

WINTERSET

APRIL 2022

Living

MAGAZINE

ON THE road

Residents share their
experiences of driving
for a living

Bone-in prime rib
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Battle of the Books
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WELCOME

ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.

I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■

Shane

SHANE GOODMAN

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



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FEATURE

Todd Crase says he enjoys driving a truck and especially enjoys seeing different parts of the country.

ON THE *road*

Residents share their
experiences of driving
for a living

By Lindsey Giardino

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.



Jake Floyd grew up in a family of truck drivers. He is a third-generation truck driver on one side of the family and fourth-generation on the other side.

A million miles

Jake Floyd started driving semi trucks when he was 21 and working at a construction company as a laborer. His boss asked him if he wanted to get his Commercial Driver's License (CDL) to haul equipment and do other jobs for the company as well.

"I decided it would create more opportunities for me," Floyd says. "I guess you could also say it's a family tradition."

Floyd explains that he's a fourth-generation truck driver on his mother's side of the family and a third-generation driver on his father's side.

"For several years, my parents both drove together and went from coast to coast," he says. "My older brother also owns and operates his own truck. It's something we've always been around, and we love it."

Today, Floyd owns his own semi, which he's had for the past couple years. He hauls steel from Chicago to areas in Colorado and Wyoming. Then he picks up lumber from Wyoming and South Dakota to take back to Chicago.

Floyd typically leaves his Winterset home on Sunday mornings and is on the road all week, usually returning home on Friday morning. Most days he wakes up between 4 a.m. and 6 a.m. and works 14-hour days, loading, unloading and driving the truck.

In the almost 18 years that he's been driving, Floyd has logged more than a million miles. He's traveled to 45 of the 50 states, as well as to four provinces in Canada.

"I have hauled a lot of different freight throughout the years and have made many friends from all over the country," Floyd says. "My favorite memory of driving was my first trip in my own semi. It felt good to have something that was all my own and the realization that I was my own boss."



Trucking the upper Midwest

For more than 30 years, Winterset native Todd Crase moonlighted as a rodeo cowboy on the weekend and worked a human services job during the week.

One day, though, he realized he wanted a break from all the paperwork his day job required. A job as a truck driver seemed like a great change of pace.

So, a few years ago, Crase started driving with Agriland FS as a part-time seasonal worker — a role he found he enjoyed.

Crase received his air brakes endorsement, which was added to his CDL. Then, a little more than a year ago, he received a call from Al Whitlow, owner of Solutions2 LLC in Winterset.

"I was given the opportunity to drive a

41-foot box truck and haul goods in Iowa, Nebraska, Wyoming, Minnesota, North Dakota, South Dakota and Wisconsin," Crase says.

Most weeks for Crase involve an overnight stay away from home. Sometimes he even sleeps in his truck, which is equipped with a sleeper.

A typical day starts at 6 a.m., and he usually drives for the next 11 hours.

"With some luck, I make it back to Winterset by 8 p.m., or I find a nice place to park for the night to rest for the mandatory 10-hour break," he says.

For Crase, the best part of being a long-haul truck driver is seeing new places.

"I have been to Cheyenne, Wyoming, twice over the past year, and it is beautiful there," he says.

FEATURE

No matter if Crase is driving his truck across the states, engaging in rodeo activities or following any of his other passions, he plans to find joy in every day.

"I am going to be 59 years young in May and enjoy life to the fullest and live it with no regrets."

Roadside assistance

If you ask Josh Haynes what the best part is of running a mobile car repair business, as well as towing and offering roadside assistance for AAA, he'll answer simply: the variety.

"Every day is different," he says. "I might be in the shop swapping an engine one day and down at the marina fixing a boat the next."

Whatever his day looks like, Haynes' job requires a lot of driving. He helps as many people as he can get to each day, including assisting them with mechanical and electrical repairs.

"Because we are in central Iowa, we put a lot of miles in from town to town running around, but we mostly go from Osceola to Ames, Winterset and Indianola," he says. "We go wherever we are called. We put a couple hundred miles on each vehicle daily and fill up several times a week."

Haynes' favorite memory from his experiences thus far was when he was called to tow a car for a couple of women who had broken down on the side of the road and needed to get the car from Winterset to Des Moines.

"On the way to drop it off, they talked about how they had visited almost every state, and this was their first time to Iowa," he recalls. "They marveled at how nice and helpful everyone in Winterset had been and how it had completely changed their view on how the world can be." ■



Josh Haynes runs a mobile car repair business that takes him to many different communities around Winterset. Being in a rural area means putting in a lot of time driving — and filling up on gas often.



PULLBACKS, corrections and bear markets

When the market drops, some investors lose perspective that downtrends and uptrends are part of the investing cycle. When stock prices break lower, it's a good time to review common terms that are used to describe the market's downward momentum.



Pullbacks

A pullback represents the mildest form of a selloff in the markets. You might hear an investor or trader refer to a dip of 5-10% after a peak as a "pullback."¹

Corrections

The next degree in severity is a "correction." If a market or markets retreat 10% to 20% after a peak, you're in correction territory. At this point, you're likely on guard for the next tier.²

Bear market

In a bear market, the decline is 20% or more since the last peak.²

All of this is normal.

"Pullbacks, corrections and bear markets are a part of the investing cycle."

When stock prices are trending lower, some investors can second-guess their risk tolerance. But periods of market volatility can be the worst times to consider portfolio decisions.

Pullbacks and corrections are relatively common and represent something that any investor may see from time to time in their financial life, often several times over the course of a decade. Bear markets are much rarer. In fact, between April 1947 and September 2021, there have only been 14 bear markets.³

A retirement strategy formed with a financial professional has market volatility factored in. As you continue your relationship with that professional, they will also be at your side to make any adjustments and help you make any necessary decisions along the way. Their goal is to help you pursue your goals. ■

1. Investopedia.com, August 23, 2021. 2. Forbes.com, September 20, 2021. 3. Investopedia.com, October 29, 2021. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG, LLC, is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright 2022 FMG Suite.



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INSURANCE

By Eric Johnson

TORNADO safety tips

I have been providing an article for the Winterset Living Magazine since 2013. Admittedly, I have reused some of the articles over that period of time. Last month, I was reviewing past articles and came across a tornado article that I have used in the springtime in the past. I recall thinking that it is a month too early for this article. Now it seems like a month too late. From all of us at Integrity Financial Group, God bless all those impacted by the tornado on March 5. #wintersetstrong



Here are some tips to help prepare you and your family for a tornado. While we rely heavily on technology and weather alerts today, there are some signs that Mother Nature provides before a tornado. They are:

- Green sky/clouds
- Hail
- Flying debris
- Low-lying cloud with a rotation
- Stillness and quiet
- The sound of a freight train coming toward your neighborhood

Before the storm

• Be prepared. Tornadoes can strike at any time with or without warning. Make sure your family knows your plan of action if a tornado warning is issued for your community. Some things to consider include discussing the best place to take shelter in your home, the difference between watches and warnings, the county you reside in, steps you will take during and after the storm, and creating a safety kit.

• Practice, practice, practice. Being prepared for a tornado is just the first step in keeping your family safe. If you don't practice the steps you put in place, panic and injury could occur.

• Protect important information. Consider storing important information in your safe, storm shelter, safety deposit box at your local bank, or electronically. Important information could include your policy, loan/mortgage papers, medical information (i.e., allergies, regular medications, or a brief medical history), important telephone numbers, a personal home inventory, birth certificates and social security cards.

During the storm

• If your home has a basement, seek shelter there immediately. If there's a sturdy object in your basement, like a workbench or pool table, crawl under it to protect yourself from falling objects. If your basement has windows, consider a place away from the windows.

• If your home doesn't have a basement, seek shelter immediately in an interior room like a closet or bathroom.

• If you live in a mobile home or are camping in a camper, consider finding a designated safety shelter.

• If you are driving, seek shelter immediately or drive away from the tornado at a right 90-degree angle because tornadoes usually travel from west to east. Also, parking under an overpass will not protect you from a tornado. Find a ditch, culvert, or other low-lying area and cover your head. Be cautious of water flow if lying in a ditch or culvert.

• If you live in a dormitory or apartment building, find safety at the lowest place you can access and the most interior part of the building. Use stairwells to get there and, as with fires, avoid the elevator. ■

Information provided by Eric Johnson, Johnson Insurance, 224 E. Highway 92, Suite B, Winterset, 515-462-4553.

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REAL ESTATE

By Jennifer Stover

TIPS for the first-time homebuyer

Buying your first home is exciting, but it can also be overwhelming, especially in this crazy market. Follow these tips to help make the process smooth and enjoyable.



- 1. Save** – You will need to save money for the down payment, closing costs and any homeowner improvements you may want to make.
- 2. Improve your credit score** – Stay current on bills, don't make any major purchases, don't cancel any credit cards. Higher credit score = lower interest rate.
- 3. Preapproval** – Shop for the best deal, choose a primary and a backup lender, work with a local lender who will explain the process and cause less headaches in the long run.
- 4. Decide** – Make a checklist of what you want in a home. Decide what is a need vs. a want.
- 5. Choose a Realtor** – This is probably one of the most important steps. Choose a Realtor who is an expert in the area you are moving to. Ask about schools, community, neighborhood.
- 6. Visit homes** – Take pictures and make notes. Look through your notes and pictures and narrow down your choices. Schedule a second appointment for your top choices. It's also helpful to take a second pair of eyes with you on your second showing.
- 7. Make an offer** – In this market, you will want to make your best offer so you don't lose out on the house. ■

Information provided by Jennifer Stover, Madison County Realty, 65 W. Jefferson, Winterset. Licensed in Iowa. 515-480-3389, jenniferstover@madisoncountyrealty.com.

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AUTOMOTIVE

By Dawn Lauer

OUT of alignment

While spring brings some wonderful things like warmer temperatures and longer days, it also brings us potholes. Potholes are an unfortunate result of the harsh Iowa winters that take a toll on our roadways and, in turn, on our vehicles. As much as we try to avoid them, you may just accidentally hit a large pothole head on. Doing so may cause more than just a loud thud. It can actually throw off your car's wheel alignment.



Your car being out of alignment might not always be noticeable at first. There are no warning lights or indicators if your alignment is off. However, if you notice your vehicle pulling to the left or right, a vibration in your steering wheel, or that the steering wheel is off-center when driving straight, you should get it into your trusted automotive repair shop to have it checked out.

During an alignment, the technician will inspect three main things: camber — the inward or outward angle of the tire when viewed from the front of the vehicle; toe — the extent to which tires turn inward or outward when viewed from above; and caster — the angle of your steering axis when viewed from the side of your vehicle. Without proper alignment, your tires will wear unevenly, requiring you to replace them prematurely.

Proper wheel alignment is important for your vehicle in many ways, but, most of all, it ensures optimal drivability and safety. ■

Information provided by Dawn Lauer, Marketing Specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035.

CHURCH opens doors as disaster resource center

Supplies, meals and hope offered

After an EF-4 tornado tore through the Winterset area on the evening of Saturday, March 5, rescue workers, community members and local organizations

came together in order to provide support to those affected by the storm. New Bridge Church was one of those many organizations.

New Bridge Church Interim Pastor John Shaull says, when homes were destroyed and lives were changed forever, the New Bridge Church became the community disaster resource center for meals, personal supplies, tarps and more — as well as a place of respite and hope.

“One of the greatest gifts the New Bridge Church Family could offer those affected by the tornado was hope,” Shaull says. “As a church, we believe that, by loving others, we honor the one whom the Bible refers to as ‘A Man of sorrows and acquainted with grief, Jesus Christ.’”

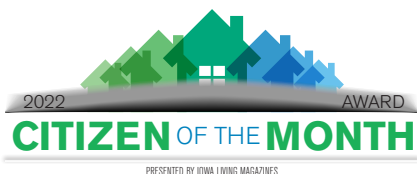
As part of its efforts, members from the church helped provide a place of rest and meals not only to volunteers from the Winterset area but also to those from surrounding Iowa communities and other states who came to help.

In addition, members from the church worked to collect much needed items for those affected by the tornado. In the end, the church collected six rooms full of clothes, toiletries, bedding, tarps, paper supplies and more. With the help of local merchants, the church also collected thousands of dollars in gift cards to places such as Casey’s, Hy-Vee, Fareway, Bomgaars and other businesses.

“Winterset residents have demonstrated great compassion, strength, hope, unity and tenacity in the midst of great tragedy,” Shaull says. “In the future, we will continue to lift up our community in prayer, provide comfort and hope to those who may still be struggling, all the while reminding ourselves that it’s been ‘the best of times and the worst of times,’ but, by God’s grace, we will move forward together in the time he grants us.” ■



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PREGNANCY and oral health

Dental care is considered safe during pregnancy. Your dentist may work with your obstetrician when planning your treatments, but many decisions can be made without consultation.

For example, many medications — including some antibiotics and local anesthetics — can be safely used during pregnancy. X-rays also are considered safe when a protective cover is used over your abdomen and throat.

In addition to regular visits to your dentist, you may need to see him or her for problems that might come up during pregnancy, like gum problems or dental erosion.

• **Gum problems.** Changes in your hormones during pregnancy may put you at increased risk of some gum problems. For example, your gums may swell or bleed when



you are brushing. This form of gum disease is called gingivitis. Some extra effort in caring for your teeth at home may help prevent gingivitis:

- Brush twice a day for 2 minutes with a toothpaste that has fluoride.
- Clean between your teeth once a day with dental floss or another interdental cleaner.

Left untreated, gingivitis can lead to periodontitis. Periodontitis affects the tissues beneath the gum line that hold your teeth in place. Professional dental care is needed to treat periodontitis. Without treatment, periodontitis can get worse, and you can lose teeth.

Another gum problem that can occur during pregnancy concerns lumps along the gum line. These are generally harmless, but they can make it difficult to keep your teeth clean. They typically go away after the baby is born, but, if they cause problems, your dentist may suggest removing them.

• **Dental erosion.** Some pregnant women experience nausea. If this causes you to vomit,

acid in the mouth can increase the risk of dental erosion. Constant exposure to this acid can soften and wear down enamel (the hard outside layer of your teeth). To help reduce the loss of enamel, women should not brush their teeth immediately after vomiting. Instead, they should rinse with a diluted solution of 1 cup water and 1 teaspoon of baking soda.

• **When to schedule your appointment.**

Dental treatment is considered safe at any time during pregnancy, but you might be more comfortable during your second trimester. Nausea and vomiting are more common during the first trimester. During the third trimester, the weight of the baby may cause you to be uncomfortable or even lightheaded. If so, tell your dentist so he or she can make you more comfortable. ■

Information provided by Dr. James Elliott, Winterset Dental, 301 Wambold Drive, Winterset, 515-462-5755, www.wintersetdentalia.com. Source- JADA: American Dental Association.



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HEALTH

By Monica Meier

OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood which, in turn, can help your mental health. With the "spring ahead" time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.

Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■

Information provided by Monica Meier, PhD(ABD), tLMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



HEALTH

By Dr. Stuart Hoven

ARE YOU going to outlive your mobility?

As people prepare for retirement, they are often asked if they are going to outlive their finances. They make specific decisions to prepare for their financial health during retirement. Are you going to outlive your mobility? Will you be able to move, to play and to travel throughout your retirement? Will you retain the ability to move? Living to the age of 90 or even to 100 is becoming more common. If we are going to be alive, we should want to be able to live.

Immobility is not new, but when the average life span was 65, we didn't see the effects of neglecting the spine. Mobility is essential to enjoying life. As people live longer, we see the ramifications of not maintaining our spine to keep our mobility as we age. If you don't take care of your spine as you age, life will take its toll.

Chiropractic adjustments are not just for pain. In fact, every adjustment improves your ability to move. Many people choose chiropractic adjustments to be the foundation of their health and wellness as they progress through life because they want to enjoy life. Chiropractic allows you to live, not just be alive. Seek out chiropractic first for your wellness and mobility. ■

Information provided by Dr. Stuart Hoven, Chiropractic 1st, 105 E. Madison, Winterset, 515-462-4644.



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YOUNG couple settles in town

Church and community activities a big draw



Joanna and Gabe Esser like living in Winterset and especially enjoy nearby opportunities to hike, bike and kayak.

Joanna Esser and her husband, Gabe, met in college — she attended Coe College in Cedar Rapids, and he went to Cornell in Mount Vernon — and recently planted their roots in Winterset.

Esser explains their schools were big rivals and they were both involved in college ministry. In October 2017, she and Gabe attended the same retreat, where they first connected.

“Gabe was on the cross-country team, and, on the final morning of the retreat, he had gone on a 12-mile run,” Esser says. “I was sitting with some girls from my group when Gabe set down his things only to immediately pick them back up. My friend said, ‘You can sit with us,’ and so the college

rival banter began.”

The rest, they say, is history. The two eventually dated and married.

The Essers now live in Winterset and are active members of Redeemer Church. They’re especially involved with the church’s youth group. The couple also attends a variety of events at Winterset High School, including football and basketball games, marching band performances and plays.

One of Esser’s favorite memories was from a recent day trip she and Gabe took to Fairfield, where they took a bike ride around the Fairfield Loop Trail. In fact, Esser’s preferred way of spending time with her husband is by visiting nearby parks, especially if hiking, biking or kayaking

opportunities are available.

For Gabe, the best way to relax is by cozying up with the couple’s two cats in their Winterset home.

Additionally, the Essers enjoy spending time together by going on walks and bike rides through town, splurging on the occasional dinner out and playing Bananagrams.

Ultimately, the Essers look forward to continuing to grow in the community they’ve come to deeply appreciate.

“I love Winterset and how close everything is,” Esser says. “I can bike anywhere I want. Everywhere I go, even though I’m not originally from here, feels familiar and safe. Everyone is so friendly.” ■

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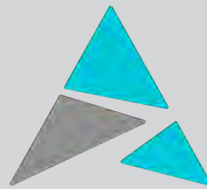
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Dr. Stuart Hoven



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SUSTAINABLE family meals from farm to table

(Family Features) Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee



Photo courtesy of Getty Images

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste

Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.



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Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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EVENTS IN THE AREA

Be sure to check for cancellations

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

Rescheduled: Non-profit topic — The Attitude of Gratitude

Tuesday, April 19, 9-10 a.m.
Winterset Public Library, 123 N. Second St.,
Winterset

Join the Madison County Chamber's quarterly non-profit breakfast and learn how to maximize your nonprofit's annual giving campaign and donor cultivation and stewardship efforts. This quarter's session will feature Madison County Chamber of Commerce's Executive Director Amara Huffine. Amara has 11 years of experience in the non-profit field and specializes in donor cultivation and stewardship. Learn about how thanking your donors properly and creatively can maximize fundraising efforts. There is no fee to attend for members. Cost for nonmembers is \$15. To register, visit madisoncounty.chambermaster.com/eventregistration/register/2134.

Glimpses of Iowa's Capitol

Thursday, April 21, 6 p.m.
Winterset Public Library,
123 N. Second St., Winterset

Take a tour with former state restoration painter, historic researcher, and author Rosa Snyder as she divulges untold stories, shares little-known historical anecdotes, and reveals hidden treasures of Iowa's most recognizable landmark. View several before and after photos, visit rooms not normally seen by tourists, and observe the step-by-step restoration process.



Madison County Wedding Showcase

Saturday, April 23, 12-4 p.m.
The Winterset Livery,
116 S. First St., Winterset

See all that Madison County has to offer for your upcoming wedding, including the historic bridges, wedding venues, musicians/DJs, catering, flowers and much more.

Winterset Wine Walk

Saturday, May 7, 2-7 p.m.
Around Winterset

Get ready for the Winterset Wine Walk. Join the Madison County Chamber of Commerce, downtown Winterset merchants, and area wineries for shopping, wine sampling, music and more. Must be 21 years of age or older to participate; wristbands will be required. New this year: 50 tickets for each half hour of the event will be available in order to spread out attendance. Register at madisoncounty.chambermaster.com/eventregistration/register/2121.



Art classes

Various dates
Winterset Art Center,
224 S. John Wayne Drive, Winterset

The Winterset Art Center offers a variety of arts programs for all ages and skill levels. Try your hand at ceramics, fiber arts, drawing, painting, creative writing and more. April features Introduction to Leather Carving and Lacing classes. June camps will be Pottery Sculpture Summer Art Camps and Pottery Wheel Camp. In July, Draw and Paint Camp is offered. For dates, more information and registration, visit www.facebook.com/WintersetArtCenter/events/?ref=page_interinale. All classes and camps are designed to be inclusive, accessible and fun.

'Pippi Longstocking'

April 22 - May 8
Des Moines Playhouse, 831 42nd St.,
Des Moines

Follow the adventures of a freckle-faced, mismatched-stockinged, red-pigtailed girl named Pippilotta Delicatessa Windowshade Mackrelmint Ephraim's Daughter Longstocking — or "Pippi" for short. She lives on the outskirts of town in a ramshackle house, with a horse on the porch, a monkey in the kitchen, a pirate captain father and an angel of a mother. The Kate Goldman Children's Theatre presents "Pippi Longstocking." Purchase tickets and find more information at www.dmplayhouse.com.

GDP Music Festival

Saturday, April 23
Downtown Des Moines

The Des Moines Music Coalition presents Gross Domestic Product (GDP), an all-Iowa music festival featuring 12 new and emerging artists from across the state, including LVMAKING, Wave Cage, Bouquet and Good Morning Midnight. Performances will take place at various venues in Downtown Des Moines. Buy tickets at www.desmoinesmc.com.



Earth Day at the Garden

Saturday, April 23, 10 a.m. to 5 p.m.
Greater Des Moines Botanical
Garden, 909 Robert D. Ray Drive,
Des Moines

Celebrate Earth Day among breathtaking florals, verdant foliage and towering trees in the Botanical Garden. Featuring plants from Iowa and around the globe in its signature conservatory plus seven acres of outdoor gardens. Free admission on this day only. Find more information at www.dmbotanicalgarden.com.



Drake Relays

April 27 - 30
Drake University

Drake Stadium will welcome high school, collegiate and professional athletes for the 112th running of the Drake Relays. After being canceled in 2020 and proceeding with an altered schedule in 2021, the event is set to commence in its traditional format on Wednesday, April 27. Tickets are available at www.draketix.com/drakerelays. Before watching the best of the best compete, register to participate in the Grand Blue Mile on April 26, a community street run for athletes of all abilities and ages (www.grandbluemile.com) or the Drake Road Races on April 24 (www.drakeroadraces.org), where you can choose between a 5K, 10K and half marathon.

EVENTS IN THE AREA

Be sure to check for cancellations

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

Wild Lights Festival

Through May 30, nightly Wednesday-Sunday plus Memorial Day, 7:30-10 p.m.
Blank Park Zoo

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature more than 40 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. This year's festival features Asian mythical creatures, prehistoric dinosaurs and endangered animals, in partnership with Tianyu Arts & Culture. Cost if ordered in advance is \$24.95 per person or \$19.95 for Zoo members (ages one and younger are free). Purchase tickets at www.blankparkzoo.com/wildlights. Capacity is limited.

Monster Jam

April 9-10
Wells Fargo Arena, 730 Third St.,
Des Moines

Head down to Wells Fargo Arena for Monster Jam, the world's biggest monster truck tour. You'll see drivers competing in speed and skill as they maneuver some of the biggest names in monster trucks, including Monster Mutt, El Toro Loco, Grave Digger and Earth Shaker. If the adrenaline rush just isn't enough for you, join the Monster Jam Pit Party before the show on Sunday, April 10. Get up close and personal with the monster trucks, meet the drivers and enjoy fun for the whole family. Find tickets and additional information at iowaeventscenter.com.



Art Exhibit: 'Immersive'

Through June 5
Des Moines Art Center, 4700 Grand Ave.,
Des Moines

Follow a path from darkened space to darkened space where each one is filled with different combinations of light, color and sound. www.desmoinesartcenter.org



Iowa Wild hockey

Wells Fargo Arena,
730 Third St.,
Des Moines
www.iowawild.com

Home schedule:

- Wednesday, April 13 vs. Milwaukee Admirals at 7 p.m.
- Tuesday, April 19 vs. Grand Rapids Griffins at 7 p.m.
- Friday, April 22 vs. Texas Stars at 7 p.m.
- Saturday, April 23 vs. Texas Stars at 6 p.m.



'Beethoven's Ninth'

April 9-10
Des Moines Civic Center,
221 Walnut St., Des Moines

Enjoy Beethoven's "Ninth Symphony" in its full glory, presented by the Des Moines Symphony. Ground-breaking at its first performance in 1824, Beethoven's "Ninth Symphony" was more complex and lengthier than any other pieces at the time. Most people will recognize the triumphant chorus singing "Ode to Joy" joining the orchestra in the symphony's final movement. The DM Symphony's April concert will open with Beethoven's "Leonore Overture," Pärt's "Fratres" and Wagner's "Liebestod" from "Tristan and Isolde," sung by internationally recognized soprano Janice Chandler-Eteme. Purchase tickets or streaming access at www.dmpa.org.

Dinner Detective Murder Mystery

Saturday, April 16 at 6 p.m.
Embassy Suites Downtown, 101 E. Locust St., Des Moines

The award-winning comedic murder mystery dinner show is coming to Des Moines. Unlike other murder mystery shows with elaborate costumes and dialogue, the Dinner Detective's interactive shows are set in the present day. Performers blend into the audience, and you won't know who is in the show — until it's time to solve the murder. Look for clues, be interrogated by detectives and compete for prizes awarded to the Top Sleuth. Guests are not required to participate in the show but are encouraged to do so. The evening includes a four-course plated meal, coffee and tea, cash bar and prizes. Guests must be at least 15 years old to attend. Find tickets at www.eventbrite.com.

'Of Gravity and Light'

Friday, April 22 at 7 p.m.
Des Moines Civic Center, 221 Walnut St.,
Des Moines

Join Ballet Des Moines for the world premiere of composer Beau Kenyon's contemporary ballet, "Of Gravity and Light." Be entranced through eight innovative movements combining sound, imagery and movement exploring the wonder of space. As Ballet Des Moines' year-long resident and director of education and outreach, Kenyon interprets the science of space through music and dance, inviting the disciplines of science and art to converge. "Of Gravity and Light" will feature choreography by Ballet Des Moines Artistic Director Tom Mattingly, video installation by artist Yu-Wen Wu and live music directed by conductor Tim McMillin. Tickets available at www.dmpa.org.



Kathleen Madigan's 'Do You Have Any Ranch?' Tour

Friday, April 22 at 7:30 p.m.
Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Get ready for an evening of laughs with Kathleen Madigan. She's been doing comedy for 32 years and counting — and she doesn't plan on stopping anytime soon. Kathleen's career has included several comedy specials on Netflix, Comedy Central and HBO, more than 40 appearances on late night talk shows, a guest appearance on Jerry Seinfeld's "Comedians in Cars Getting Coffee" and her own podcast called "Madigan's Pubcast." Tickets and information for the "Do You Have Any Ranch?" tour can be found at www.hoytsherman.org.

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BEAUTICIAN

By Annie Wiseman

WHAT exactly is a blowout?

Simply stated, a blowout is just someone else finishing your hair after it's been shampooed. Now, let me explain why it's so much better when a professional does this for you. First, we start by prepping the hair with product. My general go-to is a heat protective cream followed by a light layer of foam mousse. The next thing we do is blow the hair dry. The tip I always give everyone blowing their hair out at home is to dry the hair 110% dry. I say, when you think it's dry, dry it a little bit more. Getting all the moisture out of the hair is key to making the blowout last all day. During the blowdry process, I use quite a bit of tension (with my fingers and brush) to remove wave from the hair. Once the hair is completely dry, I start with my preferred heat finishing tool, a 1-inch curling iron mostly. Other great tools to use include the flat iron, paddle brush or a round brush. After I have created my "blowout" look, I rake my fingers through the hair to soften the look. Finally, we finish with a little hairspray.



Nothing makes you feel better than having a great hair day. It is common for people to schedule blowouts for special occasions or to just treat themselves. Consider treating yourself to a blowout. You'll feel great the whole day, and you're worth that. ■

Information provided by Annie Wiseman, owner of Salon 107 and a licensed cosmetologist with 25 years of experience. 107 John Wayne Drive, 515-462-4247, salon107style@gmail.com.

CREDIT COUNSELING

By Tom Coates

MONEY and marriage

It's been said, "Teamwork makes the dream work!" That holds true in a marriage, too. Studies have shown that couples who work together as a team when it comes to money are more successful with budgeting, debt management and savings. Many marriages start off with one or both spouses having debt. That is a common scenario nowadays with student loans, credit cards, car loans and other kinds of debts. Problems arise when couples play the blame game or refer to debt as yours vs. ours. Savings and goals are usually referred to as "ours," so the debt within a marriage should be, too. Finances are an important talking point before marriage, of course, but even more so after the wedding bells have rung. Money should be an ongoing conversation. It is common that one spouse handles the bill paying, but that does not mean that same person should shoulder the whole financial burden of making sure goals are met. Some couples find that scheduling a regular "date" night where they can go over the last month's budget, goals, debts and issues is helpful. Sharing that burden or load is important in a marriage. Money issues are a common cause of divorce. Being honest about debts, talking through financial strains, sharing the burden, and brainstorming as a couple only serve to strengthen most relationships. If you are having issues dealing with money as a couple, consult an unbiased third party to help get you on track. ■



Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, 515-287-6428.

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BATTLE of the Books

Student teams compete over knowledge of 20 books.

The Winterset Middle School students once again competed in the annual Battle of the Books Competition at the Dallas Center-Grimes Middle School on Saturday, March 26. The competition had previously been hosted by the Winterset Community School District prior to its switch to Dallas Center-Grimes. This year marked the first time students could compete in person since restrictions were implemented due to COVID-19.

Each year, the annual competition is open to students in grades 5-8 and includes a reading list of 20 books from a variety of genres. Darla Millhollin, who is currently in her third year coaching the Battle of the Books teams, has helped prepare four teams to participate in this year's competition.

"Battle of the Books gives students a chance to compete against other schools in something other than sports," Millhollin says. "I feel that it challenges the students to read books that they might not have normally selected by themselves."

In order to prepare for the competition, each team is responsible for reading all 20 books and knowing the authors of each book. The teams are typically made up of four students who may split the book list amongst themselves, or, if they prefer, members may read all of the books.

During the competition, students are asked questions about the books and are given points based on their answers and whether they know the author's name. Saturday's event was expected to include



The seventh-grade team of Tori C., Bailey E., Penelope P. and Lily B. placed third out of 48 teams in Battle of the Books.

approximately 49 teams.

"I like to read, and the books are always good," says sixth-grade student and Battle of the Books competitor Leigha O.

"I liked that we were able to read and are able to compete and prove what we know," adds fifth-grade competitor Blakely R. ■



Cam B., MacKenzie F., Macy L., Blakely R., Maggie R. and Kara K. Not pictured is Haillie H.



Front row: Ava H., Penelope P. and Bailey E.; back row: McKenna G., Ethan W., Leigha O., Tori C. and Lily B.

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THIS SPRING, explore Madison County parks

The Madison County Conservation Board manages 13 county parks, located primarily in rural areas throughout the county, that provide a myriad of recreational opportunities. Take the time to explore the county's opportunities to enjoy the great outdoors. Following is information about the county's parks. Visit www.madisoncountyconservation.org/parks for more information and complete listing.

Madison County Conservation Center

The new Madison County Conservation Center is set to open spring of 2022. The Center will be a portal to the outdoors, providing an enriched understanding of natural resources through education, exploration and recreation. It will serve to foster care about the natural beauty of Madison County — a landform known as the Southern Iowa Drift Plain, where rolling hills were formed from glacial till and molded by wind-blown loess soils and scouring rivers and streams.

Centrally located within Pammel State Park, the Conservation Center will use natural elements to tell a story about the legacy of our land and how it shaped our civilization.

Madison County has unmatched natural beauty — a landform known as the Southern Iowa Drift Plain — which deserves a conservation center that inspires awe with its natural environment. From its geology and forests, to its waterways, natural grasslands and wildlife, the extraordinary vision of the conservation center's planning and design will envelop patrons in a sensory and educational experience of the land.

Operations Center

Location: 2273 Clark Tower Road, 1 mile south of Winterset on the west side of County Highway P-71.

Information: The administrative office for the Madison County Conservation Board is located at the Operations Center. All full-time staff personnel have their offices there.

Historical note: The office is located on a portion of property that was once the site of a large Civilian Conservation Corp (CCC) and Veterans Conservation Corps (VCC) camp

that was active in the 1930s. CCC structural foundations and a memorial stone are featured.

Cedar Covered Bridge Park

Location: 3 miles northeast of Winterset on Cedar Bridge Road

Information: Enjoy picnic facilities, one of which is accessible, while visiting the bridge and enjoying the surrounding pines and deciduous trees, brick patio gardens, and tiered beds of perennial and annual plantings.

Facilities and features: Cedar Covered Bridge (built in 1883, rededicated in 2004), two gazebo shelters, pit-vault style bathrooms located in the south parking lot.

Clanton Creek Natural Resource Area

Location: Approximately 3 miles southwest of East Peru. Routes are marked by standard roadside County Park arrowhead signs.

Information: The area features a variety of habitats and wildlife areas with more than 10 miles of trails.

Facilities and features: 6-acre pond, more than 10 miles of hiking trails, four parking areas, upland oak/hickory forest, oak-savanna prairie, tall grass prairie, wetland areas adjacent to small creeks and abandoned ponds.

Criss Cove

Location: Approximately 8 miles south of Winterset at the southwest corner of the intersection of U.S. 169 and County Road G-61.

Information: Enjoy fishing, small boating, hiking and camping.

Facilities and features: 9-acre pond, four fishing jetties (one is accessible), groomed shoreline fishing locations, boat landing and docks for small boats and canoes (electric motors only), modern and primitive campgrounds, pit-vault bathrooms, hiking trail.

Fellowship Forest

Location: Approximately 4 miles southwest of Winterset, west of U.S. 169 on Carver Tail. Follow standard County Park arrowhead roadside directional signs.

Information: Fellowship Forest was



Fellowship Forest

originally a Methodist Church youth camp. A beautiful, clear-running creek meanders the entire length of the park, cascading over numerous limestone outcroppings, creating 3- to 5-foot high waterfalls.

Facilities and features: 55-acre upland timber; modern picnic shelter with seating capacity of 60, group grill, electrical outlets and lights; pit-vault restroom; pond with accessible fishing deck; accessible trail from parking lot to fishing dock and hiking trails.

Goeldner Woods

Location: Approximately 5 miles southeast of Earlham

Information: One of the most unique aspects of Goeldner Woods is the annual spring woodland wildflower display. Due to cool north-facing woodland slopes and rich virgin soils, this area explodes into pastel color tones as the forest floor literally is blanketed with millions of wildflower blooms. More than 60 species of woodland flowers have been identified.

Facilities and features: 40-acre timber, picnic area, pit-vault bathroom, hiking trails.

Guye Woods

Location: Approximately 6 miles northeast of Winterset in the 2400 block of 160th Street.

Facilities and features: 100-foot-long cable suspension bridge over North River (no formal canoe access at this site), memorial stone recognizing the Guye family as one of Madison County's original settlers.



Guye Woods suspension bridge



Harmon Tunnel located in Pammel Park

Hanson Prairie Preserve

Location: 1.5 miles east of Winterset on State Highway 92, and north 1.75 miles on Natural Trail.

Facilities and features: Approximately 30 acres of tall-grass prairie, Cedar Creek, walking trails, parking area on northwest corner.

Jensen Marsh

Location: Approximately 3 miles south of Bevington.

Facilities and features: 80 acres of wetland/marsh, tall-grass prairie, upland timber, abandoned railroad bed hiking trail, two parking areas.

McBride Timber Preserve

Location: Approximately 5 miles northwest of Winterset

Facilities and features: 40 acres of upland timber

Middle River Park

Location: 2278 Clark Tower Road, Winterset, 1 mile south of Winterset on County Road P-71 with the entrance of the park directly across the highway from the Operations Center.

Facilities and features: Two-level picnic shelter, modern bathrooms, play equipment, canoe access to Middle River, hard-surfaced accessible trail.

Pammel Park

Location: 1900 Pammel Park Road, Winterset, 4 miles southwest of Winterset. Travel west on State Highway 92 for 1 mile, turn south on State Highway 322 for 3 miles.

Information: The Madison County



Middle River Park

Conservation Board's Environmental Education/Nature Center is located at Pammel Park. This former rural chapel has been transformed into a nature center where many environmental education programs are conducted by the Board's naturalist throughout the year.

A unique feature of the park is the Harmon Tunnel — the only highway tunnel in Iowa. In 1858, the tunnel was originally dug by William Harmon and his sons as a small chute to carry water diverted from the Middle River to power a sawmill that was eventually converted to a grist mill. The mill was abandoned in 1904 and the tunnel expanded in size to allow vehicle traffic in 1925. The tunnel has since been expanded and reinforced to accommodate modern vehicles.

Middle River makes a great horse-shoe loop in the park. The dividing wall is called the backbone, which is a natural limestone ridge

more than 100 feet high. When standing atop the backbone directly over the tunnel, you can see Middle River flow in all four directions. The geology of the backbone is as extensive as the plant life and well worth exploring.

Facilities and features: Backbone Shelter, Pammel Lodge, picnic grounds, modern bathrooms, play equipment, trails, Middle River ford, Harmon Tunnel, modern campgrounds, cabins, dump station, and Nature Center activities.

Schildberg Access

Location: North side of Highway 92 approximately 10 miles west of Winterset.

Information: This is a convenient, developed site for canoers and kayakers to access the Middle River.

Facilities and features: Parking lot, canoe/kayak access. ■

OUT & ABOUT



Erin Harmon and Janet Williams at "Meet the Maker" at The Drift March 24.



Sawyer Willman at "Meet the Maker" at The Drift March 24.



Kris Miler and Tony Jacobson at "Meet the Maker" at The Drift March 24.



Kelli Fairholm, Shari Bush and Kayla Hawkins at "Meet the Maker" at The Drift March 24.



Nic Smith and Brielle and Brandon Good at "Meet the Maker" at The Drift March 24.



Jeanne Jacobson and Deb Field at "Meet the Maker" at The Drift March 24.



Lois Oostenink, Leah Gurwell and Missy Wilcox at the Boys State Basketball Tournament March 8 at Wells Fargo.



Emily Edrozo and Reagan Coobs at the Boys State Basketball Tournament March 8 at Wells Fargo.



Brian Fairholm and Chad Frease at the Boys State Basketball Tournament March 8 at Wells Fargo.



Matt Weeks and Kyle Haynes at the Boys State Basketball Tournament March 8 at Wells Fargo.



Drake and Beau Knobloch, among other students, at the Boys State Basketball Tournament March 8 at Wells Fargo.

STATE Basketball

Winterset High School competed at the Boys State Basketball Tournament March 8 at Wells Fargo Arena in Des Moines.



Terri and Maddi Nordstromb



John McDonald and Jeff Alcorn



Della Wiseman, Emma Henry and Darci Wiseman



Ben Mortvedt and Reilly Hoven



Victoria, Phil and Brenda Holt



The assistants to Josh Henry, Gary Emmert, Matt Young, Corey Bradley and Andy Pickering, at the Boys State Basketball Tournament March 8 at Wells Fargo.



The 2021-22 basketball cheer squad and coach



Megan Hofer and Erin Winters



John Doyle, Marti Doyle and Kathy Massing



Stephanie Andrew and Angela Jeffs

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