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FEBRUARY 2022

# Living

MAGAZINE

## Budding

## Romance

Couples share how their  
relationships bloomed

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WELCOME

## COURTSHIP communication

I have not been on the dating scene for more than 27 years, and I met my wife at work, so keep those facts in mind as I touch on the subject of how romantic relationships start in today's world.

Like many things in life, courtship processes have changed, but the message is the same. From passing handwritten letters to making phone calls to sending text messages to posting on social media, the way we communicate with those we hope to love has certainly evolved. Some would say for the better. Some would say for the worse. Regardless, the methods are here to stay... at least for a year or two until a new communication method evolves.

Today, many relationships start with online dating sites. That was considered by many to be weird just a decade or so ago. After all, how could someone possibly start dating someone over a computer screen? My single friends tell me it works incredibly well, regardless of age. I have a feeling that a handwritten letter might still work as well — or, heaven forbid, face-to-face communication!

In this month's feature story, we touch on the subject of dating and relationships and how it all began for some local residents. Whether you are single or in a relationship, you will surely be entertained when learning about how some in the community are managing — or have managed — courtship communication.

Thanks for reading. ■



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# Budding *Romance*

Couples share how their  
relationships bloomed

**By Darren Tromblay**

Chaperoned dates. Internet introductions. Holding hands in the movie theater. Long walks along the shore. Dinners for two — at a burger joint or by candlelight. Rollercoaster rides. Snowball fights. Card games or video games. While the way couples spend time together has changed over the years, one similarity remains: Whatever the path romance takes, it is the special moments along the way that nurture a budding romance into a blooming relationship.

Tawnye and Jay Gibson recall how their romance has been nurtured over the years.



## On top of The Hill

For Jerry and Randall Parkin of Winterset, 1007 E. Grand Ave. in Des Moines is a spectacularly special place.

The historic, golden-domed capitol building rests majestically on top of a hill, and, for the Parkins, it's more than that — it's the place where it all began.

Working in the Office For Planning and Programming one day in February of 1974, Jerry walked into one of the myriad offices within the building and happened to catch the eye of a young woman working with the governor's scheduling and press assistants. Both were smitten. A few months and a handful of dates later, they knew they wanted to spend their lives together as a couple. It was time.

"We really didn't think about it that much," Jerry says, "and that's probably the beauty of it. Things just felt right."

The next step was figuring out where to hold the ceremony.

"Neither one of us were active in a church back then, and we were trying to decide whether we wanted to rent a hotel conference room, or just where to have it," Jerry says.

Randall, who was working for Gov. Robert Ray at the time, mentioned to the governor's press secretary, Dick Gilbert, soon thereafter, that she and Jerry were looking for somewhere to get married. Just like that, Gilbert had an answer.

"Why don't you just do it here?" he asked.

"So, we figured, what the heck," Jerry laughs.

There was another slight hiccup. The couple didn't have a minister to make things official. No problem. How about the Chief Justice of the Iowa Supreme Court, C. Edwin Moore? It didn't take much arm turning. Moore was more than happy to help.

The big day arrived, and the couple exited their vehicles and proceeded inside the capitol building that morning of Nov. 30 to prepare for the wedding, one part eager, one part nervous, as soon-to-be newlyweds tend to be. As they walked in the door, they were greeted by a huge ladder in the middle of the floor a few feet away. At the top of it, cleaning an ornate, draping chandelier and changing its lightbulbs was none other than Gov. Ray himself.

And, so, the Parkins were married that day, right there in the governor's office, the very place where they worked, met, and where Jerry proposed.

The couple had their first child nine years



Randall and Jerry Parkin met and were married at the capitol building in Des Moines.

later, Thomas, now 38, and their second, Allison, now 36.

Jerry says he and Randall weren't the type to offer any dating and/or marriage advice to their offspring.

"We never told them who to look for — or what to look for," Jerry says. "What the heck did we know?"

"They weren't going to listen to us anyway," Randall jokes.

Both Parkins, now each 72 years young, say they haven't thought much about the marital milestone they'll reach in three years, that being the big five-O.

Jerry says Randall has jokingly mentioned to the kids about them having a "damn big party" for their parents, but short of that, it will be just another day.

In terms of have a lasting relationship, there are some secrets to it, Randall says. The first, and maybe most important, she says, is to stay independent within the marriage. Don't lose "you."

"I take trips by myself. Jerry takes trips by himself and always did during his working life, so I was used to doing things for myself," she says.

"We've taken trips on our own throughout our marriage, and even as recently as this year," Jerry adds. "We'll take a week and go somewhere, and there was never any, 'Oh, my gosh, how could you do that without me?' type of things. Independence within the marriage is key."

The other piece of advice is to remember

that your partner is going to have different interests than you have, Jerry adds.

"Let that happen," he says. "Randall is artsy, craftsy, handy, she can fix things. I've got none of that."

"And he's more organized than I am, to say the least," Randall counters. "His financial planning has allowed us to retire and really enjoy our lives now. That was all him."

In fairness, it was the both of them.

## A flood of memories

When Tawyne Gibson and Jay Gibson look back over their 27 years of marriage, it brings forth a flood of memories. And a memorable flood.

The two began dating during the historic floods of 1993 in Iowa. The two had been friends in high school but didn't date then. It wasn't until that fateful summer when the waters rose that the passion did, too.

Jay was on active duty in the National Guard at Camp Dodge and was responsible for delivering soldiers to overnight water points. Living nearby on Merle Hay Road was Tawyne. She, like tens of thousands of central Iowa residents, was without fresh water due to the massive flooding that caused hundreds of millions of dollars in damage as it blanketed the metro and surrounding communities.

Every night, she would go to Jay's waterpoint station at Second and Hull Avenue to get fresh H2O. She would take Jay and another soldier supper, too, and sit with the men on the water point to give them some



## FEATURE

much-needed kind company amidst the calamity and searing temperatures.

Tawyne to the rescue once again. Camp Dodge didn't have air conditioning, but since she worked during the day, she would let Jay stay at her place during that time to cool off. And, she cooked him meals.

"They say the way to a man's heart is through his stomach," Jay says. "Homemade food is a lot better than an MRE (Meal Ready to Eat). Since we knew each other in high school, the conversations were easy. We'd talk about different things. It'd help break up our night, and she'd get all the water she needed."

Having known each other previously helped the couple eventually take the next step.

"We started out as friends and already knew each other," Tawyne says. "His brother, Bill, was in my class, and we kind of ran around then as friends, so it was comfortable."

Jay and Tawyne are now both 51. They look back at that time, 22 years ago, when they exchanged vows, with great fondness. Those early moments together were something that today's young people may not appreciate as much, in this, the technological era.



Tawyne and Jay Gibson have had a son, Bryner, and a daughter, Tayia Britton, during their 27-year marriage.

"With social media, there's less face-to-face talking," Jay says. "That was one of the things in '93 when we were at the waterpoint. You sat there and talked. Once she went home, and I was done for the day, that was it. We didn't have texting."

The couple has two kids: a son, Bryner, and a daughter, Tayia Britton, who was recently married. Tawyne says they speak to the

children about the importance of taking their time with relationships and getting to know the other person.

"If you don't like each other as friends, chances are, that relationship isn't going to last long," she says.

Jay's father passed away last year, but, prior to that, both sets of the couple's parents had been married for 50 years or more. That,

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## FEATURE

Tawnie says, was a big influence as to how they tackle the day-to-day things that life brings to all marriages.

“Our families had different dynamics,” she says. “Mine might have been a little more dysfunctional, so there were things I saw that I knew I didn’t want during my marriage. Jay’s parents, however, were best friends. They went through some really tough times — both sets did — but there were just certain things they instilled in Jay that I saw and knew I wanted in my own marriage.”

The couple’s longevity is a product of many things, including their steadfast faith. Ephesians 4:26 sums it up nicely, says Jay.

“It reads, ‘In your anger do not sin. Do not let the sun go down while you are still angry,’ ” he says. “That’s one of the things that we have lived by. We have always worked out whatever disagreement we were having before we went to sleep. And sometimes we were up a little bit late, but we never woke up in the morning mad at each other.”

“For us, it’s always been, God, our marriage, our kids,” Tawnie says. “We’ve always put each other above our kids. And it’s certainly not that we don’t love our kids, but if we’re not together, the family isn’t either. Our faith has been very important.”

### Wrestling with life

Brooke and C.W. Gordon’s time together began on a wrestling mat at Winterset High School.

C.W. was a wrestler. Brooke was a cheerleader. Young love. But there was something different about it this time. Something that would bind them through thick and thin.

After high school graduation, C.W. left for college, but the couple managed to stay together. When Brooke graduated from high school a year later, she went to college, too. But not the same one. The struggles of a long-distance relationship ensued, Brooke admits.

“We definitely had a rocky road, for sure,” she says. “But I think the fact that we came from a small town, our families knew each other, and whatnot, that we were able to work through those battles together through communication. We were able to trust one another because we knew where the other came from and knew each other’s backgrounds.”

After one year of college, C.W. switched gears and began an apprenticeship, Brooke says, while she attended Des Moines Area Community College in Ankeny.

Finally, the time was right. Dressed in sweat pants one night at his mother’s house, C.W. met her in the hallway.

“I had just woken up from a nap, and he asked me to go get a phone charger,” she says. “So, I did, and I came back out in the hallway, and he was down on one knee. I thought he was joking. It wasn’t one of those ‘bring tears to your eyes’ moments, but more of an, ‘OK, this is really happening now’ things. It was so laid back, that it just makes it a fun story to tell.”

Brooke had been ready for years, she laughs, but C.W. wasn’t about to take such a big step without making sure that it was the right thing to do — and at the right time. Instead of jumping in feet first years earlier, Brooke looks back with thankfulness that things progressed at a slower pace.

“A lot of people move in together, or get a dog together, or do all these couple things, but we were old-school,” she says. “We are like our parents and didn’t believe that couples should move in together before they are



Brooke and C.W. Gordon were married on Nov. 9, 2019. The couple has a 1-year-old son, Benjamin.

married.”

The two were married on Nov. 9, 2019.

The biggest transition early on in the marriage was just the concept of living with another person, Brooke admits.

“When you’re dating, you’re able to go back to your own house or apartment, but when you’re married, you’re always going to be there. Just you two,” she says. “So, the biggest part that we had to learn was living with each other’s flaws.”

Maybe the dishes don’t get done. Or maybe the laundry was neglected a little longer than one of them would have liked. No longer just roommates, it was imperative they face these learning situations head on. Honestly.

“We have to be able to tell one another what bothers us, and I think that has been one of the biggest things we’ve learned,” she says. “Being married is a whole different story. That next step is huge, but we, thankfully, were ready for it.”

Which is good, she says, because the next step was to begin talking about starting a family. Brooke wanted a big family, and C.W. wanted a small one. The two came to a consensus that, whatever happens, happens. No matter what, it will be right.

And it was. A son, Benjamin, was born just over a year ago, and it has led the couple to begin thinking about No. 2.

“Family is a big thing in both of our lives,” Brooke says. “We are huge family people. Family is truly all you have. You can have friends, and groups, and all these other things, but in the end, family will be the only thing that will stand strong.” ■





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## INSURANCE

By Eric Johnson

# AVOID insurance pitfalls

It is easy to assume that, since you have a homeowners (or renters policy) and auto policy that you would be insured for anything that could happen. That might not be the case. Here are some insurance pitfalls to watch out for.



**Limits on coverage:** This is extremely important given the recent increase in construction costs. Review your homeowners policy to confirm you have sufficient limits to replace your home in the event your home is destroyed. Replacement cost coverage is a must. Guaranteed replacement cost is recommended.

**Liability coverage:** If you are sued for bodily injury or property damage, will your policy provide you with the protection you need? Consider a \$1 million umbrella policy at a cost typically between \$200-\$350. This policy provides additional liability coverage above and beyond your homeowner and auto policies.

**Personal property coverage:** The standard homeowners policy typically insures against loss of personal property in an amount equal to 70% of the insured value of your home. Additional coverage can be purchased and may be needed, especially if you have old coins, paintings antiques, etc. Your policy has limitations in coverage for items such as fine art, jewelry and guns that are lost or stolen. These items can be scheduled separately in order to get the coverage needed.

**Recreational vehicles:** The standard homeowners policy provides only limited coverage for watercraft, ATVs, UTVs, snowmobiles, etc. These items generally should be scheduled on your policy or covered under a separate recreational vehicle policy.

**Personal property inventory:** In the event your home and property are destroyed, will you be able to identify all of your things that your insurance company will pay for? It is strongly recommended to take a video inventory of all of your belongings. This will prove to be extremely beneficial at the time of loss.

**Coverage for natural disasters:** Your standard homeowners policy does not provide protection against flood or earthquakes. This coverage can be purchased separately.

**Sewer/drain backup:** This coverage must be specifically endorsed on your policy. It can typically be purchased in \$5,000 increments. Spring rains will often result in basements full of water. Be sure you are protected.

**New car replacement:** Your standard auto policy will pay the actual value of your auto. This value may be much less than what you paid for the car when depreciation is calculated. This is an important coverage for new cars.

**Uber/Lyft/DoorDash/GrubHub:** Your standard auto policy does not provide coverage while you are working for these types of delivery companies. You will either need an endorsement to your personal auto policy or may need a commercial auto policy. ■

Information provided by Eric Johnson, Johnson Insurance,  
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## REAL ESTATE

By Jennifer Stover

### 2022 accessory trends

Trends are tough when you are on a budget. You can't redo your whole house to follow new trends. However, you can follow trends with accessories. Keep reading to see how.



**1. Biophilic design is huge this year.** This is the idea that it is good to feel connected to nature. This means indoor plants, fresh flowers, natural wood tones (floating shelves), concrete and stone. Even images of nature will do.

**2. The 70s are back.** Rattan, cane, curved furniture and macrame. Macrame is everywhere this year. Tassel, wall art, plant holders. Incorporate mustard and terra cotta to make the 70s look complete.

**3. Green has been buzzing for awhile, and it will continue.** It's calming, soothing and is associated with growth. It's a pop of fresh color for the new year. Think throw pillows, paint, succulents.

**4. Black accents.** Black is such a great contrast against the biophilic design. Use black in your furniture (kitchen table/chairs), lighting, an accent wall, accessories.

**5. Maximalists unite.** The last few years have been more minimalist. Maximalists suggests adding drama in small doses. Big patterns and clashing textures. It can be difficult to pull off. Start small — an entryway, a statement chandelier. ■

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

### 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.

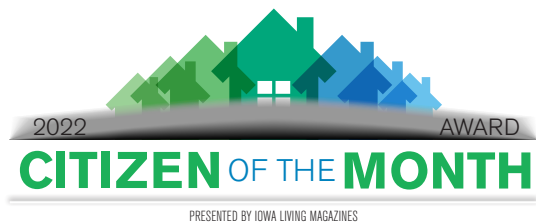
**Poor windshield wipers:** Sub-freezing temperatures can cause the rubber on windshield wiper blades to become brittle, which means it could tear or crack. The Car Care Council says to consider buying winter wiper blades made for harsher climates, but you could also just make sure the ones you have 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: <https://www.caranddriver.com/news/a14762411/how-severe-cold-affects-your-car-and-what-to-do-about-it/e>.



## MEET JoAnna Madison-Gustafson

Glad to volunteer in a community that rallies when needed



Born and raised in the Winterset area, JoAnna Madison-Gustafson moved away for a brief time before returning to her hometown. She says the Winterset community is where she wanted to raise her family, and she is glad to be closer to her parents.

"I joke when describing Winterset to others that it's like 'Mayberry' where everyone is friendly, and the community takes pride in its town. We help one another in times of need and success," she says.

For Madison-Gustafson, being a good citizen means being a good person. It also means putting others first, helping people, and giving back when you can. Recently, the community has been a good citizen to her when her parents had a house fire.

"We had over 100 people there that afternoon helping clean up and get stuff out of the house before the incoming rain moved in and further ruined it. It's amazing how people come together to help one another out," she says.

While working at the school, she says she has been lucky enough to witness how the community rallies behind the students and teachers in their dark time or time of triumph. In fact, just recently Madison-Gustafson has supported families of the Winterset district by helping organize the all-sports breakfast, held on homecoming morning.

"Years ago, a family would put together a breakfast every football game for the players, cheerleaders and coaches. I wanted to do something similar for my kids, although, with work, I can't do it as often. We wanted to 'revamp' the tradition and thought what better way than to start with homecoming," she says.

In addition, Madison-Gustafson has helped with school functions, the local Paw Pantry, and RAGBRAI. She has also helped with Cocoa with a Cop, where students throughout the Winterset Community School District have the opportunity to enjoy a cup of hot cocoa while interacting with local law enforcement. ■

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## KEY points for your child's teeth

From the time your child gets their first tooth until the last permanent tooth comes in, your child's mouth goes through a lot of changes.

**Teething:** Your child's first teeth generally start coming in around 6 months of age. This is a process called teething. Often, babies who are teething want something to chew on. When looking for a teething ring, choose one made of hard rubber and avoid fluid-filled or plastic rings that can leak or break.

**Building a dental home:** Your child should have their first dental visit at some point between the time they get their first tooth to the age of 1 year. Ideally, the office you go to for that first visit will become your child's dental home, the place they will continue to go during childhood.

**Cavity prevention:** From the minute your child's first tooth comes in, it is at risk



of developing a cavity. A cavity is a hole in the tooth caused by bacteria. Cavities might not be painful at first, but they can become painful and, left untreated, can cause an infection in other parts of the tooth or the body.

There are several things you can do to help prevent cavities in your child: brush their teeth twice a day with a fluoride toothpaste, clean between teeth that are side by side once daily, limit sugary snacks and drinks, and ask your dentist about sealants.

**Brushing:** When your child is young, you will need to brush their teeth for them. Children are ready to brush their own teeth about the same time as they can tie their own shoes. Children younger than 3 years should use a smear of fluoride toothpaste (about the size of a grain of rice). Children 3 years and older should use a pea-sized amount of toothpaste. They should not swallow toothpaste. Swallowing too much fluoride may cause discolorations or pits to form on the permanent teeth that are developing beneath the gums.

**Limit sugary snacks and drinks:** 4 ounces for children 1-3 years old; 4-6 ounces for children 4-6 years old; 8 ounces for children 7-18 years old. The pediatrics group also says children should not sip on juice throughout the day or go to bed with juice.

**Sealants:** The chewing surfaces of the molars in the back of your child's mouth have pits and grooves where cavities can form. Sealants are a plastic coating that can be painted on those tooth surfaces to seal those pits and grooves and protect molars from cavities.

**Conclusion:** From the time your child's first tooth comes in, teeth need to be cared for. Your child may need help easing symptoms during teething. You also can do a lot to protect their teeth from cavities. Talk to your dentist about your child's teeth and dental needs. ■

Information provided by Dr. James Elliott, Winterset Dental, 301 Wambold Drive, Winterset, IA 50273, 515-462-5755, [www.wintersetdentalia.com](http://www.wintersetdentalia.com). Source- JADA: American Dental Association.



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## HEALTH

By Dr. Stuart Hoven

# CHIROPRACTIC after a car accident

This time of year, car accidents are common. Ice and snow cause slippery surfaces and visibility issues, leading to single and multiple vehicle accidents. Deer are another common cause of vehicle accidents. When you are in an accident, it is common to injure the spine. The neck is the most common site for injury due to whiplash. The lower back is the second most common due to the forces of the seat and the seatbelt. The middle back and chest are the third most common from the restraint of the seatbelt.

Injuries can take up to two weeks to manifest themselves. Often people don't go to their chiropractor soon enough. They treat it with pain relievers and never get the problem corrected. The most common problem is a change in the cervical curvature. When not corrected, it leads to advanced wear and tear, causing arthritis in the neck.

Chiropractors are trained to evaluate the spine after a motor vehicle accident through examination, testing, and x-rays. They can diagnose what conditions need to be addressed and create a treatment plan to correct the problem that addresses both the pain and the instability of the spine. If you are in an auto accident, seek chiropractic first. ■

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



## IN AN ACCIDENT?



**RECEIVING CHIROPRACTIC CARE PROMPTLY AFTER A CAR ACCIDENT CAN HELP PREVENT MINOR INJURIES FROM WORSENING INTO SERIOUS AND CHRONIC CONDITIONS.**



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## HEALTH

By Ariel Meaney

# HEALTHY boundaries make healthy individuals

During a time when many of us focus on others and their needs, how can we focus on ourselves and maintain a healthy balance within a relationship? Understanding what our own healthy boundaries are could be how we start our self-discovery and reflection. Within our reflection on our life, we can begin to list what we feel we can or cannot balance in our life currently. Other things that may go on this list are what we can and cannot control. Making this list of reflection upon our life will help to define what our boundaries can start to look like.

Being able to have open communication with your significant other about your boundaries is another way to uphold your own wellbeing and sense of self within the relationship. Finding the healthy balance of compromise for each person within the relationship is essential to helping make the relationship long-lasting and respectful.

Implementing self-care, utilizing a support system, and using coping skills are all important factors in maintaining a healthy individual. When we utilize our coping skills, as well as healthy boundaries within our professional and personal lives, we can feel more at peace. ■

Information provided by Ariel Meaney, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, [meaney@sstherapyandconsulting.com](mailto:meaney@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).



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# FOR ONE and all

Teaming up to make all-inclusive playground a reality



Fundraising has begun for the the construction of an all-inclusive playground in City Park.

Winterset Parks and Recreation and the Winterset Rotary Club have teamed up in an effort to bring the community's first all-inclusive playground to City Park.

"Everyone should have access to a playground," says Director of Winterset Parks and Recreation Sky Smothers. "The design of the inclusive playground is for inclusive play, which allows everyone to interact with one another. It has all the features of a standard playground; it just goes above and beyond with its design."

The "Play for All" initiative has begun, with a goal to raise \$1,000,000 by Oct. 31 when City Park will turn 150 years old. Construction will then begin in the spring of 2023.

Winterset Parks and Recreation is dedicating \$100,000 to the project.

Jim Mease, a Rotarian for more than 40 years and past president and foundation

chairman, says fellow Rotarians Chris Bertelson and Dan Nielsen recommended to the board two to three years ago that they lead an effort to build an all-inclusive playground in Winterset in celebration of the Club's 100th anniversary this year. While on vacation, Bertelson had the opportunity to visit an all-inclusive playground and thought it would be a great addition to the community.

When Smothers joined the Rotary Club and learned of their interest in moving forward with the project, Mease adds, he immediately saw it as an opportunity to replace the aging playground at the City Park. Several club members also visited all-inclusive playgrounds in the area.

"After visiting several all-inclusive parks in Des Moines and Ames, I was convinced this was a very worthy project for our community," Mease says. "Children of all abilities will be able to enjoy it, and caregivers will have much

improved access so they, too, can more easily observe or even help their child participate. Our City Park is an excellent location, and it will be one more huge attraction to encourage people to visit our community and to further encourage families to live in our community."

Mease gave kudos to the community for its forward thinking on the project.

"That our community chooses to invest in an all-inclusive playground should speak volumes as to the type of community we are and we aspire to be," he says. "For citizens of our community, this is an excellent opportunity to pay it forward and to provide opportunities for families that our forefathers did for us years ago."

More information, including future announcements, additional photos and instructions on how to donate to the cause can be found on the project's Facebook page @ PlayforALLWinterset. ■



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## RECIPE

# A FRESH take on family dinner

*(Family Features)* If your family gets stuck in a dinner routine rut, it can feel like you're eating the same recipes over and over again.

However, this fresh and unique recipe for Cuban chicken with salsa fresca might inspire you to think outside the culinary box and give your family members the satisfactory flavor they desire at dinnertime. With fresh ingredients and a wholesome flavor, this meal is perfect to add to your menu.

Find more recipes and family dinner ideas at [Culinary.net](http://Culinary.net). ■

## Cuban chicken with salsa fresca

Servings: 5

- 1 cup grapefruit juice
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper
- 1 1/4 pounds boneless, skinless chicken breasts

### Salsa fresca:

- 1 cup grapefruit segments
- 1/2 jicama, cubed
- 1/2 red onion, chopped
- 3/4 cup grapefruit juice
- 4 tablespoons olive oil
- 1/2 cup fresh cilantro, chopped
- 1 jalapeno pepper, chopped

### Directions

- Heat oven to 400 F.
- In large bowl, mix grapefruit juice, oil, garlic powder, cumin, paprika and red pepper until combined. Add chicken to bowl and turn to coat. Refrigerate 30 minutes or longer.
- To make salsa fresca: In medium bowl, mix grapefruit segments, jicama, red onion, grapefruit juice, olive oil, cilantro and jalapeno pepper until combined. Refrigerate until ready to serve.
- Remove chicken from marinade. Place chicken in baking dish. Bake 25-30 minutes until chicken is cooked through.
- Serve chicken with salsa fresca.



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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](mailto:tammy@iowalivingmagazines.com)



### Winterset Education Foundation Trivia Night

Saturday, Feb. 12  
Jackson Building

Doors open at 6 p.m. for this fundraising trivia night. Cost is \$150 per table for teams up to eight members or \$25 for an individual to be added to a team. Snacks and drinks will be available for a freewill donation. Contact Jennifer Jackson for more information or to sign up, 515-462-7777 or [Jjackson@madisonhealth.com](mailto:Jjackson@madisonhealth.com). Register your team at [tinyurl.com/WCSDtrivia](http://tinyurl.com/WCSDtrivia). Pay via Venmo, WintersetCEF Code 4341 or send checks to Education Foundation, PO Box 30, Winterset, IA 50273.



### Des Moines Performing Arts shows

[www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org)

Saturday, Feb. 5: "Step Afrika!" at the Des Moines Civic Center, 221 Walnut St. - Wellmark Family Series.

Feb. 8-13: "Tootsie" at the Des Moines Civic Center, 221 Walnut St. - Willis Broadway Series.

Friday-Saturday, Feb. 25-26: Comedy XPeriment at the Stoner Theater, 221 Walnut St..

### 'Long Day's Journey into Night'

Feb. 11-20

Stoner Theater, 221 Walnut St., Des Moines

Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction. [www.iowastage.org](http://www.iowastage.org)

### Mother/Son Nerf War

Feb. 5  
Elementary School

Battle it out with your little Rambo in this nerfpocalypse event, featuring 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 are provided. Protective goggles are required. The event is for kids kindergarten through second grade from 1-2:30 p.m. and grades third through sixth from 2:30-4 p.m. Cost is \$20 per pair and \$10 for additional child. Register online at <https://secure.rec1.com/IA/winterset-ia/catalog>.



### Snowman building contest

While you are outside enjoying the snow this winter, build a snowman and send the photo to the Winterset Parks and Recreation Department for a chance to win a 2022 Winterset Aquatic Center family pool pass. Deadline is March 13. Photos can be emailed to [WPRD@CWMU.net](mailto:WPRD@CWMU.net) or shared through the department's social media sites.



### Concerts at Wells Fargo Arena

730 Third St. in Des Moines  
[www.iowaeventscenter.com](http://www.iowaeventscenter.com)

Saturday, Feb. 12: "Eric Church - The Gather Again Tour" at 8 p.m.

Saturday, March 26: "Elton John's Farewell Yellow Brick Road" at 8 p.m.

Monday, March 28: "KORN TOUR" with special guests Chevelle and Code Orange at 6:30 p.m.



### Live music in the metro

Various locations  
February

Friday, Feb. 4, 7 p.m.: Hailey Whitters will be performing at Woolly's, 504 E. Locust St., Des Moines; [www.woolysdm.com](http://www.woolysdm.com). After more than a decade in Nashville, this country singer broke through in 2020. Whitters has added five new songs, and, as the title of her album implies, she is "Living The Dream."

Saturday, Feb. 5, 6 p.m.: Lil Durk at Horizon Events Center, 2100 N.W. 100th St. in Clive; [www.horizoneventscenter.com](http://www.horizoneventscenter.com). Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his Signed to the Streets mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, "Remember My Name" and "Lil Durk 2X."

Friday, Feb. 11, 8 p.m.: Chad Elliott at xBk, 1159 24th St., Des Moines; [www.xbklive.com](http://www.xbklive.com). Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliot has been lauded as "Iowa's Renaissance man" by Culture Buzz Magazine.

### Des Moines Buccaneers

February  
Buccaneer Arena in Urbandale,  
7201 Hickman Road

For more information, visit [www.bucshockey.com](http://www.bucshockey.com). February home events are:

Thursday, Feb. 3 vs. Fargo Force, 6:30 p.m.

Friday, Feb. 4 vs. Dubuque Fighting Saints, 7 p.m.

Friday, Feb. 11 vs. Sioux Falls Stampede, 7 p.m.

Friday, Feb. 18 vs. Lincoln Stars, 7 p.m.

Saturday, Feb. 19 vs. Lincoln Stars, 6 p.m.

Friday, Feb. 25 vs. Sioux City Musketeers, 7 p.m.



## EVENTS IN THE AREA

Be sure to check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### 'The Revolutionists'

Tallgrass Theatre  
Company, 2019 Grand  
Ave., West Des Moines  
Feb. 4-20

Four beautiful, tough women  
lose their heads in this irreverent,  
girl-powered comedy.  
[www.tallgrasstheater.org](http://www.tallgrasstheater.org)

### 'Agatha Christie's Murder on the Orient Express'

Feb. 4-20  
Des Moines Community  
Playhouse, 831 42nd St.,  
Des Moines

It's winter 1934, and, when the Orient  
Express luxury train is stopped in the snow,  
a passenger is found dead in his locked  
compartment. Fortunately, the famous  
detective Hercule Poirot is also aboard to  
solve the case before the killer strikes again.  
[www.dmplayhouse.com](http://www.dmplayhouse.com)

### Cat Show

Saturday - Sunday, Feb. 12-13  
Iowa State Fairgrounds

A flood of fancy-footed felines compete  
for various awards and distinctions. This  
Fairgrounds event will be at E. 30th and  
University in Des Moines in the Animal  
Learning Center. For more information,  
visit [www.iowastatefairgrounds.org](http://www.iowastatefairgrounds.org).



### CITYVIEW Chocolate Walk

Friday, Feb. 25, 5-9 p.m.  
West Glen Town Center, 5465 Mills Civic  
Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you'll love  
this event. CITYVIEW and West Glen Town Center once  
again present the Chocolate Walk. For a ticket price of \$20  
(\$30 at the door), attendees will receive 10 drink tickets  
that can be redeemed for sample cocktails at participating  
venues. Attendees will also be provided tickets for chocolate  
dessert samples at participating retail stores. Find the  
registration link at <https://chocolatewalk.dmcityview.com>.



### Iowa Wild Hockey home games

Various February dates  
Wells Fargo Arena, 730 Third St.,  
Des Moines

Enjoy hockey at the American Hockey  
League level, with players that regularly go  
on to play for the Minnesota Wild. For more  
information, visit [www.iowawild.com](http://www.iowawild.com). Home  
games are:

Friday, Feb. 4 vs. Rockford Icehogs, 7 p.m.  
Thursday, Feb. 10 vs. Grand Rapids  
Griffins, 7 p.m.  
Friday, Feb. 11 vs. Grand Rapids Griffins,  
7 p.m.  
Tuesday, Feb. 22 vs. Texas Stars, 7 p.m.  
Thursday, Feb. 24 vs. Texas Stars, 7 p.m.  
Friday, Feb. 25 vs. Rockford Icehogs,  
7 p.m.

### Blue Ribbon Bacon Festival

Saturday, Feb. 26  
Horizon Events Center in Clive

After a year off, the bacon fellowship will  
resume, according to the Blue Ribbon Bacon  
Festival's website. The \$50 general admission ticket  
includes live entertainment, 12 bacon-inspired  
dishes, one beverage and all the bacon you can eat.  
The theme will be "Bacon Gras" and feature bacon-  
infused Cajun dishes along with: Bacon Bourbon  
Street – Mardi Gras Beads, street performers, local  
musical acts, pro wrestling, Iowa's top pop-punk  
group The Eugene Levy Band, Silent Club Sizzle,  
main-stage music from Tyler Richton & The High  
Bank Boys, Not Quite Brothers and BYOBrass,  
and you won't want to miss the popular bacon-  
eating contest at 3 p.m. Tickets for the event will  
be limited to 5,000. For more information, visit  
[blueribbonbaconfestival.com](http://blueribbonbaconfestival.com).

### Various shows

February dates  
Hoyt Sherman Place, 1501  
Woodland Ave., Des Moines

A variety of performances are on tap  
for February at Hoyt Sherman Place. For  
details, visit [www.hoytsherman.org](http://www.hoytsherman.org).

Feb. 5: "Brooklyn Rider: Healing  
Modes" at 7:30 p.m.  
Feb. 11: "Chris Janson: Halfway To  
Crazy Tour" at 7:30 p.m.  
Feb. 15: "Des Moines Storytellers  
Project: Love" at 7 p.m.  
Feb. 16: "An Evening With Bruce  
Dickinson" at 7:30 p.m.  
Feb. 18: "The Mavericks: 'En  
Español' World Tour" at 7:30 p.m.  
Feb. 19: "Yola: Stand For Myself  
Tour" at 8 p.m.  
Feb. 24: "Ashley McBryde - This  
Town Talks Tour" at 8 p.m.

### Iowa Wolves home games

February  
Wells Fargo Arena, 730 Third St.,  
Des Moines

The Iowa Wolves basketball team is affiliated  
with the Minnesota Timberwolves of the NBA  
and plays in the NBA Gatorade League, which  
is the NBA's official minor league. For more  
information, visit [iowa.gleague.nba.com](http://iowa.gleague.nba.com).

Saturday, Feb. 5 vs. Agua Caliente Clippers/  
Clippers, 7 p.m.  
Sunday, Feb. 6 vs. Austin Spurs/Spurs, 4 p.m.  
Tuesday, Feb. 8 vs. Austin Spurs/Spurs, 10:30  
p.m.  
Monday, Feb. 14 vs. Santa Cruz Warriors/  
Warriors, 7 p.m.  
Wednesday, Feb. 23 vs. Salt Lake City Stars/  
Jazz, 7 p.m.



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By Annie Wiseman

## ARE 'expensive' shampoos worth the money?

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Parabens (a form of preservative), sulfates (a harsh cleansing detergent) and water are used excessively in less-expensive shampoos to maximize the product's bulk and shelf life. These ingredients strip the hair of natural oils, leaving hair looking dull and lifeless. One needs to use more product, which makes you use it up faster. Salon-grade shampoos are more concentrated with quality ingredients, making it sensible to use less. So, in the end, the cost can actually even out.

A note to all men everywhere: Invest in quality grooming products and start at an early age. Using the cheap stuff does not help your fight against male-pattern baldness.

Invest in your hair. You wear it every day. ■

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.



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## CREDIT COUNSELING

By Tom Coates

## THE FAIR Debt Collection Practices Act

There is a federal law that protects consumers from abusive collection practices. That is the Fair Debt Collection Practices Act. If you feel threatened by collectors calling for payment, you need to be aware of your rights. Third-party collectors are not allowed to use foul language nor misleading information in order to collect on a debt. Collectors also cannot call you late at night or pursue you for a debt you do not owe. Debt collectors must be truthful, and they cannot misrepresent the amount of the debt, whether it's past the statute of limitations, or the legal consequences for not paying the debt.

Unfair practices that are also prohibited are soliciting post-dated checks for use as a future threat, threatening to deposit post-dated checks before the intended payment date, or threatening to take property if it's not allowed. If your rights are violated, you can file a complaint with the Consumer Financial Protection Bureau.

Make sure to keep records of all the correspondence. If you know the debt is valid, then be honest about what you can afford to pay. Be firm that you understand your rights, and you would like to make payment arrangements. If you are struggling with overwhelming amounts of unsecured debts, reach out to a local non-profit credit counseling agency for help. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.





## MEET Polly Blum

Couldn't steer away from teaching

After growing up on a farm in northeast Nebraska, Polly Blum received two bachelor's degrees: one in child development from the University of Nebraska Lincoln and one in elementary education from Wayne State College. She also has a master's degree in school leadership from Baker University. While she and her husband have moved multiple times over the years, this is the second time they have lived near the Winterset area.

"I actually was going to be anything other than a teacher since my grandmother and both my sisters were teachers, and I wanted to be unique. That lasted about a year into college where I tried on every major that was not teaching. Finally, I realized that I didn't enjoy any other field besides early childhood and elementary education," says Blum.

Since starting her teaching career, Blum has taught full time at the elementary school level. She has also spent time as a substitute and as an assistant principal in Nebraska and Kansas. Today, Blum is a sixth-grade teacher at the Winterset Middle School. She says that one of biggest rewards she receives as an educator is the human connection and acceptance she gets from the students.

"I have been so impressed by the sense of community in Winterset. It seems like the whole town turns out to support the school and its events. This truly lends such an accepting and family-like feel to teaching in the district. I also love the size of the community. It is always fun to run into students and their families when out and about," says Blum.

Blum's students recently finished a research project and shared different winter holidays from around the world. Her students have also researched real snow days versus virtual snow days and then written letters to the administration telling their side and why it is the best choice. Blum says that one of the biggest challenges she has faced is finding time to put those extra and fun activities into the school day when the schedule is already packed with requirements.

"I really enjoy sixth grade because they are funny and somewhat independent. They are able to converse and love to joke around," Blum says.

When not teaching, Blum likes to read, cook, bake, crochet and spend as much time as possible with her family and pets. ■

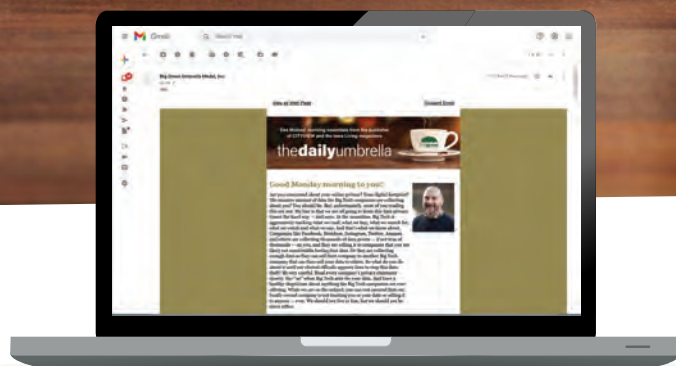


Polly Blum teaches sixth grade and enjoys the sense of humor kids that age have.

Start your morning off right  
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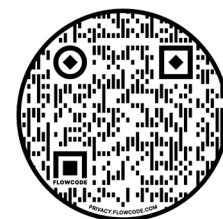
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## FINANCE

By Jason Kleemeier

## FED chair changes his tune

Powell's testimony to Congress may be telling.

If you weren't paying close attention, you might have missed it.

Fed Chair Jerome Powell dropped the word "transitory" when describing inflation during his recent testimony to Congress.<sup>1</sup>

Powell had told the story of transitory inflation for the past several months while the Consumer Price Index showed eye-popping, year-over-year gains of 5% to 6%.<sup>2</sup>

But now it appears that the Fed Chair has changed his tune.

Powell said that rising energy prices, higher rents, and strong wage gains could keep inflation elevated, though he maintained that inflation would decline sometime in 2022.<sup>3</sup>

So, does that mean it's time for investors to prepare their portfolios?

Inflation and interest rates are only two factors in an overall investment strategy. And, at this point, the Fed has only provided a rough timeline about when to consider raising short-term rates.<sup>4</sup>

As hard as it can be, sometimes wait-and-see is the best approach. Recent market volatility has been making headlines, which can be unnerving. If you find yourself second-guessing your overall approach, speaking to your financial professional may be a smart move. ■



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## OUTLOOK for 2022

It's a new year, full of new possibilities for what may lie ahead.

By any measure, 2021 was a strong year for investors. But what's in store for 2022? From my perspective, I expect that many of the same forces that influenced markets last year will play a role again in the year ahead.

COVID-19 remains tragic and unpredictable. The pandemic was one of the primary drivers of financial market activity in 2021. I hope that the worst is behind us, but I would not be surprised to see COVID-related events influence markets in the New Year.

The Federal Reserve will continue to get its share of headlines. From Fed Chair's Powell's nomination hearings to potential changes in interest rates, expect investors' attention to shift to the Fed from time to time in 2022.

Tax law changes are always possible, but many of the anticipated federal tax law changes in 2021 were linked to President Biden's Build Back Better plan, which ended the year in debate with Congress. So stay tuned here. ■

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# PLASMA table expands options

Lloyd is delving deeper into metal artwork.

TJ Lloyd has been a welder for about 15 years, and he has been welding with Simon Welding for the last five years.

"I always enjoyed working with my hands," he recalls. "My grandpa taught me welding."

In November of this past year, Lloyd decided to add a new element to his skills with a plasma table.

"Thanksgiving weekend, I was assembling the table," he shares. "It took two days of working non-stop — about 16 hours total."

"I'd like to try and make a little living on the side," he says. "I'm calling my business Fab Addict LLC. I figure the plasma table will be a really good investment and pay itself off in a matter of years." He built a new shop last year and keeps his plasma table there. So far, he has made signs and custom logos, but he has plans to get a powder-coating system for the plasma table in the future.

"For now, I'm just spray painting things," says Lloyd.

The first project he tackled on his new plasma table was for his brother.

"My brother's dog passed away, so I did a sign for him right after I got the machine," he comments.

The average time Lloyd says it takes to cut a project piece of 18 inches by 18 inches depends on the detail involved.

"It takes anywhere from one minute to four minutes," he says.

The table takes up about 6.5 feet by 7 feet. Prior to cutting a project piece, Lloyd takes images and transfers them to a free program called Inkscape on his computer.

"Then I can add letters, colors...basically anything," he remarks. "That part takes a while. At first, I didn't know if I could figure it out. Now, I'm having fun with it. It's cool that you can cut out anything you can imagine and draw out on a computer. That's what got me interested. The sky's the limit."

The plasma table can cut steel, stainless steel and aluminum. It can pierce 5/8 inch of steel, but a side cut can do up to one inch.

"Right now, I get my materials through Simon's, where I work, because of convenience," he says. "However, now that I have a business ID number, I can get materials for myself from a steel supplier if I want to."

At first, Lloyd bought two pieces of steel: a 5-foot by 10-foot (14-



TJ Lloyd, welder by trade, has been expanding his skills to make metal art and signs. The addition of a plasma table helps.

gauge) piece and a 4-foot by 10-foot piece. He also used a bunch of scrap pieces to get his practice in.

Lloyd says that all the projects he has worked on have been fun, but his all-time favorite piece was the first one that he did for his brother. It was a heart with a dog memorial on it.

"I also enjoyed making a really neat Winterset Huskies sign."

His customers so far have come from people he and his wife know, but he realizes that the business is just in the beginning stages.

"I will eventually put up a Facebook business page," he shares. "My wife has been very cool about this process and supported me 100%. I'm lucky to have her." ■



# CHAMBER Banquet

The Madison County Chamber banquet was held at the Jackson Building on Jan. 2.



Alyssa Tadlock and Marcia Jones



Ray and Jane Dawson



Darcey Paullin, Alex Wright, Tom Collins and Paul Welch



Sheila and Dave Stewart and Chris and Kelli Fairholm



Sarah Pugh and Brad Tadlock



Melissa Callstom, Dan and Lonna Nielsen



Joel and Shawna Jackson



Sarah Reed and Sandra Geronimo



Judy, Nancy and Dave Trask



Jim Smith, Mark Baudler, Dr. James Elliott and Linda Smith



## OUT & ABOUT



Jessica Fairholm and Chloe Schrodt at the Jan. 21 basketball game in Carlisle.



Hayes, Frannie and Eric Fulton at the Winterset High School varsity basketball games at home on Jan. 18.



Sheila Berger and Jessica Kleemeier at the Winterset High School varsity basketball games at home on Jan. 18.



Kobie and Jeff Alcorn at the Winterset High School varsity basketball games at home on Jan. 18.



Mike Smith, Karna Jakobs and Christy Smith at the Winterset High School varsity basketball games at home on Jan. 18.



Louella Alford and Beth Miller at the Winterset High School varsity basketball games at home on Jan. 18.



Alysha and Maggie Reynolds and Lila Young at the Winterset High School varsity basketball games at home on Jan. 18.



Chad Nordstrom and Kerry Feuring at the Winterset High School varsity basketball games at home on Jan. 18.



Hunter Lyon and Makayla Nichols at the Winterset High School varsity basketball games at home on Jan. 18.



Kelli and Bob Benshoof at the Winterset High School varsity basketball games at home on Jan. 18.



Jeff and Bruce Bellamy at the Winterset High School varsity basketball games at home on Jan. 18.



Archie Fulton, Maddux Sheffield, Bodey Fulton, Cooper Sheffield and Graham Fulton at the Winterset High School varsity basketball games at home on Jan. 18.



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