion (Çıtar Dazıroğlu et al., 2023). Dehydration can lead to a slowdown in metabolism and hinder your weight loss efforts. To support your metabolism, aim to drink adequate amounts of water throughout the day. Starting your morning with a glass of water not only hydrates your body but can also promote a feeling of fullness, potentially reducing overall calorie intake.

**Get Adequate Sleep** - Sleep is essential for metabolic health. Insufficient sleep can disrupt hormonal balance, leading to increased hunger and cravings while slowing down metabolism (NIH, 2023). Aim for a consistent sleep schedule of seven to nine hours each night. Quality sleep helps regulate hormones like insulin and cortisol, which play significant roles in metabolism. To improve your sleep quality, create a calming bedtime routine, limit screen time before bed, and ensure your sleep environment is comfortable and dark.

**Eat a Nutrient-Dense Diet** - The quality of your diet matters just as much as quantity. Eating a nutrient-dense diet rich in whole foods—fruits, vegetables, whole grains, lean proteins, and healthy fats—can enhance metabolic health (Baik et al., 2013). Research indicates that a varied diet with plenty of fiber can improve metabolic function and lower the risk of metabolic syndrome (Bulsiewicz, 2023). Incorporate a rainbow of fruits and vegetables into your meals, choose whole grains over refined options, and include healthy fats like avocados and nuts. This approach not only supports your metabolism but also provides your body with essential nutrients for overall health.

**Conclusion** - Boosting your metabolism is achievable through simple yet effective lifestyle changes. By prioritizing protein in your meals, engaging in regular physical activity, staying hydrated, getting sufficient sleep, and focusing on a nutrient-dense diet, you can enhance your metabolic health and embrace a healthier you. Remember, every step you take toward better health is a step toward a more vibrant life. As you implement these strategies, you'll not only support your metabolism but also cultivate a deeper connection with your body, empowering you to thrive in all aspects of life.

**Note:** Always visit with your healthcare providers when making health decisions.

**References:** Moon, J., et al. (2020). Clinical Evidence and Mechanisms of High-Protein Diet-Induced Weight Loss. \*Journal of Obesity & Metabolic Syndrome.- Kim, G., et al. (2020). Impact of Skeletal Muscle Mass on Metabolic Health. \*Endocrinology and Metabolism.- Çıtar Dazıroğlu, M. E., et al. (2023). Water Consumption: Effect on Energy Expenditure and Body Weight Management. Current Obesity Reports.- NIH. (2023). Research in Context: Obesity and Metabolic Health. \*National Institutes of Health.- Baik, I., et al. (2013). A Healthy Dietary Pattern Consisting of a Variety of Food Choices Is Inversely Associated With the Development of Metabolic Syndrome. \*Nutrition Research and Practice.

# Rachel Eggum Cinader at Hope 4 Women International

## Dress a Girl Around the World

Forest City IA

- 1. When did you first become interested in pursuing this occupation and why?** I was on a mission trip to Uganda and seeing the women and girls living in poverty and being downtrodden moved me to action. I began Hope 4 Women International and we started sponsoring women in business. A year later we started Dress a Girl Around the World.
- 2. Give details of your past - present and future plans or thoughts.** We began Hope 4 Women International in 2008 and around 1500 women have been sponsored in businesses of their own. In 2009 we began Dress a Girl Around the World and have dressed nearly four million girls in our cute home-made dresses made by volunteers around the world. I have mentored my daughter and granddaughter in the business and I look forward to them taking over one day so the missions can continue.
- 3. What is it about this job that makes you feel fulfilled?** Receiving reports on empowering our sponsored women and seeing them raise their level of income along with their status in the communities in which they live. Seeing photos of girls around the world dressed in their new dresses.
- 4. Who has been your greatest mentor?** Jesus and His teachings on taking care of the widows and orphans. My brother, Tom Eggum who has been bringing hope around the world since 1973, has taught me much about working with people and surrounding myself with people of passion.
- 5. What is the best business advice anyone has ever given you?** Don't overcommit. Don't overspend. Work toward your goals in a realistic fashion.
- 6. What advice do you have for anyone pursuing any type of business idea?** Surround yourself with people who are passionate about your business and who will help you in pursuing your dreams.
- 7. What is your favorite job duty to perform?** Talking with sponsors and people who sew for Dress a Girl—hearing their enthusiasm and the hope in their voices.
- 8. What is the best part of your job?** Connecting with and encouraging others.
- 9. What have been your biggest obstacles?** Finances are always an issue.
- 10. Is there anything special you would like to share with other women that you feel will encourage them to be all they can be?** The Bible tells us that if we commit all that we do to the Lord, our plans will succeed. Pray and then move forward. Work hard and with passion.



Visit [www.Dressagirlaroundtheworld.com](http://www.Dressagirlaroundtheworld.com) to learn more about us!



**A Worthwhile Investment  
In Your Health**

Proper nutrition with three daily meals, medications taken as prescribed, help with daily living chores, social interaction and physical movement within our spacious facility all are investment in YOU.

**Apartments Available**

**Forest Plaza  
Assisted Living**  
635 Hwy 9 East  
Forest City, IA 50436

Visit us today.

Call 641-585-1555 • Email: [info@forestplaza.biz](mailto:info@forestplaza.biz)  
[www.forestplaza.biz](http://www.forestplaza.biz)



WOMENING MAGAZINE 

**ADVERTISE  
FOR AS  
LOW AS  
\$49**

IOWA AND MINNESOTA

CONTACT US AT:  
[INFO@WOMENINGMAGAZINE.COM](mailto:INFO@WOMENINGMAGAZINE.COM)  
OR CALL 507-236-6371



**Beehive Crafts & Framing**  
406 Grand Ave, Spencer, IA 51301  
712-262-3918 or [swensonlk@hotmail.com](mailto:swensonlk@hotmail.com)

  
CRAFTS & FRAMING

- Custom Framing • Custom Quilting
- One of the Largest selections of yarns, needles and books in Northwest Iowa
- Embroidery Supplies: kits, floss, transfer patterns, towels
- Paint Supplies • Wood Items • Baskets
- Florals • Beads • Scrapbooking
- General Crafts

Mon-Closed, Tues and Fri 11-5, Sat 11-3





# MOVING THE HOUSE

By Karen Schwaller



Karen Schwaller, Owner

*Contact me today  
to speak at your event!*

(712) 330-2445

kschwaller@evertek.net

**karen-schwaller.com**

Simply stated, we outgrew our first house.

My father-in-law grew up in that small old house, built in the late 1800s.

The house still felt spacious enough after our first child was born, but when babies started to arrive two at a time, it got small in a hurry.

Still, we made the best of it until an offhand comment at a graduation party became a follow-up conversation with our neighbors, and soon we were kicking around an offer from them about the possibility of buying their much larger vacant home only a mile away, and moving it to our place.

The house seemed grandiose--with big square rooms and no angled ceilings upstairs (except for the attic). I barely even knew in my wildest dreams that homes like that existed.

Our daughter (at age 5) would have her own room, instead of having to stake a claim to part of a storage room. And everyone could sleep on the same level.

I could barely imagine it.

Copious late-night conversations would occur after my husband came home from his factory job that also helped keep the farm going. In the end, we decided to go for it, thinking it might be our only chance at a home that was far nicer than the one my husband inherited from the mice when he set up shop there as a high school junior. (*Now there's another story...*)

When the movers came to the "new" house, they detached it from the basement, jacked it up and placed timbers through what used to be basement windows.

I had never borne witness to such enormous upper arms. At least not outside of a forest full of Redwood trees.

Moving day was one to behold. The house slid (literally) onto the truck, and glided slowly just one mile to its new home, with power linemen letting it through safely.

The house got a new home, and so did we. Efficiency is a wonderful thing.

The movers lifted our house up over our mailbox as the house arrived at our farm, and my husband must have consumed *at least* a warehouse full of antacids throughout the process. Soon it came to rest on the basement walls that were built following endless measuring and house layout confirmations at all times of the day and night.

That was 30 years ago already. The larger, newly-moved house sat right outside the living room windows of the house that built at least a couple of Schwaller generations before us.

One of the first things our young boys did in the days that followed was to fetch one of their tractors and hay racks from the toybox, and put their toy barn on it. Powered by their hands and knees--with their lips making just the right 'house-moving truck' sounds, and their sister acting as the official barn traffic control director--they moved it ever so slowly and carefully across the living room floor and drove it into the kitchen, where it came to rest at a place their sister deemed acceptable.

Well ... what farm mother hasn't thought from time to time that her kitchen looked like a bunch of barn inhabitants lived there?

Our children watch us always. Good thing ours were imitating our house-moving project, when they could have been imitating what happened around here when the hogs got out.

*Karen Schwaller writes from her farm near Milford, Iowa. She is a freelance writer/columnist and humorous/inspirational rural life speaker. Visit her website at [www.karenschwaller.com](http://www.karenschwaller.com).*

*Contact her to speak at your event at [kschwaller@evertek.net](mailto:kschwaller@evertek.net).*



Burt,  
Iowa

# REUTZEL



## EXCAVATING, INC.

**515-924-3852**

3008 120th Ave, PO Box 42, Burt Iowa 50522

**3 generation business  
over 50 years of excavating experience**

### **Does your farms drainage system look like this?**

**If not, Reutzel Excavating Inc. can help!**

Over 50 years of experience and 3 generations in business, Reutzel Excavating Inc., can take you through the step by step process to drain your field-the right way!

**Need to tile the farm in sections according to a budget?**

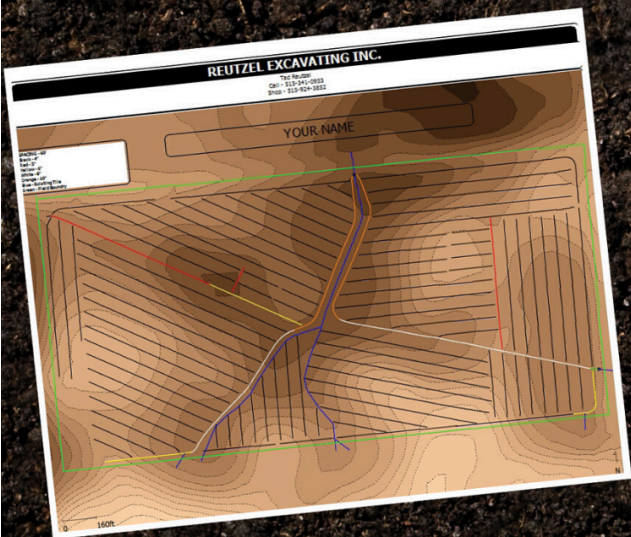
**Perfect!** Reutzel Excavating Inc., can help you get the most bang for your buck by implementing a plan to tile your farm over the course of several years so it is drained correctly.

**Reutzel Excavating also does many other general excavation projects,**

**IF IT HAS TO DO WITH DIRT, REUTZEL DOES IT!**

Please call for a quote or to set up a meeting today!

**515-924-3852**



- Top to Bottom Farm Drainage (4"-60"+ pipe)
- Pattern tiling
- Site demolition
- building pads
- gravel and rock
- waterways
- general excavation



Womeninc Magazine,  
Box 42, Burt, IA  
50522

PRSRST STD  
US POSTAGE PAID  
FARIBAULT, MN  
PERMIT NO. 21



Scan Above to Subscribe!



To Subscribe Go To: [www.womenincmagazine.com](http://www.womenincmagazine.com)  
Or Mail a Check To: PO Box 42, Burt, IA 50522  
Be sure to Include Recipient's Name, Address or Email for Digital order!