

OPINION

Incontinence and pelvic therapy benefits

Don't let incontinence hold you back from fully enjoying life — missing out on precious moments because of bladder leaks is something no one should have to experience.

Even as a pelvic health physical therapist, I wasn't immune.

After the birth of my first child, I vividly remember trying to run and play with my nephews and niece. I barely made it several yards before I felt the leakage start.

I had done "all the right things" during pregnancy, but postpartum recovery is hum-

DOCTOR'S ORDERS

MEGAN VAN GORP



bling. I was frustrated and embarrassed — and I do this for a living!

But it was also a powerful reminder of why this work matters. With consistency and compassion for my healing body, I used the same pelvic floor therapy principles I teach my patients.

And yes — it worked. I got back to playing without leaks, and more importantly, I regained trust in my body.

Incontinence is common — but not normal — and it's treatable. One of the most effective, noninvasive solutions is pelvic floor physical therapy.

PFPT helps strengthen, relax and retrain the pelvic floor muscles that support the bladder, bowel, and reproductive organs.

PFPT can help with:

- Bladder leaks from sneezing, coughing, or exercise.
- Frequent or urgent urination.
- Incomplete emptying of the

bladder or bowels.

- Pelvic pain or pain with intercourse.
- Chronic constipation (in adults and children).
- Bed wetting or accidents in children.

Treatment may include exercises, manual therapy, posture and breathing work, education and more — all customized to your needs.

PFPT helps improve muscle strength and coordination, relieve pain, and restore bowel and bladder control.

If you or your child is struggling with incontinence or pelvic floor

issues, talk to your health-care provider. Don't wait — early treatment can lead to better outcomes and a better quality of life.

Please join me at noon Thursday, Sept. 18, to learn more about the importance of pelvic health. I will be leading a free Lunch & Learn in the multipurpose room of Osceola Regional Health Center in Sibley. Please reserve your lunch online at www.osceolarhc.org/lunchlearn or call 712-754-5338.

Megan Van Gorp is a doctor of physical therapy at Osceola Regional Health Center in Sibley.

Paths of righteousness are best to walk, flourish

I sold my old Chevy pickup and bought a different car in March. I bought a 2009 Lexus LS460. I didn't set out to buy a Lexus. I was kind of looking for a Corolla or a Camry.

Let me just share with you that this is an extremely frustrating region in which to buy a used car.

First of all, since the population density is low, the supply of available cars is thinly sprinkled over a wide area. So, going to look at a car that is advertised on Facebook Marketplace or Craig's List is usually time consuming and often involves driving at least an hour each way.

Secondly, I immediately noticed that lots of sellers were proficient and selectively not photographing rust. So, you see pictures of the car online, and it seems like a solid car. You ask about it via e-mail, and they say, "It's got a little bit of rust, but so does every other car in the area." So, you drive an hour to see it in person and discover that the seller is a bald-faced liar, and the car is a total rust bucket. So, you recite an imprecatory Psalm on the drive home muttering "break their teeth, O Lord" to yourself.

When the Lexus popped up, it seemed to fit the bill. It was not any more expensive than

A PASTOR'S PERSPECTIVE

BRIAN CARPENTER



the Corollas and Camrys that I had been looking at. It only had 145,000 miles on it. It hadn't been in this area long so didn't have any rust, and it was all wheel drive plus a V8.

Normally, I don't like a lot of bells and whistles on my cars because that's just stuff that will break and cost a fortune to fix later — if you can even find replacement parts.

But this is a Lexus. It was a premium luxury car in its day, the flagship of the Lexus fleet. It's got buttons and switches that I still haven't figured out, even after owning it for five months. I'm a little ashamed to say it, but I kinda really like this car.

But — and there's a big but — I didn't know some important things about the car before I bought it.

The first thing I didn't realize is that it holds 9½ quarts of motor oil. Most cars top off at 5 quarts or less. And the oil is synthetic, so it is expensive. Oil changes will cost almost twice as much as the oil

changes on my old Chevy.

Even worse, the car requires premium fuel, 91 octane, which costs a dollar a gallon more than normal gasoline.

However, due to the way that Lexus designed this engine, if you don't use premium fuel, there is a strong chance that the motor will "ping" and eventually shred itself. And if I didn't put the correct amount of the correct oil in the engine during an oil change, I would ruin it pretty quickly.

I found all this information in the owner's manual, of course, which for this car resembles the Encyclopaedia Britannica.

Now, I freely admit I'm not excited about the expensive oil changes.

Nor am I particularly fond of paying \$4.25 a gallon for my gas when everyone else is paying \$3.25 a gallon for theirs.

But the car has value to me, and the owner's manual tells me that's what the car needs to run properly and last a long time. Not following the owner's manual will ruin my car.

Lexus didn't write the manual to mess with me or irritate me. They didn't write it to make me jump through arbitrary hoops that have no bearing on the well-being of the car. They didn't write it because they were on some

sort of power trip. They wrote the owner's manual to teach me how to care for my car so I could get the longest life and best reliability out of it.

I want to suggest that human beings also have an owner's manual, and there are things which it tells us to do, and things which it tells us not to do. In Psalm 23, David calls those things "paths of righteousness."

There are many things that need to be explained to straighten out the mess that is the popular understanding of sin and salvation and the human ability — actually a total inability — to do what God requires. It is all hopelessly wrong. The quickest expedient is to say, "You must be born again," but space does not permit that detailed discussion of what that really means.

Instead, I want to just introduce one powerful idea: These paths of righteousness are not arbitrary demands from a God who is intent on sucking every bit of fun out of your life.

Rather these paths of righteousness are the best way for the human being to walk because they promote human flourishing.

Your life, and the lives of everyone you are in relationship with, will be better if you walk these paths. They are like the oil

change requirements and gasoline requirements for my car. If I ignore them, I tear up my car. If I ignore the paths of righteousness, I tear up my life, both in this world and the world to come. I also tear up a bunch of other lives that are joined to my life.

Do I always like what the paths of righteousness tell me to do? No, truthfully, I don't sometimes, just like I don't like paying a buck a gallon more for my gas.

I've been following the Lord for 41 years and I still struggle sometimes with just wanting to do what He says is right and good.

But experience has taught me that over time God changes both what I want and how I think, so the paths or righteousness are mostly pleasant and sweet to me these days, and I see how they simplify my life and make it run better than it would if I used my own wisdom and appetites to guide my life.

When you are in the right frame of mind and heart you discover the truth of what C.S. Lewis put into the mouth of one of his characters in the novel "Perelandra": "All His biddings are joys."

The Rev. Brian Carpenter is the pastor at First Reformed Church in Sibley. His sermons may be heard at sermon-audio.com.

LETTER TO THE EDITOR

An explanation of PPEL vote on Sept. 9 for school district

To The Osceola County Gazette-Tribune:

On Tuesday, Sept. 9, the Sibley-Ocheyedan Community School District will be asking voters to extend the physical plant and equipment levy (PPEL) at a rate of \$1.34. This is an increase from the current rate of \$0.67. In this article, I'd like to explain what the levy does for our district and its importance to the students of Sibley-Ocheyedan.

The PPEL levy is a levy that can be used for a number of expenditures, including construction of buildings, asbestos removal,

purchasing property, improving existing grounds, purchasing buses and technology equipment, purchasing student computers, repairing or restoring structures and energy conservation expenditures.

The levy cannot be used for staff salaries or supplies — those expenditures must come from a school district's general fund.

Our district has had the voter-approved PPEL for 10 years. A "yes" vote would simply continue funding the levy that the district is currently receiving and increasing it to \$1.34 for the next 10 years. The funds will continue to be used for the following priorities: transportation (buses, vehicles),

musical instruments, roofing replacement and repair, masonry repairs, energy conservation improvements, concrete and asphalt repairs, maintenance equipment, technology such as computer replacements, roof replacement, new athletic flooring and remodeling projects.

Our district does not take lightly asking voters for continuation in the PPEL levy, especially in these economic times. However, we feel as a district that uses such as those mentioned above are in the best interests of our students and strike the best balance between the needs of our students and taxpayers.

As we all know, costs of materials and construction have increased, and voting to renew our levy at \$1.34 will allow us to maintain and improve our facilities for the next generation.

Our district is committed to providing the highest quality education to the students of our district and we encourage you to contact me, Stan De Zeeuw, superintendent, at 712-754-2533 if you have any questions about the use of these funds.

Stan De Zeeuw, Superintendent, Sibley-Ocheyedan School District, Sibley

CLOSED

The Osceola County courthouse will be closed on Wednesday, September 17, 2025, from 8 am - 10 am for active shooter training.

Jayson Vande Hoef
Chairman, Osceola County Board of Supervisors

NOTICE FOR BIDS

The Osceola County Board of Supervisors will be accepting sealed bids to reside an existing storage shed. Please stop in the auditor's office for specifications/details or go to website at osceolacountyia.gov. Sealed bids are to be submitted to the auditor's office by Thursday, September 4th at 4:00 p.m. Any and or/all bids may be rejected by the supervisors.

Jayson Vande Hoef, Chairman
Osceola County board of Supervisors

Build with the Best.

Your local post frame builder for over 55 years



You've waited long enough
Get your project started now

SCAN HERE GET A QUOTE

ASTRO BUILDINGS

402-292-9894
AstroBuildings.com
Mead, NE

SHOPS | MAN CAVES | AG BUILDINGS | COMMERCIAL

YOU CAN SUBSCRIBE TO

THE OSCEOLA COUNTY GAZETTE-TRIBUNE

ONLINE BY GOING TO NWESTIOWA.COM/SUBSCRIBE

Gazette-Tribune

THE OSCEOLA COUNTY

ESTABLISHED IN 1872

ADDRESS: P.O. Box 160, Sheldon, IA 51201

PHONE: 712-324-5347

FAX: 712-324-2345

CIRCULATION: The Osceola County Gazette-Tribune is an official legal newspaper for Sibley and Osceola County and is published weekly on Wednesdays.

PERIODICALS POSTAGE: The Osceola County Gazette-Tribune is entered and periodicals postage paid at Sibley, IA 51249

USPS 611-120

SUBSCRIPTIONS: All copies sent through the U.S. Postal Service at a rate of \$45.00 for one year, in advance, in Clay, Lyon, O'Brien, Osceola, Sioux, Dickinson and Plymouth Counties, and \$7.00 per year everywhere else. Single copies can be purchased for \$1.50.

CIRCULATION: circ@iowainformation.com

BILLING: accounting@iowainformation.com

NEWS: gtnews@nwestiowa.com

ADVERTISING: ads@iowainformation.com

LEGALS: legals@iowainformation.com

POSTMASTER: Send address changes to The Osceola County Gazette-Tribune, P.O. Box 160, Sheldon, IA 51201. You also may submit your address change online at www.nwestiowa.com/submit and select "Change of address."

PUBLISHER: Peter W. Wagner

EDITOR: Jeff Grant

PRESIDENT: Jeff Wagner

Copyright 2025.

The Osceola County Gazette-Tribune is published by Iowa Information Media Group. Nothing may be reprinted, photocopied or in any way reproduced without the permission of the publisher.

