

WINTERSET

FEBRUARY 2023

Living

MAGAZINE

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WELCOME

MEMORABLE marriages and the magic number of greatness

I remember working at a gas station in my high school years and talking with a customer who said he was in town for his five-year class reunion. I recall thinking how I could not even begin to relate to what life would be like five years after graduating from high school. That seemed like an eternity, at least to this 15-year-old. Then graduation came and went. And so did my five-year class reunion. And my 10-year. And 15. And 20. And 25. And 30. And 35. Somewhere along the line, I got old.

I also recall reading my hometown newspaper and seeing photos of couples who were celebrating their 50th wedding anniversaries. Those people seemed ancient. Well, Jolene and I have now been married nearly 28 years, so we are more than half-way there, and I look forward to the second half of the journey.

In the meantime, much can be learned from those who have been married for 50 years or more. When I was in my twenties, a man who had been married that long told me to "give your sweetheart a kiss and tell her you love her every day." Another said to remember to "forgive and forget." And yet another very honest man told me, "Hearing loss isn't all that bad."

Malcolm Gladwell wrote in his bestselling book, "Outliers," that "10,000 hours is the magic number of greatness." He says, in order to be an expert at anything, you need to first put in 10,000 hours doing it. The older I get, the more this seems to hold true. As those of you who are married know, marriage also takes work... and time... and understanding. Those things are not learned overnight.

Every marriage is different, as are each of those who choose to tie the knot, but there are some underlying principles that seem to carry through with couples who have made it work. In this month's feature story, we share the stories of these folks who have made their marriages memorable for 50 years or more.

I was back in my hometown a few weeks ago, and I stopped by that old gas station. It changed names a few times over the years, but some things still looked the same. I told the young clerk behind the counter that I used to work there 40 years ago. He looked at me with that same look I gave the guy going to his class reunion. Someday, he might understand.

Thanks for reading. ■



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FEATURE

Don and Eunice Coffman saw many changes in their lives, including a 30-year stint as missionaries in Honduras.

FROM 0 TO 50

Couples reflect on their
50 or more years of
marriage

By Stephanie Lovelace

A lot happens between a couple's first date and their 50th anniversary. The transitions are many. For some, children and grandchildren steered their paths in new directions. For others, career changes were the impetus for moves and shifting priorities and lifestyles. While each couple's journey is unique — with its own obstacles, surprises and celebrations — one theme emerges for most. They have tackled life a day at a time — and they have tackled it together.





Robert and Jeanette Clark were married in the 1950s. The couple has seen a lot of changes since the years of no indoor plumbing or electricity in their home.

Simple beginnings

If you got married in the 1950s in America, there's a good chance you would have had to start your marriage without a washer, dryer, TV or, in the case of Winterset residents Robert and Jeanette Clark, indoor plumbing. It sounds like a rough way to start out, but, for the Clarks, it was life, and nothing that got in the way of having a happy marriage that has continued for 69 years.

The bride and groom were 18 years old when they said their vows in front of a few family members with no decorations, no reception and no honeymoon after.

"Well, my brother did let us use his apartment for the night," Robert says. "And that was enough."

Money was tight early on, which meant the couple both had jobs when they were first married. They didn't complain about having to work, though. They knew jobs were hard to come by at the time. They also sacrificed to help make ends meet by living with Robert's family for a short time until they were able to purchase and move into the farmhouse Jeanette grew up in. While owning their own home was an accomplishment, the house came with no inside plumbing, electricity or automatic heating and cooling.

"The house wasn't modern at all," Robert says. "We had a cook stove and burned wood to

keep the house warm. I was the one who had to dig the septic out to give us a toilet inside."

Living on the farm gave them the opportunity to own cattle and hogs, which meant they always had their own meat. Part of the cattle farming process included going to the sale barn, which was Jeanette's job, a unique role for a woman of the time. She says, despite the looks she got from the male farmers, they learned quickly she knew what she was doing.

The farm also had fresh milk, which meant they made their own butter, something they both miss eating now.

"She'd have me churning butter while I was watching TV" — a \$500 TV they were making payments on, says Robert. "And it was a dumb thing because it always had to be fixed!"

After modernizing the farmhouse, they sold it and moved. They continued that process of fixing up homes and selling them throughout their marriage. While buying and selling homes can cause contention in marriages, they say they agreed on each move.

"We've always loved and respected each other and got along," Robert says, while Jeanette nods in agreement. "We had no big arguments. We've just always been the best of friends."

The Clarks went through the ultimate test of marriage in March 2022 when their only son, Rod Clark, died from injuries he

received from the tornado that ripped through Winterset. It's still a difficult thing for them to talk about, but they remember raising Rod and their daughter, Sue, fondly because they were both "good kids."

While the Clarks' life has been filled with ups and downs, their marriage has stayed strong — so strong, they still cuddle every night when they go to bed.

From farmers to missionaries

Don and Eunice Coffman of Winterset can relate to the Clarks in starting married life simply. In 1958, when Don was 21 years old, he said "I do" to Eunice, who was 20 years old and wearing a dress that she says "wasn't fancy and could be worn again." The couple had a small reception at Eunice's parents' house, and that was it.

One week after the couple married, they faced their first major struggle: Don was called up in the draft. It was a nerve-racking time, but, due to a minor condition with his heart, Don was relieved from having to serve. They soon settled into a comfortable life raising beef and hogs on a farm in Madison County — at least for the next 10 years.

They both worked during this time to make ends meet, with Don farming and Eunice first at Northwestern Bell, a telephone company that is now defunct, then on the farm with Don.

"I always thought Don loved those cattle



FEATURE

more than me,” Eunice says. Don admits he was passionate about the award-winning cattle he raised, but, of course, not more than Eunice. While building their cattle business in the 1960s, they were also hoping to start a family but were met with difficulties. Eunice had three miscarriages, which the couple mourned, but their marriage never wavered because of them.

“We loved each other and loved the Lord, and that was all we needed,” Eunice says.

It was this faith that also changed the trajectory of their marriage forever. In the 1970s, the couple started making good on a calling they believe they received from God — to be missionaries. After selling their cattle, going back to school to learn Spanish, and receiving missions training, they were headed to serve in a remote village in Honduras.

They were assigned to work at the Escuela El Sembrador (School of the Sower), a boarding school where underprivileged Honduran boys would receive an education and learn useful job skills. Don helped teach the boys farming skills and was the director of the cattle operation on

the farm; Eunice did bookkeeping, by hand, for the school and laundry for the boys, among other things.

At this point in their marriage, they admit they didn’t have time for struggles. They were both so busy and together often that things just usually resolved themselves. In fact, they would recommend working together and loving the Lord as top tips to staying married.

After serving in Honduras for 30 years, they returned to America and traveled throughout states west of the Mississippi River visiting retired missionaries to make sure they were adjusting to life back at home. Soon after, they enjoyed retirement in Arizona where they again spent much of their time together.

“We’ve been at it for 65 years now and haven’t thought of anything else other than living with each other,” Don said.

The couple now lives in Winterset where Don enjoys watching Iowa State University sports and Eunice is considering starting to oil paint again, a skill she has grown to love and has beautiful work to show for it.

Through infertility and adoption

Carla and Randy Roghair of Winterset, who have been married since 1972, are also no exception to starting life modestly. The Roghairs married in August in a small church with no air conditioning and a noisy box fan to try to cool the wedding party.

“Randy said he almost passed out as he could see the pastor’s lips moving but could not understand what he was saying,” Carla says. “He tells me he’s not really certain of what all he promised at the altar.”

It’s clear he understood something, though, as their marriage has stayed strong for more than 50 years.

When the couple married, they had one year of college left. This meant they had to live frugally and make their college loan money stretch as far as they could. They also got part-time jobs at ‘Lil Duffer, a burger joint popular in the 1970s, to help.

Carla was a waitress and made \$1 an hour, and store policy didn’t allow for tips. If she



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FEATURE

worked an eight-hour-shift, she got a 15-minute-break, and she remembers having to weigh soft-serve ice cream to make sure she didn't give away too much. Randy was a janitor who cleaned the restaurant in the early morning.

"We had to learn to live within our means; it was the only option," Carla says. "We both had large college debt, so we couldn't get loans or credit cards easily as many young couples do today."

Tight money situations and struggles with infertility often strain — and sometimes destroy — marriages

today, but the Roghairs made it through both. After waiting years to have children, they decided to grow their family through adoption. After adopting two children, they chose to have Carla stay home from her teaching career, which meant living on one income.

"Our friends were buying new homes and had a couple nice vehicles. We rented one old house and had one old station wagon," Randy says. "We didn't care about those things. We finally had our family; that was our priority."

After the kids started school, Carla began working again, and the couple began a season of life that both remember as wonderful and fast-paced. They both worked 40 hours or more a week, took children to their activities, and stayed busy.

Then life shifted again when their two children moved out. Carla retired in 2017 from her teaching career; Randy retired in 2013 from Greater Regional Medical Center in Creston where he worked for 30 years. After years of not seeing much of each other, it took time to readjust to this new normal. It didn't take long though for them to find activities they enjoyed doing together while still pursuing separate interests.

Through the years, the couple understood that marriage was a commitment that wasn't to be taken lightly, and they stayed together through sickness and health, for better or worse, richer or poorer.

"I started praying for a Christian spouse who would love me forever when I was in high school," Carla said. "When I was a junior, the study hall teacher assigned Randy and me seats across from each other. And now you know the rest of our story!" ■



Carla and Randy Roghair prioritized family, which meant not having some of the luxuries their friends had.



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RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
 - 1 cup shredded collard greens, packed
 - 1/4 cup frozen corn
 - 1 cup canned black beans, drained and rinsed
 - 2/3 cup canned pumpkin puree
 - 1 1/2 tablespoons taco seasoning
 - 8 flour tortillas (6 inches each)
 - 1 cup Monterey Jack cheese, shredded
 - 2 tablespoons olive oil
 - sour cream, for dipping
 - salsa, for dipping
 - guacamole, for dipping
 - fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
 - Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.



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THE VALENTINE'S gift that keeps giving

A very common issue that comes up in counseling is conflict and communication problems in marriage. Poor communication can lead to conflict, and unresolved conflict can make a marriage very unhappy and does not glorify God. I don't know of any marriage that has been free of these struggles, but the good news is that God, through the Bible, speaks directly about these things.



Ephesians 4:25-32 gives four rules of communication.

Rule 1: Be honest (v. 25). Put away dishonesty and be committed to telling the truth at all times. Dishonesty is bigger than outright lies; it involves withholding information or telling a partial truth.

Rule 2: Keep current (vv. 26-27). You have probably heard the advice "don't go to bed angry," and this is where that comes from. Be committed to dealing with today's problems before the sun goes down. Conflict does not go away when you don't deal with it; it only gets worse. If all attempts to deal with conflict that day fail, schedule a time to talk again very soon. If you can't resolve conflict on your own, speak to a biblical counselor to get help.

Rule 3: Attack problems — not people (vv. 26-27). When you

are in conflict with your spouse, don't lash out in anger at them but focus on dealing with the problem. Many conflicts can be disarmed if you would see your sin as the problem and attack your sin instead of your spouse.

Rule 4: Act, don't react (vv. 31-32). Verse 32 lists sinful reactions that fuel greater conflict. We need to respond with kindness, tenderness and forgiveness. This may mean that, in a heated conflict, you need to ask for time to think or pray instead of responding immediately. Lots of hurt can be avoided if we stop and think before speaking.

This type of communication is unnatural and can only happen consistently with the help of the Holy Spirit living inside you. God promises to send the Holy Spirit to dwell in everyone who repents of their sin and by faith trusts in Jesus for forgiveness. When you repent of your sins and become a follower of Christ, God can radically transform the way you communicate with your spouse.

This year, would you give your spouse the Valentine's gift of godly communication that will bless them all year long? ■

Information provided by Ben Funkhouser, who serves as the director of administration at Redeemer Church and the executive director of The Refuge.

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REAL ESTATE

By Jennifer Stover

WHAT'S OUT for 2023

I hate to do the "what's out" article because it's your house. Decorate how you like it. However, it's my job to tell you what home décor trends are out for the new year. So here we go (and don't shoot the messenger).



• **Gray** – I'm a gray lover because it truly is a classic color and goes with everything. But, if I see another house that has gray paint, gray trim, gray carpet, gray hardwood, I'm going to scream. Too much gray is out.

• **Chippy farmhouse furniture** – More wood tones with a natural look are popular right now. The time has come to put the paintbrushes away and leave furniture in a more traditional look.

• **White kitchens** – All-white kitchens have been the rage for a while now. Kitchens are trending towards natural elements — natural wood islands, cabinets and shelving.

• **Modern farmhouse** – Believe it or not, the modern farmhouse aesthetic has hit its saturation point. Put away the word signs, barn doors and floating shelves.

• **Shiplap** – I could barely bring myself to write shiplap is out (me crying). I'm still seeing a little bit of shiplap (not a lot), but, instead of the famous white color, people are using bold, dark colors. ■

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



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AUTOMOTIVE

By Dawn Lauer

WINTER driving woes

As temperatures drop below freezing, you can expect that to have an impact on your vehicle.

No one wants to head out on a cold winter morning only to find the tire pressure light is on or, worse yet, the vehicle won't start. Here are a few things to look out for.



Low tire pressure: Did you know your tire pressure can decrease 1-2 pounds of pressure for every 10 degrees the temperature drops? It is important to keep your tires within the recommended PSI to maintain traction, handling and durability. Check pressure often during the winter months.

Dead battery: Winter is especially hard on batteries. If your car won't start in the extreme cold, one of the most likely problems is that the battery is dead. Luckily, the fix is sometimes just getting a jump. But to avoid a dead battery altogether, the Car Care Council suggests keeping its connections clean, tight and free of corrosion. It also recommends replacing batteries that are more than three years old.

Poor windshield wipers: Sub-freezing temperatures can cause the rubber on windshield wiper blades to become brittle, which means it could tear or crack. The Car Care Council says to consider buying winter wiper blades made for harsher climates, but you could also just make sure the ones you have are not too old and worn. ■

Information provided by Dawn Lauer, marketing specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035. Sources: www.caranddriver.com/news/a14762411/how-severe-cold-affects-your-car-and-what-to-do-about-it/e.

A HELPFUL ride

As a volunteer driver, Pageler enjoys helping provide HIRTA services.

With an empty nest and a work-at-home job, Lisa Pageler has now added volunteering for the Heart of Iowa Regional Transit Agency (HIRTA) to her schedule. She drives Madison County residents wherever they need to go in her vehicle and doesn't ask to get reimbursed for mileage or to be compensated in any way.

"I saw that they (HIRTA) needed drivers, and I just thought, 'I can do that,'" Pageler says. "I work from home now, so I don't use my vehicle very often. I also thought it would be nice for me to get out of the house once in a while."

Volunteering for HIRTA as someone younger than 50 years old sets Pageler apart from the other drivers. The HIRTA service is part of the Retired and Senior Volunteer Program (RSVP) that offers travel reimbursement and other perks for volunteers 55 years and older. Pageler knew she didn't make the RSVP cut at 44 years old, but she volunteered anyway.

"I feel very fortunate in my life that I have a good job, my health, a home and a car," she says. "I really want to pay it forward."

Despite volunteering for longer than a year, she has yet to drive for someone she knows. She says it has been a great opportunity to meet people in town and learn more about them. She has one frequent rider, a 103-year-old woman, whom she has gotten to know through driving. The woman shared stories about serving in the Marine Corps doing clerical duties to relieve men to fight in combat.

"Definitely not like today at all," Pageler says. "The things women couldn't do back then is just a reminder of how far we have come."

Not all riders are quick to share personal stories though, and she's now starting to read how open a person is quickly and whether they're comfortable with sharing. To try to break the ice with new riders, she introduces herself, helps them get situated in the vehicle, then leaves it up to them how talkative the drive will be.

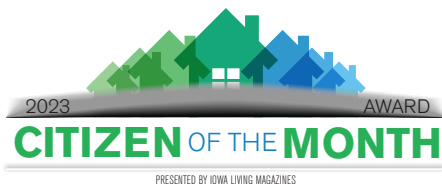
"Sometimes they warm up after several rides, sometimes not," she says. "I just want them to feel comfortable."

As a HIRTA volunteer, Pageler takes Madison County residents to various places in Winterset, Adel and Des Moines, then waits until they need a ride back home. She says she wants the riders to feel independent and like she's just their ride, so she doesn't help them at their destination unless they ask her to.

While driving may sound like a simple volunteer service, it is much appreciated by her riders and the HIRTA crew.

"Lisa is such a caring person who makes lasting connections with the community members," says Mildred Chihak, HIRTA volunteer coordinator. "I have riders who directly request her when they call for a ride because they love visiting with her."

Pageler says she doesn't plan to stop volunteering in the community anytime soon and intends to add in working with the Animal Rescue League or other pet adoption organizations after she retires. She also



CONGRATULATIONS!



Felicia Weeks and Brittany Hilsabeck of Scot Clark Farm Bureau present the Citizen of the Month Certificate to Lisa Pageler for being a volunteer for HIRTA and providing people with rides.

recommends others in the community join her in volunteering.

"There is pride in helping your community, or really anyone," she says. "I really try to find nice gestures I can do that aren't big but will change someone's day."

If you could benefit from Pageler's driving services, contact HIRTA's volunteer drive program at 1-877-686-0029 or email erides@ridehirta.com. New riders with the program will go through an intake assessment, sign a waiver and then they're set and ready to start requesting rides. ■



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STRAIGHTENING your smile

Many people would like to have a bright smile of straight teeth, but not everybody has one. Dentists and orthodontists (who specialize in straightening teeth) may be able to help.



There are several types of smiles that can benefit from care to straighten teeth, including those with crooked teeth, teeth with spaces between them, teeth that do not fit together comfortably when you bite down and narrow smiles.

Fixing these problems can not only improve your smile but also help prevent dental problems like cavities and gum disease and may improve speech and chewing. Two main approaches used to improve these smiles are braces and plastic trays, called aligners. Each has its own benefits.

• **Braces:** Braces are brackets, either metal or tooth colored, that are glued to the front or back of your teeth. The brackets are

connected with a wire. Over time, the wire is tightened to move the teeth. Braces can be used with rubber bands as well. Patients who wear braces typically come to the office every 4 to 6 weeks to have the wire or rubber band placement adjusted. The length of time needed to straighten your teeth with braces varies, depending on the condition of your teeth at the start of treatment.

• **Aligners:** Aligners are thin plastic trays that move teeth slowly. They work best when your smile has only mild problems at the beginning of treatment. When using aligners, your dentist or orthodontist will first obtain a digital scan of your mouth. A computer then takes the digital scan to create a treatment plan that moves your teeth from their existing position to the desired position. For each movement on the treatment plan, an aligner is made. You wear these aligners in the order they are given to you, changing them periodically, to increase the pressure on your teeth and move them into a new smile. You can take the aligners out, but it is recommended that you

only remove them when eating or brushing your teeth.

• **Do-it-yourself aligners:** You can buy do-it-yourself (DIY) aligners online and in some drugstores. These usually give you a kit to make an impression of your teeth, which you mail back to the company. They then make the plastic trays, which they send to you over time. Although DIY aligners often are less expensive than in-office treatments, this approach is not recommended primarily because you do not have a dentist overseeing your treatment. According to a survey of almost 500 users, almost one-half said they would prefer to have had treatment from a dentist or orthodontist.

Braces and aligners may be able to improve your smile. Talk to your dentist or an orthodontist to see if they are an option for you. ■

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

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HEALTH

By Dr. Stuart Hoven

IS A standing desk a good idea?

Standing desks have become a new trend and, like with so many new things, they come with a lot of questions. Sitting all day is not good for our body. Studies have compared sitting for 8 hours a day as detrimental to our health as smoking. Sitting all day is linked to increase weight gain, as well as increased risk of diabetes, heart disease and early death. A sitting position can cause muscle imbalances in the lower back and hips while also causing problems for the neck, shoulders and upper back.



Fortunately, standing desks have become more popular and more affordable. Benefits of a standing workstation include better posture with more active movement burning a greater number of calories. Other benefits are improved blood sugar levels and reduced risk of heart disease. People who use standing desks have reported better moods, increased vigor and energy, along with less stress and fatigue.

When first using a standing desk, your legs, hips and low back might get tired. An antifatigue mat is a good idea. Another solution is to elevate one foot on a step. Many people use a hybrid of standing and sitting while they transition to a standing desk.

As with any workstation, your workspace should fit your body and needs. Ask your chiropractor for ergonomic advice when you start working at a stand up desk to make sure you are doing all you can to take care of your long-term health. ■

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



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HEALTH

By Ashley Brockman

RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:



- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

Information provided by Ashley Brockman, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, brockman@sstherapyandconsulting.com, 515-528-8135, www.sstherapyandconsulting.com.

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SO. MANY. BRUSHES.

What's a girl to use?

Have you ever wondered why there are so many hairbrush options out there? I'm here to tell you they really do serve different purposes.

1. The vent brush: This is your basic hairbrush for the whole family and is used best on wet hair. I love to use it on short hair during a blow dry.

2. The round brush: best used on dry hair. This gives tremendous volume and light curl to the hair. It can be difficult to master but well worth it.

3. The paddle brush: This is a great tool when you want to give your hair maximum direction. Best on long hair blowouts and stubborn shorter hair during the blow dry process. It's also a great brush for all curly girls.

4. The wet brush: Every little girl in the world needs this brush. Its ability to brush through the tangles is amazing. Despite its name, this brush works great on wet and dry hair.

5. The Boar Bristle brush: This brush is great for fine hair. It is best used on dry hair as a finish for style and shine. Men and women love it.

There you have it. Each brush has a specific purpose to maximize your styling ability. Consult with your stylist for recommendations that fill your needs. ■

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



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MEET Sadie Cahalan

Connecting history with today's world

Originally from Gladbrook, Sadie Cahalan pursued a degree in history and secondary education at Simpson College in Indianola. During that time, she student taught at the Adel-DeSoto-Minburn Middle School. When deciding where to start her teaching career, she says she chose the Winterset Community School District because she wanted to work in a similar school and community as where she student taught.



Sadie Cahalan is in her first year as a teacher.

"After visiting Winterset a few times, I fell in love with the town and all the people that made me feel welcomed," Cahalan says.

Today, Cahalan teaches geography and world history at the Winterset High School, where she enjoys working with the district because of both the people and community support. She says the community supports the district in many ways, ranging from academics to sports and fine arts.

"The teachers, staff and administration at Winterset are all amazing people that go above and beyond every day," Cahalan says. "I have really enjoyed working in a community that supports and cares so much for their students."

In addition, Cahalan enjoys teaching history and being able to see her students think critically and make connections to the world today. Most of her classes involve projects, socratic seminars, debates, or some sort of non-traditional assessment where students apply their knowledge with useful life skills and creativity.

For example, Cahalan's World History classes have been studying the Industrial Revolutions in England and Japan. To start the unit, students made picket signs about the pros and cons of machines in factories. The next day, Cahalan turned her classroom into a "factory" from the industrial revolution, and students had to work together in assembly lines to try to produce a "product."

"Both a challenge and a reward sometimes, is connecting with students. Sometimes, as an educator, you feel like you aren't connecting with a student either because you don't have much time to chat with them or many opportunities to connect with them. But, as the year has gone on, I have often found those students I felt I hadn't connected enough with really appreciated me as a teacher," she says.

When not teaching, Cahalan enjoys visiting her family. She also enjoys playing with her dog, Roxy, and watching new Netflix series.

"The first year is always difficult, so getting that under my belt and learning how I can grow as an educator and help my students better is what I am looking forward to for the remainder of the year," Cahalan says. ■

NEW RETIREMENT contribution limits for 2023

The Internal Revenue Service (IRS) has released new limits for certain retirement accounts for the coming year. After months of high inflation and financial uncertainty, some of these cost-of-living-based adjustments have reached near-record levels.

Keep in mind that this update is for informational purposes only, so please consult with an accounting or tax professional before making any changes to your 2023 tax strategy. You can also contact your financial professional, who may be able to provide you with information about the pending changes.



Individual Retirement Accounts (IRAs): Traditional IRA contribution limits are up \$500 in 2023 to \$6,500. Catch-up contributions for those over age 50 remain at \$1,000, bringing the total limit to \$7,500.

Remember, once you reach age 73, you must begin taking required minimum distributions from a Traditional IRA in most circumstances. Withdrawals are taxed as ordinary income and, if taken before age 59½, may be subject to a 10% federal income tax penalty.

Roth IRAs: The income phase-out range for Roth IRA contributions increases to \$138,000-\$153,000 for single filers and heads of household, a \$9,000 increase. For married couples filing jointly, phase-out will be \$218,000-\$228,000, a \$14,000 increase. Married individuals filing separately see their phase-out range remain at \$0-10,000.

To qualify for the tax-free and penalty-free withdrawal of earnings, Roth 401(k) distributions must meet a five-year holding requirement and occur after age 59½. Tax-free and penalty-free withdrawal can also be taken under certain other circumstances, such as the owner's death.

Workplace retirement accounts: Those with 401(k), 403(b), 457 plans and similar accounts will see a \$2,000 increase for 2023, the limit rising to \$22,500. Those aged 50 and older will now have the ability to contribute an extra \$7,500, bringing their total limit to \$30,000.

Once you reach age 73 you must begin taking required minimum distributions from your 401(k) or other defined-contribution plans in most circumstances. Withdrawals are taxed as ordinary income and, if taken before age 59½, may be subject to a 10% federal income tax penalty.

SIMPLE accounts: A \$1,500 increase in limits for 2023 gives individuals contributing to this incentive match plan a \$15,500 stop light.

Much like a traditional IRA, once you reach age 73, you must begin taking required minimum distributions from a SIMPLE account in most circumstances. Withdrawals are taxed as ordinary income and, if taken before age 59½, may be subject to a 10% federal income tax penalty. ■

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END of an era

The Ben Franklin store was a community mainstay for more than 80 years.

The Winterset Square looks a bit different without the bright sale posters and products featured in the big glass windows of the now-closed Ben Franklin store. This iconic store has grown, changed and stayed relevant for more than 80 years thanks in part to owners Dave and Judy Trask, who have owned it since 1978.

Despite shutting its doors in December 2022, a lot can be said for a business that withstood the debut of big box stores in the 1960s and the growth of online shopping since the late 1990s. Experience and dedication to the customer were the foundations of business for the Trasks from the time they took the helm of Ben Franklin.

Jim Trask knew the operations of the business on Day One in Winterset because he

worked from 1973 to 1978 as a part owner and manager of a Ben Franklin store in Fairfield. His retail experience goes back even farther, though, as his parents owned Trask Jewelry in Winterset for more than 30 years.

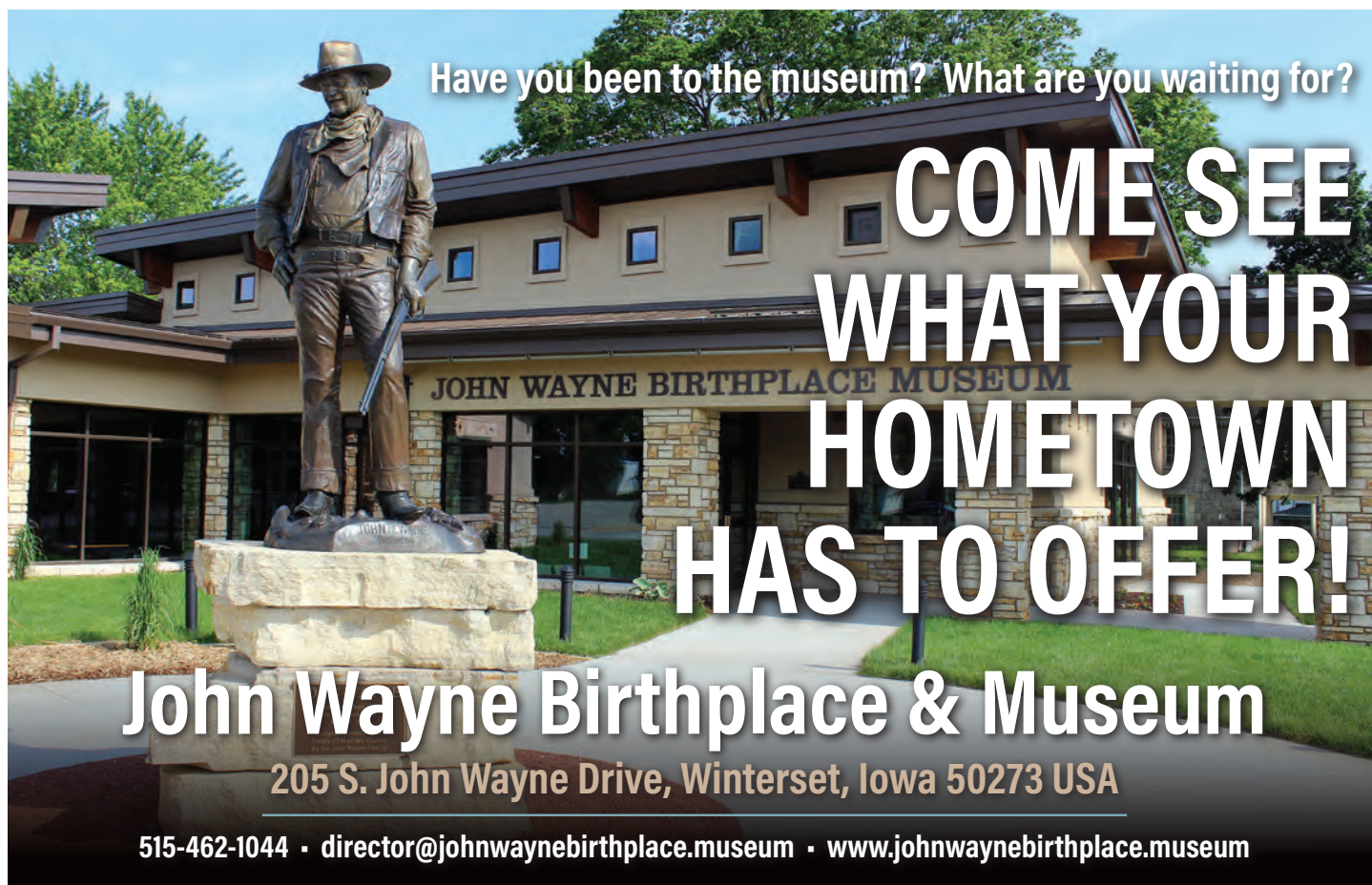
"I never considered any other career besides the retail business," Trask says.

The Trasks found success early on by focusing on service. When they first opened, they had a large fabric department and helped customers select and measure what they needed for making clothes. Then, interest shifted to quilting, so that took over most of their fabric business. They paid attention to the needs of their customers through the years and added special services such as making copies, sizing window blinds, digital film processing and

changing watch batteries.

"We were able to merchandise our store to the tastes of our customers whom we know on a personal level," Trask says. "No remote corporate headquarters can do that as well as those working in their own store. However, with that said, you work harder than ever to please your customers."

Getting customers through the door also looked different during their 44-year tenure. Running print ads in the newspaper with weekly specials worked for many years. Then, as competition changed, they focused more on great service and word of mouth. When social media debuted, it became a way to reach additional customers from the community and beyond.



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COMMUNITY

“Over time we were drawing from a wider area and enjoyed a nice boost from tourist traffic,” Trask says.

Raising a family while running a business also required adjustments. In the beginning, it often took seven days a week and some nights to keep things going. It was a family affair, though, as Trask remembers his children helping with seasonal changeovers and promotional displays before they had experienced staff take over.

Despite the workload, Dave and Judy say they put their heart and soul into the store they loved from the beginning — and the community noticed.

"My heart is full to overflowing with the gratitude and love the people of our great town have shared with us these past few weeks," Judy said. "We look forward to continuing to support the great businesses and activities we have come to know and love." ■



Dave and Judy Trask owned the Winterset Ben Franklin store for more than four decades.

The image is a horizontal collage of three distinct scenes. The leftmost scene shows a snowy residential street with a car parked on the side and a house in the background. The middle scene is a close-up of a well-maintained, vibrant green lawn. The rightmost scene features a large, red, circular award seal with a serrated edge. The seal contains the text 'IOWA Living MAGAZINES' in a mix of script and sans-serif fonts. Below this, a banner reads 'RESIDENTS' CHOICE AWARD' in bold, yellow, sans-serif capital letters. At the bottom of the seal, it says 'MADISON COUNTY'. A large, bold, yellow banner at the very bottom of the seal area reads 'WINNER!' in bold, black, sans-serif capital letters. The background of the seal is a blurred image of trees and a path.

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OLD HOME, longtime love

Barretts embedded in the Winterset community



Jon and Megan Barrett have found Winterset a good fit for their family. They enjoy the character of their home, which features upgrades but retains its original feel.

Megan Barrett and her husband, Jon, are longtime Winterset residents — 16 years, in fact.

“We ended up in Winterset because it was convenient for both mine and my husband’s jobs at the time, and we were able to find a house that we liked and could afford,” she says. “Even though it feels a little bit like Winterset chose us instead of the other way around, we’re really grateful that this is where we ended up because it’s been a great community.”

The couple moved into their home, built in 1914, shortly after their second child was born.

“We loved the character of it — the built-in buffet in the dining room, wood burning fireplace, architectural beams in the living room, the porch and mature landscaping,” Barrett says. “What really sold us, though, was the updates that had already been made.”

Barrett explains the kitchen and master

bedroom had already been remodeled, the laundry was moved to the second floor and a bathroom was added on the main floor.

“It was really updated with the modern family in mind,” she says.

The Barretts did their own minor remodel to the kitchen two years ago, and now it flows right into the dining room.

“We love that there’s plenty of space for friends and family to gather,” Barrett says. “We love our deck and yard and spend a lot of time out there when the weather is nice.”

As for the neighborhood their home sits in, the Barretts love how close they are to everything.

“We’re three blocks from my work, three blocks from the elementary school, four blocks from the square and nine blocks from our church,” Barrett says. “When the weather is nice, and we’re not running late, we love to walk or bike around town as much as we can. We also have wonderful neighbors and



enjoy living on tree-lined streets that are just beautiful all year round.”

And when it comes to Winterset in general, Barrett loves how much pride there is in the downtown community.

“It’s also really wonderful that there’s so much investment in arts and culture in Winterset,” she adds. “We’ve made most of our friends through our involvement with The Winterset Stage or other musical and cultural projects.”

In addition, the whole Barrett family is very involved in the ministries and projects of their church, and Jon is a member of the Winterset Optimist Club while Barrett is a member of PEO. ■

WHALE, Water, Whitney... and Pinocchio

If your holiday season was as busy as ours, you are likely way behind on your holiday movies. Let's jump right in and get you caught up.

"DEVOTION" (*probably heading to a streaming service near you*)

You don't see a whole lot of movies set in the Korean War, but this one is a real treat. It follows

a group of young pilots preparing for what seems to be an inevitable encounter with the enemy. The film is set in the southern U.S. One of the pilots is a Black man, so you do get the racial stuff, but this group of men rises above that and becomes a strong and effective strike force. Based on a true story. **Grade: B+**



"VIOLENT NIGHT" (*still in theaters and now streaming, too*)

This movie did surprisingly well at the box office as the competition all but cleared

the deck for a few weeks. The real Santa finds himself in the middle of a violent family fight over money and has to save the day. This is more Bad Santa than Dear Old Saint Nick, so know that you are going into a violent and raunchy adult film. Moments of fun and humor but not enough. **Grade: D**



"PINOCCHIO" (*barely saw a theater and can be found on streaming*)

The man behind movies like "The Shape of Water," "Pan's Labyrinth"

and "The Devil's Backbone" brings his talents to a new, stop-action version of the classic tale. The filmmaking animation is amazing, but the story is dark and, at times, intense. A true lost opportunity. **Grade: C-**



"EMANCIPATION" (*Apple TV*) Another movie that did not find its audience, possibly due to the subject matter but more likely due to the Oscar

night slap across Chris Rock's face. Will Smith is excellent in this true story of a Black man in the south

after the slaves have been freed. Parts of our country did not choose to recognize that fact and continued to treat them as slaves, which led to a harrowing escape. Very well done and directed by Antoine Fuqua ("Training Day"). A tough watch for sure, but so well done. **Grade: A**



"THE WHALE" (*barely saw a theater, and I don't think is streaming yet*)

Director Darren Aronofsky has given us some very challenging films ("Pi,

Mother!" and "Requiem for a Dream"), and he does so again here. Brendan Fraser put on the pounds and is getting Oscar buzz for his turn as a lonely, horribly overweight teacher who is on a serious downward spiral. Not a happy film, but it's hard to not watch Fraser's tremendous performance. **Grade: B+**



"AVATAR: THE WAY OF WATER" (*in theaters only, including the IMAX in 3D*)

This is the sequel to James Cameron's sci-fi classic

about life on the moon Pandora. For three and a quarter hours, I watched in amazement as the most visually stunning film I've ever seen unfurls its continuing saga. How can you have this great-looking film but one of the weakest stories I've seen all year? It could have been great but settles for just good. **Grade: B**



"WHITNEY HOUSTON: I WANNA DANCE WITH SOMEBODY"

(*in theaters now*) A rousing and, at times, surprising look at the life and times of the legendary singer known simply as The Voice.



The acting is really good, the music is fantastic, and both Sue and I loved it. **Grade: B+**

"GLASS ONION: A KNIVES OUT MYSTERY"

(*streaming now*) I'm on the record as not being a fan of these Agatha Christie-

type murder mysteries. "Glass Onion" did nothing to change that opinion. Run of the mill at best, and a waste of great talent at the worst. **Grade: C+**



"BABYLON" (*in theaters*) Damian Chazelle has given us two great films,

"Whiplash" and "La La Land," but he got out over his skis in this look at the

decadence and depravity of early Hollywood. More nudity than I've seen in a movie in a long time and more than its share of violence, too. At times brilliant, but too often also disturbing. Brad Pitt and Margot Robbie manage to rise above the material, but it's a tough recommend. **Grade: C+**



"PUSS IN BOOTS: THE LAST WISH" (*in theaters*)

A sequel to the 2011 family film with excellent voice work again

by Antonio Banderas and Salma Hayek. It seems that Puss has exhausted eight of his nine lives, and it changes his outlook and approach to life... until it doesn't. Great fun for the whole family and very creative writing. **Grade: B+ ■**



Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.





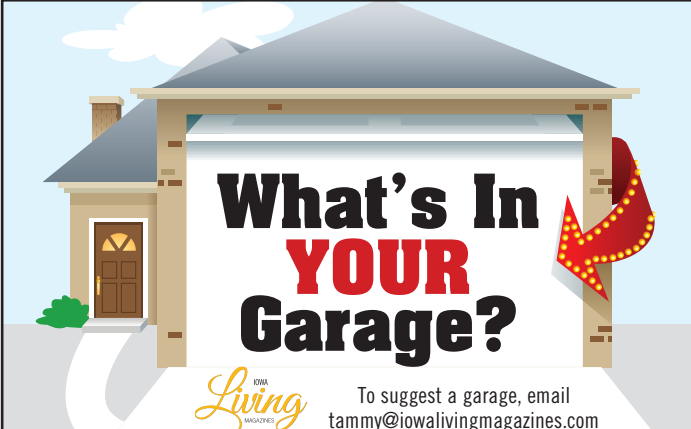
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INSURANCE

By Eric Johnson

WATCH OUT for winter home damage

Winter weather can be hard on your home. Here are some things to watch out for:



1. Frozen pipes. Extreme cold temperatures can cause your pipes to freeze. Be sure you're familiar with where your shutoff valves are in your home. And never set your thermostat too low.

2. Roof damage. There are several things that could damage your roof this winter. High winds can loosen shingles and send them flying. The weight of snow and ice could cause the roof to collapse. Lastly, ice dams can cause water to penetrate your home. Going on your roof can be dangerous anytime of the year. It's especially true during the winter months.

3. Concrete damage. It's important to keep your sidewalks and driveway clear of ice and snow to prevent slips and falls. Unfortunately, shoveling, picking away at ice, and using de-icing products can cause damage, such as chips and cracks.

4. Deck damage. Like your roof, the weight of snow and ice can cause damage to your deck. If snow begins to build up, it's a good idea to remove it. However, don't use a metal shovel or plastic shovel with a metal edge because they can damage the wood. If that's all you have, then remove the snow in layers and use a soft bristled push broom or leaf blower to remove the rest.

5. Cracked caulk. If you feel a draft in your home, check around your windows. Cold temperatures can cause the caulk to crack. The last several winters, I've had to apply additional caulk around a few of my windows. It's an easy fix that can keep your home warmer this winter.

6. Gaps in hardwood floor or other trim. Gaps in your wood doesn't necessarily mean damage occurred. It means that your home is extremely dry. Humidity levels in your home during the winter months should be between 30 and 50%.

7. Broken tree limbs. High winds and the weight of ice and snow can damage your trees. Unfortunately, there's not much you can do to protect them. If the trees are too big, call a professional service to have them removed. If your home is damaged, make sure you report it to your insurance company right away. Depending on the damage, a restoration company may be needed.

8. Fire damage. Nearly half of all home heating fires occur in December, January and February. And if you have an old electrical system, space heaters may tax their capacity. ■

Information provided by Eric Johnson, Johnson Insurance, 224 E. Highway 92, Suite B, Winterset, 515-462-4553.
Reference: West Bend Cares Blog, www.thesilverlining.com/westbendcares/blog/watch-out-for-winter-home-damage.

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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



Father/Daughter Dance

Friday, Feb. 10, 6-8 p.m.

The Jackson Building, 1146 W. Summit St., Winterset

Fathers and daughters, grandfathers and granddaughters, uncles and nieces are all invited for an evening of music, dancing and fun. A professional photo booth will be onsite and pictures will be free of charge. Cost is \$30 per pair and \$10 for each additional person. This is for ages sixth grade and younger. Visit <https://secure.rec1.com/IA/winterset-ia/catalog> for more information and to register.



Mother/Son Nerf War

Saturday, Feb. 25, K-second grade, 1-2:30 p.m.; third-sixth grade, 2:30-4 p.m.

Winterset Elementary School

Battle it out with your lil' Rambo in this nerfpocalypse event. The event will feature an all-out Nerf war and Nerf games. Participants need to bring their own Nerf gun (bullet style — no ballistic rapid fire guns). Nerf bullets provided. Protective goggles are required. Cost is \$20 per pair and \$10 each additional person. Visit <https://secure.rec1.com/IA/winterset-ia/catalog> to register or for more information.



These ARE Your Grandmother's Quilts

Through March 12

Iowa Quilt Museum, 68 E. Court Ave., Winterset

Grandmothers' quilts are a lifetime of hugs wrapped in thread and fabric. Celebrate Iowa Grandmothers during this winter exhibit at the Iowa Quilt Museum. You'll get to read 27 different stories of today's and yesterday's grandmothers and see a variety of quilts, from a few modern ones to lots of vintage and traditional — and see many photos of the creative women who stitched them. Most importantly, you'll feel the love the grandmothers have passed along to their families and the quilting legacy they've inspired and influenced. Admission is \$8 or \$7 for seniors. For more information, visit www.iowaquiltmuseum.org.

Des Moines Community Orchestra performance

Sunday, Feb. 12, 2 p.m.

Sheslow Auditorium on the Drake University campus, 2507 University Ave., Des Moines

The Des Moines Community Orchestra will present a concert in honor of Black History Month. The performance will feature works by African-American composers, including a world premiere of a major work commissioned by the orchestra. The program will be: "Dancing in the Canebrakes" by Florence Price (arr. William Grant Still); "Brother Yasuke: The True Story of the Afro-Samurai (for Narrator, Solo Piano Trio, Voices, and Orchestra)" by Josh Henderson, and the "Afro-American Symphony" by William Grant Still. Mr. Henderson will be bringing the Warp Trio, with which he plays violin, from New York to participate in our premiere performance of his piece. Admission is free but donations are gratefully accepted.



Winter Chowder Ride

Saturday, Feb. 11, 10:30 a.m.

Reclaimed Rails Brewing Co., 101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (10 miles). Check-in is at 10:30 a.m., and the ride starts at 11 a.m. Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails at no cost. You can enter to win a prize by submitting a selfie with the tag #2023ChowderRide (make sure the post is public). Register online at <https://conta.cc/3w1EMaw>.



Chocolate Walk

Friday, Feb. 24 from 5-9 p.m.

West Glen Town Center

Join CITYVIEW for its annual Chocolate Walk in West Glen Town Center, featuring cocktails and chocolate dessert samples at local businesses. You'll receive 10 sample drink tickets and four chocolate treat tickets for \$20 in advance at chocolatewalk.dmcityview.com or \$30 at the door.

EVENTS IN THE AREA

Be sure to check for cancellations

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Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. For more information, visit dmbotanicalgarden.com.



Botanical Blues

Sundays, through March
Greater Des Moines Botanical Garden,
909 Robert D. Ray Drive, Des Moines

Enjoy this winter concert series at the Greater Des Moines Botanical Garden. For more information, visit dmbotanicalgarden.com.

'USS Iowa' premiere screenings

Feb. 19, 2-4 p.m.

Iowa Gold Star Military Museum, Camp Dodge,
7105 N.W. 70th Ave., Johnston

Join Iowa PBS for two free, in-person premieres of the new documentary, "USS Iowa." This film shines light on the USS Iowa, a legendary battleship built to defend America during World War II. Its presence as a symbol of naval war power and now as a living museum is intertwined with the men and women who served the USS Iowa for more than 80 years through campaigns of triumph and tragedy.

During this special event in Johnston, attendees will have the chance to view historical artifacts and exhibits at the Iowa Gold Star Military Museum. Light refreshments will be served.

"The USS Iowa battleship was the lead ship of the last and most devastating class of battleship," said Iowa PBS Producer and Director Patrick Boberg. "Known as the 'Battleship of Presidents,' her story ranges from wartime victories to a tragic peacetime catastrophe, and she may not have been saved and turned into a museum without the State of Iowa's financial and political support."

For more information and to register, visit iowapbs.org/events. "USS Iowa" will air on statewide Iowa PBS Wednesday, March 1 at 6:30 p.m.



'Singin' In The Rain JR.'

Feb. 17-19, Feb. 24-26, March
3-5. Friday performances at
7 p.m. Saturday and Sunday
shows at 2 p.m.

CAP Theatre, 201 First Ave. S.,
Altoona

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green, from their original award-winning screenplay in "Singin' in the Rain JR." Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make the production a guaranteed good time for performers and audience members alike. Tickets on sale online at captheatre.com. simpletix.com.

Celebrate! Innovation Live at DMACC Speaker Series

Thursday, March 9

DMACC West Campus, 5959 Grand Ave., West Des Moines

DMACC announced an inspiring line-up of presenters for this year's Celebrate! Innovation Live (ciLive!) at DMACC Speaker Series, which is marking its 14th anniversary this spring. ciLive! 14 will be held March

9 in-person at the DMACC West Campus in West Des Moines, and, thanks to the generous support of sponsors, all ciLive! 14 speaker presentations will be free and open to the public. Free livestreaming of all speaker presentations will also be available via e360tv.

Each year, ciLive! at DMACC gives students and the public an opportunity to hear from and interact with a variety of accomplished people — some famous, all inspired — who have dreamed, created and achieved.

This theme of ciLive! 14 is "Be Your Own Superhero" and will feature the following speakers: John Ratzenberger, an actor and director who is best known for playing Cliff on the beloved TV sitcom "Cheers" throughout the show's entire 11-year run. Molly Bloom, the best-selling author of "Molly's Game," a memoir that chronicles her journey from a college student and Los Angeles waitress to founder and operator of the largest and most notorious private poker game in the world. Mitch Matthews, the host of the top-ranked "DREAM THINK DO" podcast. Alex Weber, an author, international keynote speaker on leadership and peak performance, and the only person to both host and compete on NBC's Emmy-nominated series "American Ninja Warrior." Dr. Shawna Pandya, a physician, aquanaut, scientist-astronaut, martial artist and advanced underwater diver. With backgrounds in neuroscience, space, entrepreneurship and medicine, Dr. Pandya has led a life devoted to technology, innovation, social development and adventure. Kenny & Friends, Grammy Award-winning drummer Kenny Aronoff, who was named one of the "100 Greatest Drummers of All Time" by Rolling Stone magazine. Aronoff has recorded and toured with some of the biggest stars in every genre of music, including John Mellencamp, John Fogerty, Bob Seger, Ringo Starr, Willie Nelson, Johnny Cash, Melissa Etheridge, Gregg Allman, Alanis Morissette, Goo Goo Dolls, Joe Cocker, Sting and many others. He will be joined at ciLive! 14 by bass guitarist James LoMenzo, who's played with White Lion, Ozzy Osbourne, Slash, Ace Frehley, David Lee Roth, Megadeth and John Fogerty, and by guitarist Brent Woods, a student of the legendary Randy Rhoads who has played with Vince Neil, Kristin Chenoweth, John Waite and Sebastian Bach.

For more information about ciLive! 14, visit ci.live. A detailed event schedule will be released in early March.



BASKETBALL Game

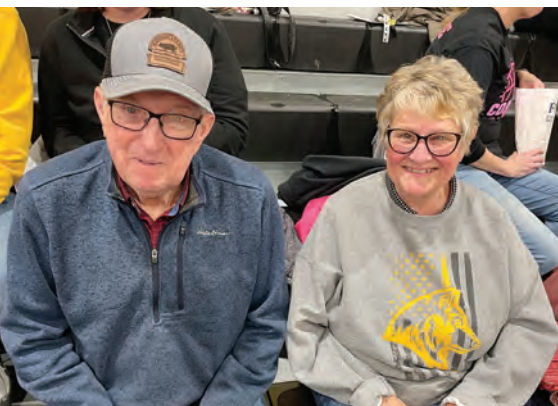
The crowd enjoyed the basketball game Jan. 20 at Winterset High School.



Lauren and Jimmy deWit



Dave and Mary Sents



Larry and Debby Corkrean



Mike Linde and Kelly Josephson



Beth Schrodtr and Katie Seidler



Hal and Tamra Yeager



Nicky Huntoon and Brenda and Phil Holt



Angie and Allen Hansen



Alex and Megan Dinkla



Jamie and Kim Conard



Kobie Alcorn and Felicia Weeks

OUT & ABOUT



Amy Warnke, Sara Baringer, Travis Frees, Ben Baringer and Michelle McNamara at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



A ribbon cutting was held for Wayward Saints Gift Shop, 110 W. Main St., St. Charles, on Jan. 20.



Melody Reels and Brian Downes at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



Rikki Brockett and Maria Forgy at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



Jon Stetzel and Jodi Lake at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



Brody Brownlee and Phil Macumber at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



Tori Willis and Peter Loiler at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



Sara and Ben Baringer at the chamber coffee held in Wayward Saints Gift Shop in St. Charles on Jan. 20.



Gavin Milledge and Casey Kleemeier at the basketball game Jan. 20 at Winterset High School.



Jess Kleemeier and Terri Nordstromb at the basketball game Jan. 20 at Winterset High School.



Sheila and Joe Berger at the basketball game Jan. 20 at Winterset High School.

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