

WINTERSET

JANUARY 2023

Living

MAGAZINE



Digging Up ROOTS

Residents share their
family tree discoveries

Meet Ben Stecklein

EDUCATION

Feta roasted salmon and tomatoes

RECIPE

Expanding behavioral health services

COMMUNITY

PRSR STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

THINK LOCAL!

when searching for services this new year!

**NEW YEAR
NEW HOME!** 2023

Call us to help!

 **Homefront Real Estate**

Sarah Cowman
Owner and Broker

515-468-0409 57 E Jefferson, Winterset

VIEW OUR LISTINGS AT HOMEFRONT-REALESTATE.COM

Charlotte Speer Insurance Agency Inc.
Get a **FREE** Personal Price Plan

We celebrated in style State Farm's 100th year in business in 2022... Looking forward to 2023 with YOU!




515-462-3366 961 E Green St Winterset, IA 50273 www.charlottespeer.com

**TRUSTED RELIABLE
AUTOMOTIVE REPAIR**

 **515.419.5333**

924 N John Wayne Dr., Winterset
www.brilesautorepairs.com

**YOUR HOMETOWN
FINANCIAL ADVANTAGE!**




USB UNION STATE BANK
Your Hometown Financial Advantage

611 W. Highway 92
WINTERSET
515-462-2161

6305 Mills Civic Pkwy.
WEST DES MOINES
515-440-2265

160 E. Garfield
TRURO
641-765-4525

USBIOWA.COM

SHOP LOCAL | DINE LOCAL | BANK USB

WELCOME

MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to — other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even it was just a fraction.



A few decades passed, and I, on occasion, would try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave.com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

Editor

515-953-4822 ext. 302

tammy@iowalivingmagazines.com

Kristine McDonald

Advertising Account Executive

515-975-3543

kristine@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

CITYVIEW'S WINTER
EVENT IS BACK!

FIRE
& ICE

A WINTER
PUB CRAWL IN



SATURDAY, JAN. 21
1-4 P.M.

FOR \$20 TICKET PRICE*, YOU
GET 10 TICKETS TO SAMPLE
WINTER SPECIALTY DRINKS!

*\$30 AT THE DOOR



WHEATLEY VODKA
CRAFT DISTILLED



GET YOUR TICKETS TODAY AT
FIRE-AND-ICE.DMCITYVIEW.COM

FEATURE

Digging Up ROOTS

Residents share their
family tree discoveries



By Stephanie Lovelace

Melissa Ernst, Winterset resident, was surprised to learn that her great-great-grandparents were buried in a Madison County cemetery just miles from her home. Before researching her family genealogy, she believed her family roots were all in Minnesota where she grew up.

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find “royal blood”? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with Winterset Living magazine.

FEATURE

A Mayflower connection

Ken Callison, lifelong Winterset resident, can trace his family history back to the Mayflower — the ship that carried Pilgrims from England to Plymouth in the 1600s. How did he do that? Sixty-six years of challenging, and often demanding, genealogical research.

He attributes the start of his journey to discover his family lineage to his older sister, Kaye, who was assigned to research her family history in an eighth-grade American history class. At the time, Callison was in third grade.

“She sparked my interest, and I have been actively researching my family since then,” Callison says. “It’s exciting every time I find something new out.”

It was a slow start for Callison since he started long before the days of the Internet. His research came from spending countless hours in museums, courthouses and cemeteries and looking through courthouse records, census records and family Bibles. He also spent a lot of time looking through newspapers on microfilm in search of news stories, obituaries, births, deaths, marriage announcements and society pages for his ancestors.

“Like most genealogists, I would hit very active times and some not so active,” Callison says. It was during one of these down times, though, that Callison got a big break in his research.

He was leisurely visiting with a first cousin of his father and looking through family artifacts when he found a postcard addressed to his great-grandmother, postmarked Feb. 22, 1910. The mailing was an advertisement for a book that was published about her family’s history. An intriguing artifact so far, but then the real clue came on the back. There was a photo of the gravestone of an immigrant ancestor, Edward Babbitt, from 1630.

“It was through this coincidence that I found my Mayflower roots,” Callison says. “Suddenly I began an



Ken Callison’s ancestors are showcased in this photo that he found in the basement of the Madison County Historical Museum. This was the first picture Callison saw of his grandfather who passed away nine years before he was born.

active period that has lasted 40 years plus.”

He began to search through Babbitt’s descendants to make the connection between his family line and the Mayflower. This required multiple trips to Massachusetts, Virginia, West Virginia and Indiana. He traveled to places he found in his research and would leave a note in a country store with his name, asking for help locating ancestors. He also visited local libraries and asked if anyone knew his family’s name. By simply asking around, he has met family members he never knew he had but now stays in contact with.

These connections and research helped him complete his line to the Mayflower. He was at the Iowa State Historical Building when the last clue fit into place, and he could officially say his family was connected to the Mayflower. He let out a “whoop” at the desk he was at, and excitedly shared his news with the clerk who was there. Interestingly enough, the clerk was a member of the General Society of Mayflower Descendants (GSMD) and connected Callison with the organization right then.

Since then, he has served in various roles with GSMD and taken

Genealogy Research Sources

National Archives: Resources for Genealogists

www.archives.gov/research/genealogy

Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

Find a Grave

www.findagrave.com

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one’s memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

Ancestry

www.ancestry.com

ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world’s largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

23andMe

www.23andme.com

The focus of 23andMe, is “real science, real data and genetic insights that can help make it easier for you to take action on your health.” It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives. ■

FEATURE

advantage of celebrations they have had throughout the years with fellow members.

“If you want a real buzz, march in a parade through the streets where your family lived 400 years ago,” Callison says. “Or go to a farm homestead in Virginia still in your family that has been since before the American Revolution.”

Surprises

While Winterset resident Melissa Ernst hasn’t tracked her family as far back as Callison, she does have a story that’s intriguing and full of twists and turns. Ernst and her husband moved to Winterset from Grand Forks, North Dakota, six years ago to be closer to her husband’s family and better job opportunities. They didn’t know anyone in the area, but they both thought Winterset had a “nice ring to it,” so they bought a home and settled down.

Just like many people who jump into genealogical research, Ernst was curious about building her family tree, so she signed up for ancestry.com. After a short time, the service notified her that a new person in her family lineage had been found — her grandmother’s



Ken Callison and his son Clayton lead a parade called Pilgrim’s Progress through the streets of Plymouth, Massachusetts, as members of the General Society of Mayflower Descendants. The parade goes from the organization’s headquarters to the church that sits on the grounds of the Pilgrim’s original worship site.

father. This connection then showed her a family line she knew nothing about.

She checked out the names of the ancestors listed and began researching where they were from. She assumed they would be from Minnesota because that’s where she grew

up and where her family still lives. But they weren’t.

Ernst traced the burial site of one of her ancestors to a small cemetery about a mile from her Winterset home. To say Ernst was surprised by this news would be an understatement.



**CENTRAL IOWA’S PREMIER
ROOFING COMPANY**

ROOFING • SIDING • DECKS
ADDITIONS • REMODELS • & MORE

**LOOKING FORWARD
TO ANOTHER
GREAT YEAR!**



Thank you for your votes!

**FAVORITE HOME
IMPROVEMENT
CONTRACTOR**

Locally Owned & Operated

CALL OUR TEAM TODAY! (515) 689-3700!

FEATURE

"I was in complete shock, and it was a very emotional moment. It took a bit to comprehend. What are the odds?" says Ernst.

Her connection to Winterset and Madison County didn't stop there though. She found out that her great-great-great-grandfather, John Riffle Beedle, was one of the first people to vote in Madison County. And her great-great-great-grandmother lived in Winterset until she passed away in 1932. She also found more ancestors who were buried at a different small cemetery about eight miles from her home.

"It's like life brought me back to their path," Ernst says.

While Ernst appreciates these new revelations, she was also a bit jarred because she has always identified as a hardcore Minnesotan.

"My husband and I have had an ongoing joke that I call it a 'hot dish' and not 'casserole,' so my husband's initial reaction was, 'Your roots are in Iowa. You need to call it casserole now.' "

That's going to be a tough sell for Ernst, whose license plate even bears the moniker, HOTDISH.

While Ernst has enjoyed her genealogical journey so far, she is nowhere near done. She now has plans to find out where more of her ancestors lived in Winterset and if they owned any land in the area. Since they were buried so close to her home, she wonders if they farmed her land at some point.

"That would be mind-blowing," she says.

She also wants to find out why her family was in Winterset and what made them move to Minnesota. She is excited to take the next steps to keep connecting the dots.

Start your journey

Luckily for Ernst and the rest of the Winterset community, Madison County has many resources easily accessible for anyone looking to study local genealogy.

Checking out the Madison County Genealogical Society (MCGS) online at www.madisoncountyiagenealogy.com or attending one of the organization's meetings would be a good place to start, says Linda Smith, MCGS secretary. The society is dedicated to helping people begin or further their family history journeys.

"I choose to be involved for what I can learn from others' experiences along with what I can offer to others," Smith says. She has been a member for 15 years and is proud of the work she and other volunteers have done to make resources readily available for researchers.

One helpful resource is the extensive list and photos that have been taken of the gravestones in all of Madison County's 58 cemeteries. This list is updated frequently as volunteers regularly walk the cemeteries and note any new or updated gravestones. It may sound like a grim job, but it helps genealogists make connections they wouldn't be able to otherwise.

"You know more about yourself when you know more about your ancestors," Smith says. "What struggles they faced, why they made the decisions they did, how they were influenced and how they influenced others in the family."

Smith began researching her own family's history in 2002 when her father passed away and she found artifacts and papers he had saved from their family's past.

And while these documents helped shed light on Smith's past,



Melissa Ernst shows a photo of the first five voters in Madison County, which includes her ancestor, John R. Beedle. "It's crazy because he definitely looks like he belongs in our family," Ernst says.

she advises others to verify anything they find with solid sources like birth, marriage and death certificates, censuses and family wills. Also, remember to record where you find these resources so you can re-check them if needed or prove your findings to other family members.

Along with the MCGS, the Winterset Public Library offers extensive resources to further your research. The library's website at www.wintersetlibrary.org has a complete "Genealogy Collection" page with links to helpful sites and directions on how to find and use microfilm.

If you venture into the library, you can also find a number of printed materials like obituary newspaper clippings, funeral programs, Madison County vital records, Madison County census records and more. Many of these resources can be checked out for two weeks. While you're there, you can also use the library's Ancestry.com account. It's free to use, but you must use it on the library's computer.

Callison, who is also the president of the MCGS, hopes that more Winterset residents will join him in taking advantage of all that Winterset has to offer in genealogical resources.

"We can be proud of our ancestors, but we can't take any credit for what they've done," Callison says. "They earned their way through life, just like we have to." ■

RECIPE

ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.



NEW YEAR, NEW SKIN

New You!

— SPECIAL —
Now Offering

**SkinPen with PRP
Package of 3**
with a \$300 savings
Call & set up your free consultation today!



HEARTLAND

PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM

WHAT IS Biblical counseling?

Biblical counseling is simply the reality that God's Word has much to say about the mental and emotional struggles we face as humans. Anger, fear, depression, guilt and anxiety are all spiritual problems — meaning that, although you may be able to see the effects of the emotion, they are not something we can hold in our hands.

God has written a whole book dealing with these spiritual struggles: the Bible. Let me give you a few reasons why we would seek His Word as an answer to our spiritual struggles.

God's truths never change: Man's theories and philosophies about how to deal with the issues we face are constantly changing. The truths and principles of God's Word have stood the test of time and have proven themselves to be true.

God knows the heart: We often equate the source of our struggles with our circumstances, and certainly many of us need to change our circumstances. But what if you can't? One person can face a crisis and fall into bitterness, while another person can face the same issue and experience peace. The ultimate issue is not your circumstances, it is the condition of the heart. Jesus said, "For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness,



slander. These are what defile a person."

The goal of Biblical counseling isn't to learn to cope and manage our problems, rather it is about the peace and joy that comes from truth that changes the heart.

Unconditional love is the recipe for sustained change

I once heard a counselor say, "90% of my patients wouldn't be here if they could just believe they could forgive or believe they were forgiven." But what is the basis for forgiving a person? How about, because you have experienced the unconditional love of Jesus Christ's forgiveness on the Cross, He has the authority to ask you to forgive others.

We need to be able to trust that a counselor really knows what he is talking about. Jesus lived out the advice He gives and He is calling for us to come to Him.

Mat 11:28-30 (ESV): "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

That is a powerful claim. Will you take Him at His Word? ■

Information provided by Jaysson Gurwell, pastor of Redeemer Church, 515-480-7034.

THE STRUGGLES OF LIFE ARE REAL.

Our counselors are trained to come alongside you, walk with you, and encourage you from the Bible.



Schedule your appointment today.

Marriage | Family | Crisis |
Addiction | Grief | and more


www.redeemerwinterset.com
113 S John Wayne Dr, Winterset



Full Service Salon & Day Spa

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

SALON 107
 Haircuts | Hair Coloring
 Texture Waves | Micro-Blading
 Eyelash Extensions | Facials

515-462-HAIR

BEAUTY

By Annie Wiseman

NEW YEAR, new style

It's a new year, and, often that means people are interested in a whole new look. Wintertime in general is a great time of year for people to change up their look. Here are a few of my favorite changes to make right now.



There isn't much humidity in the air during winter, so now is my favorite time to cut bangs. It's easier to wear fringe on and around the face when the humidity level is so low. And talk about an instant change for someone. So consider it for the new dramatic you.

Another thing I love to do now is to make clients' hair color darker. All over semi-permanent color is a great way to try out a darker look on the short term. Lowlights are my preferred method of change. It's a dramatic yet soft look and gives tons of great dimension.

Talk with your favorite stylist about some great changes you can make to spice up 2023.

On a personal note, I'd like to say thank you to everyone who has given me positive feedback on my articles. These are meant to bring tidbits of information and enlightenment to the reader as well as give some respect and value to my industry. All of this information is tried and true over 25 years of experience and lots of research. ■

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.

Looking forward to 2023!



Call me and together we'll make great things happen!



FOR SALE
Madison County
 REALTY CO. INC.
462-3120

madisoncountyrealty.com

JENNIFER STOVER
 cell: 515-480-3389
 jenniferstover@madisoncountyrealty.com

The Right Agent For You!

REAL ESTATE

By Jennifer Stover

DESIGN trends in 2023

I like to start the year off positive by talking about what's hot in design trends for 2023. Next month we'll talk about what's not hot for 2023.



1. Granny chic has been rising in popularity. Think floral wallpaper, patterned pillows, and, of course, color.

2. Meaningful objects: I've seen this one trending a lot while doing my research. Gone are the days of impersonal, minimalist spaces. Incorporating items into your home that are uniquely you is hot. An heirloom, souvenir or something sentimental.

3. Muted colors: The neutral, warm and cozy look is hot. Plums, mustards, corals, terracotta and warm shades of blues will trend. Not bold, vibrant hues, but more earthy and calming.

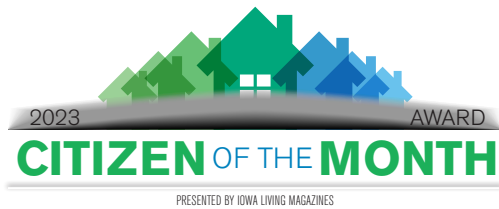
4. Plaid: Plaid allows you to have tons of color tamed by a traditional look. It's great for throws, pillows and even floor coverings. See granny chic...

5. Craft rooms: Dedicated adult craft rooms and creation spaces support mental wellbeing and provide an escape from the 24/7 hectic lifestyle. It can be just a small carved out corner; it doesn't have to be an actual room in the house. ■

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

CROSSROADS serves residents and communities

Providing mental health and addiction services



Crossroads Behavioral Health Services was established after the Mental Health Steering Committee in Union and Clarke counties held numerous public and organizational meetings that led to the formation of the nonprofit Crossroads Mental Health Center in 1975. Since that time, the organization has expanded to offer a variety of services for children, adolescents and adults in various local communities. In 2008, Crossroads Behavioral Health Services contracted with Madison County to begin providing services to its residents as well. Because of this, a full-time office was opened in Winterset. This office is currently one of three full-time offices the organization has.

“Winterset is a welcoming community that is proactive about their community members’ wellbeing,” says Crossroads Behavioral Health Services Executive Director Brittany Palmer.

Today, Crossroads offers services in mental health, substance use disorders, problem gambling, group therapy, psychiatry and more. Crossroads is accredited by the State of Iowa, Department of Human Services, and is licensed by the Iowa Department of Public Health. It is also a member of the Iowa Behavioral Health Association and Iowa Behavioral Health Network.

“Crossroads Behavioral Health Services is committed to the wellness of individuals, their families and the community by providing high-quality mental health and addiction services,” Palmer says.

In addition to their services, Crossroads Behavioral Health Services has supported local community events and school functions by sponsoring T-shirts, speaking at events, creating awareness through the local paper, hosting chamber coffees and participating in the County Coalition and CARES meetings.

Going forward, Crossroads Behavioral Health Services is looking forward to expanding services throughout the Winterset community. They are also looking forward to creating more community awareness and education about the services they offer. Each year, Crossroads has a “giving tree” where staff members donate hats and gloves and fill trees in each of the offices. They then donate the items to the local school district. Crossroads is looking forward to continuing this tradition again this year. ■

Do you know a citizen who deserves recognition?
Nominate him or her at tammy@iowalivingmagazines.com.

CONGRATULATIONS!



Felicia Weeks and Brittany Hilsabeck from Scot Clark Farm Bureau present the Citizen of the Month certificate to Amber Floyd, Sande Edwards and Brittany Palmer from Crossroads Behavioral Health Services.

Happy New Year!



Contact us to schedule a SuperCheck® today.

Scot Clark Agency Master AgWise Certified
(515) 462-4774 • 1303 N 6th Avenue, Winterset, IA 50273



FARM BUREAU FINANCIAL SERVICES

Auto | Home | Life | Retirement | Business | Farm & Ranch

Farm Bureau Property & Casualty Insurance Company,* Western Agricultural Insurance Company,* Farm Bureau Life Insurance Company*/West Des Moines, IA. *Company providers of Farm Bureau Financial Services PC044 (7-16)

ORAL piercing and germs

Some people, especially young adults, turn to oral jewelry to make a fashion statement. They may pierce their lips, cheeks or tongues. Some deck out their teeth with gems. Regardless of the jewelry and placement, people should be aware this trend can damage their oral health. Oral jewelry can damage your mouth and teeth in several ways:

- complications that can affect your oral health
- changes in the way your teeth and mouth work together, like slurred speech or increased salivary flow
- injuries to your gums, tongue or teeth

Complications with your health

The most common oral health complication of oral piercing is infection at the piercing site. Use of non-sterile equipment to place the piercing or handling the piercing after placement are two ways to expose the site to



germs that can cause an infection. Infections in the mouth can enter the bloodstream and spread throughout the body. These infections can become serious enough to require treatment in the hospital. Other complications include swelling, bleeding or tearing at the piercing site.

It also is possible to swallow or inhale parts of the piercing if the jewelry comes undone or if gems placed on the teeth come loose. Allergic reactions to the jewelry can also occur.

Problems with the way your mouth works

Changes in speech is one of the most common ways piercings can affect how your mouth works, especially if the piercing involves the tongue. Tongue piercings also can interfere with proper chewing and swallowing. Nerve damage also may occur, which can affect your sense of taste. Any oral piercing, including those involving the lips, cheeks or tongue, can increase salivary flow, causing you to drool.

Injuries

Your teeth and any of the oral soft tissues are especially at risk of injury from oral piercings.

Biting down on oral jewelry or even hitting the jewelry against the teeth can cause cracks or chips in the teeth. Placement of gems on the surface of the teeth requires removal of enamel, the hard outer part of the tooth that helps protect against cavities. Because this protection is removed, the area around such tooth gems may be at increased risk of cavities. Constant rubbing against oral jewelry can cause the gums to pull away from the teeth. This can cause your teeth to become loose or sensitive and painful. Ulcers also may develop if the jewelry rubs against soft tissues.

Oral jewelry and piercings are popular fashion trends but be aware that they may come with a variety of risks. If you decide on oral piercings or tooth jewels, talk to your dentist about ways to protect your oral health. ■

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.

HAPPY NEW YEAR!

JOIN OUR WINTERSET DENTAL CARE PLAN TODAY!

Preventive | Cosmetic | Restorative | Pediatric | Orthodontic | & More

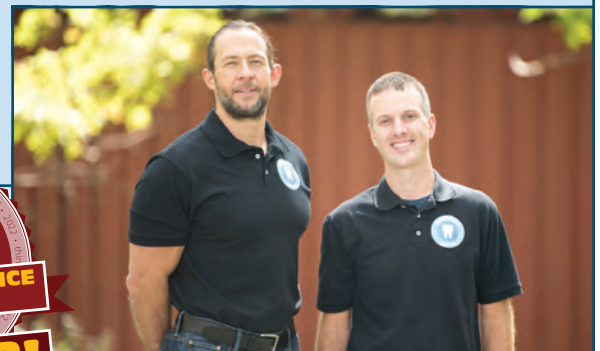
OUR ADVANCED 3-D X-RAY TECHNOLOGY

obtains 3-D images of your teeth, soft tissues, nerve pathways and bone in a single scan.

This allows for more precise treatment planning.



*Thank you
for voting
us Madison
County's
Favorite Dentist!*



301 Wambold Dr., Winterset
515.462.5755
www.wintersetdentalia.com

HEALTH

By Monica Meier

TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■



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

HEALTH

By Dr. Stuart Hoven

WELLNESS for the New Year

A great quote from Benjamin Franklin states, "An ounce of prevention is worth a pound of cure." He is stating that preventing a problem is usually much less effort than fixing a problem once it has exposed itself. When considering spinal health, prevention is much easier, less time consuming and less expensive than not maintaining your spine.



A regular chiropractic wellness program keeps your nervous system at peak performance, keeps your joints moving properly and keeps your muscles relaxed. The benefits of regular chiropractic adjustments manifest in other areas of life like fewer prescription medications, fewer over-the-counter medications, fewer days missed at school and work and a greater reported quality of life.

Not utilizing chiropractic as the focus of your wellness can prolong improper function of your spinal joints, which leads to wear and tear also known as osteoarthritis. Improper spinal function wears out discs at a faster rate, leading to degenerative disc disease. Poor movement of the spine can cause muscle aches throughout the back and body known as different forms of myalgia. Once these problems are present, it takes longer to get the body well, and often the damage already done can only be maintained, not repaired.

This new year, take Benjamin Franklin's advice. ■

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

SS Therapy and Consulting



IMMEDIATE
OPENINGS
AVAILABLE!
**CALL
TODAY!**

Taking on life's
challenges one step at a time.

www.sstherapyandconsulting.com

**STEPS
Groups**

Adults/Teens/
Parents

**Therapy
for All Ages**

Most insurances
accepted.

**Neurofeedback
Brain Maps
and Training
Available.**

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

Discover the Gonstead Difference



SEE US FIRST! CALL TODAY!

**NEW PATIENT
SPECIAL! \$40**

Consultation,
Exam and
Full Spinal
X-Rays

SAVE \$150. REGULAR PRICE IS \$190.

515-462-4644



105 E Madison St., Winterset
WWW.CHIRO1STIA.COM

DR. STUART HOVEN

*Locally*owned
WINTERSET



SPOONS FULL OF SUGAR

*Locally*owned
WINTERSET

OWNER: Kylee Tindle

ADDRESS: 420 S. John Wayne Drive, Winterset

PHONE: 515-360-1526

WEBSITE: spoonsfulofsugarboutique.ecwid.com

My story began 12 years ago as a childcare provider. I had the privilege to be an at-home mom and also provide care for other children. After many years of Mother's Day crafts and exhausting all hand and feet painting possibilities, I attempted to tackle creating spoon necklaces for the mothers. Needless to say, they were a hit, and so began my endeavor to master the art of jewelry design.

For several years, I traveled and did home parties, vendor events, and had opportunities to place my jewelry in local small businesses. I felt there was more to come; however, I was unsure what more there could be. I began praying for direction. A short time later, I had the desire to own my own boutique.

My dream became a reality when my husband scratched a



winning lottery ticket — not the one he had when he married me, ha ha. He actually scratched a winning lottery ticket! With his winnings, he began construction to renovate his prior car lot office into a boutique.

Spoons Full of Sugar Boutique officially opened in October of 2018.

Spoons Full of Sugar
"Wear Your Sugar In Style"



MADISON COUNTY MUSIC CO.

OWNERS: Megan Barrett and Elizabeth Hoenig

ADDRESS: 123 W. Jefferson St., Winterset

PHONE: 515-832-0333

WEBSITES: MadisonCountyMusicCo.com,
FortePianoService.net, DeborahHeltMFT.com

When Megan Barrett and Elizabeth Hoenig first shared a conversation about opening a school for music instruction, neither one of them imagined that just one year into their partnership they would already be in need of a larger building to house the various private and group lessons and ensembles that are now a part of Madison County Music Co. In late summer, the pair purchased the former Grip-Tite building located on West Jefferson, one block from the square, and moved their studios in October. The acquisition of this new building provided offices and classrooms for the seven teachers who give instruction each week to more than 100 adult and youth students who study piano, guitar, violin, cello, flute, ukulele and voice, or participate in the youth choir program or the Madison County Community Choir.

A large portion of the building also contains the workshop space necessary for Hoenig's other venture — piano tuning, repair and restoration as Forte Piano Service. Hoenig has an impressive collection of pianos awaiting their turn in the workshop for restoration and repair and also makes house calls for piano tunings in Madison County and surrounding communities.

While Madison County Music Co. and Forte Piano Service will occupy large portions of the building, Hoenig and Barrett are working with others to fill the remaining areas. One of the offices is being used by Deb Helt, a Marriage and Family Therapist (LMFT) and owner of Light Gets In Therapy Center. Starting in January, Helt will be available to see local therapy clients in person. She is also working on equipping two other offices in order to expand the number of providers in Winterset who are available to provide therapy for children and teens, and she invites practitioners of other modalities (massage, aromatherapy, facials, IVs, acupuncture, etc.) that are of interest to the community so local residents can access these services without having to drive to another city.

As Barrett, Hoenig and Helt envision uses for the building, providing services that will enhance our community and benefit its residents is forefront in their minds. This includes the 50'x90' garage space on the north end of the building which they would like to use someday to host recreational and cultural events.

Barrett says, "We really want to see this building used to provide positive and fun experiences and opportunities in Winterset. We're not sure what all that will entail yet; we really just want to enrich the experience of living and working in Winterset."





ROUSH COLLISION

Back row, left to right: Brooke Bengé, Tanner Gay, Trey Allen, April Roush, Joe Roush, Trey Maynes, Aidan Wood, Nathan Bartz and Hunter Tracy. Front row: Joey Roush and Jack Roush. Not pictured: Johnny Roush (in April's belly).

OWNERS: Joe and April Roush

ADDRESS: 303 E. Madison St., Winterset

PHONE: 515-468-7820

WEBSITE: www.facebook.com/RoushCollisionRestoration

Evolution of a business

The timing of this article is perfect, considering we are celebrating our 11-year anniversary this month. When I started Roush Collision in January 2012, I had a vision to build a body shop in town that would stand out from the rest. I knew I had to do something different. When I started out, I was most known for all the restorations I had been doing. I had been painting vintage motorcycles and doing custom restorations for a few years, and they were really starting to get noticed. As more and more people began to recognize my work, so did the demand of people requesting me to fix their insurance claims and deer hits. With my work load increasing, my business model changed from a collision and restoration shop to specializing in collision repairs.

As my business grew and the workload became more than I could handle, I knew I was going to have to build a crew that shared

the same values as I did to keep my business headed in the right direction. One thing I have learned about hiring is to hire people based on who they are, not what they know. I have seen excellent success in hiring people whom I see as great people for who they are first, then training them in-house on everything they need to know to become successful. I have built a team that works together and strives to be the best we can be.

Looking back over the last 11 years, it's crazy to think there were times when I was the only person working here, doing the estimates, accounting, repairs, painting, detailing, etc... and thinking I had plenty of room in the shop, to building a fully equipped state-of-the-art body shop staffed with two estimators, three body guys, a painter, a detailer and buffer — plus my wife April and myself helping out anywhere we can. What was once a shop that seemed big enough to never outgrow now has us busting at the seams, not to mention the parking lot. We currently have a new building onsite under construction to help manage all the repairs. With my wife and myself both being raised in Winterset and now raising two, and soon to be three, of our own boys in town, we look forward to growing our shop even more and continuing to serve the town that we love for many years to come.





QUALITY CAR CARE

OWNER: Kyle Lauer

ADDRESS: 1012 N. 10th St., Winterset

PHONE: 515-462-1035

WEBSITE: www.qualitycarcareofwinterset.com

This year, Quality Car Care will celebrate its 30th year in business — a milestone we're proud to achieve. What started as a one-man operation by Dwight Lauer, Kyle's dad, in May 1993 quickly grew into a flourishing business that relocated to our current location off of Tenth Street in 1997, proudly serving Madison County residents ever since.

Growing up, Kyle spent much of his time helping around the shop — cleaning, emptying trash, changing oil, and learning from his dad and all the experienced mechanics around him. He continued working as a MOC student in high school and came on full-time following a couple of years at DMACC. He continued learning and earned several Automotive Service Excellence (ASE) certifications over the years. He ultimately took over daily operations in 2017 as Dwight moved into retirement.

Many things have changed in 30 years, but, from the beginning, it's been our mission to provide our customers with quality service at a fair price in a timely manner. We provide every customer

with an estimate before starting any work, so there won't be any surprise charges when it comes time to pick up your vehicle. We understand being without your vehicle is an inconvenience, and we take pride in promptly getting your car back to you.

As a full-service operation, Quality Cat Care handles everything from essential services such as tire replacement and repair, oil changes, and brake services to more complex services such as transmission repair and replacement and complete engine repair. Our technicians have the knowledge to service and repair even the most challenging problems on all makes and models of domestic and import vehicles. We use the latest technology to assess the situation and offer you alternatives.

As a thank you to our customers, we offer a few perks, including your fifth oil change free with a purchase of four. We also provide free vehicle pickup and delivery service within the city limits, saving you a trip in the middle of the day.

We were honored to be named the 2022 "Favorite Madison County Place for Auto Service" in the Madison County Residents' Choice Poll. Thank you to our customers! We appreciate your business and look forward to serving Madison County residents for many years to come!





CD'S LAWN CARE

OWNERS: Chance and McKenna Dullard
ADDRESS: P.O. Box 428, Earlham, IA 50072
PHONE: 515-468-5034
WEBSITE: cdslawncare.com

CD's Lawn Care was established in 2008 by 11-year-old Chance Dullard. Chance still remembers the first mower he was given by his grandfather — a John Deere 42" riding lawn mower. He purchased a little red trailer that was covered by his phone number for "good advertising." He also hauled a push mower, trimmer and gas can wherever he went. During his first season in business, Chance took on around 20 lawns to mow. After earning money all summer, it was time for a four-wheeler and a snow blade to make money over the winter months. The first winter, Chance had around 15 residential driveways to clear in Winterset. At 16, he had purchased a truck primarily for plowing snow and was known for coming in late or leaving early for school because of his commitment to push snow. Early in high school, Chance had a few great friends who were able to work with him to get his jobs completed. By his senior year, he had two full-time employees running his mowing route while he was at school. He was also able to acquire a lawn care business out of Earlham, allowing him to expand his service area to both Winterset and Earlham.

CD's Lawn Care had become a well-known, trustworthy and reliable company in the area. The company continued to grow each year, allowing him to build strong relationships with his clientele. In the fall of 2019, Chance decided it was time to present the company in a more professional manner. He was able to replace all four of his trucks with a brand-new fleet. In 2020, the company faced some hardships that made it difficult to move forward. They tragically lost three employees in two separate car crashes, leaving everyone at a loss physically and mentally. It was

during those days, however, that his team and the community pulled together and became closer than ever.

By the time 2021 came around, the company was ready for another acquisition — this one being the biggest jump yet. This acquisition tripled his customer base and service area. Now, instead of primarily being in Winterset and Earlham, the company name was all over the Des Moines metro. CD's opened a second shop location in Waukee to better serve his new metro clients. In April of 2022, the company hired on an employee that came with an additional lawn care company, adding more clients in the Waukee area. With the expansion of clients comes expansion of employees, equipment and resources. Chance now runs this company with his family — his wife full-time in the office and his daughter as full-time "helper." Outside of his family, CD's employs a solid crew of full-time, part-time and seasonal staff. His fleet of trucks has tripled in the last four years from four to 12 to provide multiple different services throughout the year.

The company is now providing services in Winterset, Earlham, Truro, Bevington, Altoona, Ankeny, Pleasant Hill, Clive, Des Moines, Johnston, Waukee, West Des Moines, Urbandale, Van Meter, Norwalk, Indianola, Cumming, Grimes, Booneville, Adel, De Soto and Windsor Heights. The services include snow removal, salting, holiday lights, lawn mowing, lawn applications, irrigation, sod installs, aeration, overseeding, gutter clean-outs, bed maintenance, leaf cleanups and landscaping.

"I could never say thank you enough to the continued support of all the communities we are fortunate enough to provide services in. Even though our service area has expanded, Madison County will always hold a special place in my life. It has molded this company into what it is today. My staff and I are committed to providing the best quality service and customer service to every person that trusts us for their lawn care or snow removal needs," said Chance Dullard.





THE DRIFT

OWNERS: Pete & Luann Gilman,
Mark & Kayla Hawkins, Dan & Shari Bush
ADDRESS: 112 N. First Ave., Winterset
PHONE: 515-462-1178
WEBSITE: www.thedriftia.com

The Drift's story began in 2019. Pete and Luann Gilman (who also own an event venue in rural Madison County known as The Barn at Lone Oaks Farm) are avid fans of craft beer. They enjoy the experience of visiting small breweries and taprooms. They believed that the community of Winterset would support a business that offered a place where folks could gather to socialize and enjoy beers produced by local-to-Iowa breweries, sip cocktails and wine, and have a bite to eat.

They shared their idea with friends who had backgrounds that could help make their vision become a reality: Mark and Kayla Hawkins, who own the Judge Lewis House Bed and Breakfast and also have years of experience in restaurant, hospitality and food industries; Dan and Shari Bush, who operate Newcastle Enterprises, a commercial construction and home-building business; and Jim and Carol Liechty, craft beer fans who recently retired from their life-long careers as a conservation naturalist and a school teacher, respectively (the Liechty's have recently decided to fully retire, but their legacy remains).

The Drift's name pays homage to Madison County's geographical location in the "Southern Iowa Drift Plain," the hills and valleys which resulted from Ice-Age glaciers heaving the soil.

Finding the perfect location took several months, as various buildings were considered and concepts were explored. The search ended when the main level of the Heartland Building became available. On Oct. 1, 2020, the lease was signed, and the build-out began. The Drift opened on Dec. 11, 2020, just 10 weeks later.

Pooling their unique talents, the eight partners worked to create an atmosphere that reflected the natural beauty of Madison County. The base of the bar is constructed of limestone gathered from a nearby creek bed owned by two of the partners. The bar top and tabletops were handcrafted by another partner from native lumber from trees harvested in Madison County. Menus were refined and music playlists created.

Every detail has been carefully curated — from the menu, which focuses on Iowa craft beers, to the creative cocktails and wines. The food is distinctive, but not fussy. The atmosphere is relaxed and comfortable, and the sights and sounds unique, including classic movies which silently play on the TVs. The Drift recently celebrated its second anniversary in business, and, with the help of its dedicated staff and continued support, The Drift's partners look forward to serving the community for many more years!

The/
Drift

MEET Ben Stecklein

Teaching history allows making connections to present-day issues.

Ben Stecklein graduated from Mount Mercy University in 2021 with a degree in secondary education and a minor in political science. Prior to joining the Winterset Community School District, he worked at Linn Mar High School in Marion. While there, he worked with students in the juvenile court system as well as alternative high schoolers.

“Overall, that experience taught me a lot and rewarded me with the gift of understanding. I understand now that there are many different walks of life, and I believe I have better ability now to reach those who come from these different backgrounds,” Stecklein says.

Today, Stecklein teaches eighth-grade U.S. history at the Winterset Junior High School and coaches junior varsity and varsity girls basketball. This is his second year teaching and his first year with the Winterset district.

“What I enjoy most about working in the district is the family-like atmosphere that lives and works together within the district. Winterset has such a strong family aspect to it,

and I have felt so welcomed into this district from the very first day,” Stecklein says.

One of the things Stecklein enjoys most about teaching U.S. history is the connections he is able to make to everyday life. He says social studies is a class that is applicable to anyone, regardless of profession or life after high school.

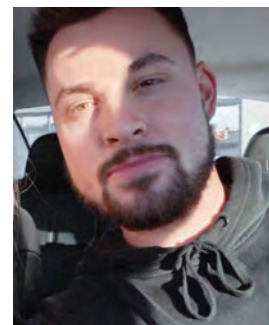
Stecklein’s students have participated in real-life projects, such as debates and argumentative assessments. For example, some of Stecklein’s favorite activities this year have been the debate his students had over certain constructs of the Constitution and his classroom’s theorizing project on what caused the Salem Witch Trials hysteria.

“These types of projects really allow me to see kids in a different light, which, in turn, allows me to understand them more while also preparing them for real-life situations,” Stecklein says.

When not teaching, Stecklein is a huge sports fan, especially of baseball. If someone

asks him his favorite sports team, his answer is almost always, “any Chicago team,” with the Chicago Cubs as his favorite of those. He also enjoys working out, hunting and fishing. During the remainder of the school year, he says he looks forward to seeing his students continue to grow and flourish and really come into themselves.

“These kids here at Winterset Junior High are some of the most amazing individuals, and it does me good knowing that this is the future that our country will be getting. I can’t wait to see where life takes each and every one of them,” Stecklein says. ■



Ben Stecklein says of his students, “I can’t wait to see where life takes each and every one of them.”

LU#95408

\$10
OFF

WHEN YOU SPEND \$100

HyVee[®]

EXPIRES 1/31/2023

VALID ONLY AT WINTERSET LOCATION

923 N. FIRST STREET, WINTERSET • (515) 462-4051

EMPLOYEE OWNED

9 FACTS about retirement

Retirement can have many meanings. For some, it will be a time to travel and spend time with family members. For others, it will be a time to start a new business or begin a charitable endeavor. Regardless of what approach you intend to take, here are nine things about retirement that might surprise you.



- 1. Many consider the standard retirement age to be 65.** One of the key influencers in arriving at that age was Germany, which initially set its retirement age at 70 and then lowered it to age 65.¹
- 2. Every day between now and the end of the next decade, another 10,000 baby boomers are expected to turn 65.** That's roughly one person every eight seconds.²
- 3. The 65-and-older population is one of the fastest growing demographics in the United States.** In 2019, there were 54.1 million Americans aged 65 and older. That number is expected to increase to 80.8 million by 2040.³
- 4. Ernest Ackerman was the first person to receive a Social Security benefit.** In March 1937, the Cleveland streetcar motorman received a one-time, lump-sum payment of 17 cents. Ackerman worked one day under Social Security. He earned \$5 for the day and paid a nickel in payroll taxes. His lump-sum payout was equal to 3.5% of his wages.⁴
- 5. Seventy-seven percent of retirees say they are confident about having enough money to live comfortably throughout their retirement years.**⁵
- 6. The monthly median cost of an assisted living facility is \$4,500, and seven out of ten people will require extended care in their lifetime.**²
- 7. Sixty-four percent of retirees depend on Social Security as a major source of their income.** The average monthly Social Security retirement benefit at the beginning of 2022 was \$1,614.^{5,6}
- 8. Centenarians – in 2020 there were 92,000 of them.** By 2060, this number is expected to increase to 589,000.⁷
- 9. Seniors age 65 and older spend more than four hours a day, on average, watching TV.**⁸

These stats and trends point to one conclusion: The 65-and-older age group is expected to become larger and more influential in the future. Have you made arrangements for health care? Are you comfortable with your investment decisions? If you are unsure about your decisions, maybe it's time to develop a solid strategy for the future. ■

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

1. SSA.gov, 2022. 2. Genworth.com, 2022. 3. ACL.gov, May 4, 2022. 4. Social Security Administration, 2022. 5. Employee Benefit Research Institute, 2022. 6. SSA.gov, 2022. 7. Statista.com, August 3, 2022. 8. BLS.gov, 2022

YES!

We clear plugged drains.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES

ROTO-ROOTER
PLUMBING & DRAIN SERVICE

OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

HAPPY New Year

PERSONALIZED WEALTH MANAGEMENT

We're here to simplify your financial future and help build your financial confidence.

Need personal advice?
We'll happily guide you in the right direction.

CALL TODAY!
Jason Kleemeier, CFP®, Financial Consultant

IOWA Living magazine RESIDENTS' CHOICE AWARD WINNER!

ONEWEALTH
Personalized Wealth Management

224 E. Hwy 92, Suite B, Winterset
515-462-4680
www.onewealth4me.com

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Cambridge and OneWealth are not affiliated.

It's about your life, not just your money.



DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsiowa.com | 515-215-7114

105 W Salem Avenue, Indianola

**Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.



Andrei Murphy
President

Confused About Your Health Insurance?

Start 2023 off right by choosing comprehensive coverage.

Discover your new options today.

OPEN
ENROLLMENT
PERIOD
Nov. 1, 2022
to
Jan. 15, 2023

INTEGRITY
Financial Group

INSURANCE | ACCOUNTING | INVESTMENTS

www.ifgiowa.com

WINTERSET
224 E. Hwy 92, Ste B
515.462.4553

WAUKEE
520 Walnut St
515.987.9598



Taylor Benshoof

INSURANCE

By Eric Johnson

WHAT ARE comprehensive and collision insurance?

When you hear someone use the term “comp and collision,” they are referring to two separate insurance coverages available for personal auto insurance policies: comprehensive coverage (also referred to as Other Than Collision coverage) and collision coverage.



What is comprehensive insurance?

Comprehensive insurance helps pay for damages to your vehicle caused by factors other than an accidental collision, such as fire, vandalism, weather (hail, flooding, wind, lightning, etc.), theft, impact with an animal, etc. (Exclusions may apply.)

Here are some examples of when comprehensive insurance may apply:

- Your vehicle is damaged in a hail storm (other damage sources may include flooding, wind and lightning)
- Someone vandalizes your vehicle by slashing your tires and breaking all the windows
- You hit an animal with your car on your way to work
- A storm causes a tree to fall on your vehicle
- Someone steals your vehicle
- Your neighbor's brush fire gets out of control and sets your vehicle on fire

What is collision insurance coverage?

Collision insurance helps cover the cost of loss or damage to your vehicle when it is involved in an accidental collision with another vehicle or object. (Exclusions may apply.)

Collision insurance coverage is exactly what it sounds like. It covers you when your vehicle collides with an object or another car. It generally provides coverage for situations where you are the one being hit or where you accidentally hit another vehicle.

Even situations where your car is parked and hit by another vehicle or by an object on the ground are typically covered by collision insurance.

Here are some examples of when collision insurance coverage may apply:

- Another vehicle hitting your vehicle
- Your vehicle accidentally hitting another vehicle
- Accidentally backing your vehicle into a pole or other object
- Damage from another vehicle backing into your vehicle, even if you are parked at the time
- Bottoming out your vehicle
- Accidentally rolling your vehicle over an object or rolling your vehicle

What do I need?

A few things to consider when deciding if you want comprehensive, collision or both coverages on your personal auto insurance policy include: What is the age and condition of your vehicle? Is your vehicle under a lease or loan? How much will it cost to repair or replace your vehicle if it is totaled? Do you park your vehicle outside? Do you have a long commute? Do you have an inexperienced driver in the household who may be more likely to be involved in an accident? ■

Information provided by Eric Johnson, Johnson Insurance, 224 E. Highway 92, Suite B, Winterset, 515-462-4553. Reference: Auto-Owners Insurance Company A-O Blog

HARMS loves mobile home community

Activities for residents and remodeled homes



Carol Harms says she and her husband, Bob, found living in a mobile home community meets their needs.

It's pretty simple why Carol Harms and her husband, Bob, have made the Covered Bridges Manufactured Home Park (MHP), a community of 42 mobile homes, their home.

"I love it," Harms says.

The couple married in June, when they moved into their trailer together. Prior, Bob had lived in a different home in the community.

The first time Harms visited the park, she says she fell in love. She says it's well kept, and she enjoys all the gettogethers the community offers, especially for the many kids in it.

What Harms appreciates most about their extra-wide trailer is how open and updated it is.

"It's so modernized," she says. "Anybody who comes in says, 'This is nice, this is so big,' and I say, 'I know!'"

The community is just a few minutes from downtown Winterset. Regional manager for the park, Lea McFadden, shares that the mobile home community could be a good option for

folks who are downsizing or are first-time homebuyers.

And that's an important thing to note. All those who live in the community own their own home, meaning they can do whatever they want to it both inside and out, including their own gardening and landscaping. Each homeowner also gets their own driveway, some of which are newly paved, as is the main road throughout the park.

The mobile homes typically range from 800 to 1,300 square feet. Many have new flooring, paint and appliances.

"We're trying to make it as turn-key as possible," McFadden says.

Covered Bridges MHP sits on the outskirts of town on West Summit, so homeowners also get the sense of country living. They're within walking distance of the Madison County Fairgrounds, too.

January Post, who serves as manager for,

and lives in, the community, shares that rural feeling is her favorite part.

"It's quiet, and I get to see wildlife," she says.

In the future, Post hopes to get a playground in the park, especially because more and more families with children are moving in.

She's also committed to putting on activities that enable residents to get together. This past Fourth of July, Post helped facilitate a potluck and kid's parade. Over Halloween weekend, the park had its own Trunk or Treat event.

This all contributes to what makes the Covered Bridges MHP such a great place to live — its sense of community.

"People are very friendly here, and that's important to me," Harms says. "You can't go wrong moving here." ■

EVENTS IN THE AREA

Be sure to check for cancellations

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



'Cats'

Through Jan. 8

Des Moines Civic Center, 221 Walnut St. Des Moines

Andrew Lloyd Webber's iconic musical comes to the Des Moines Civic Center. As the fourth-longest-running show on Broadway, it has won seven Tony Awards, including "Best Musical." Join the tribe of Jellicle cats on a magical and music-filled night as they make their Jellicle choice: which cat will ascend to the Heaviside Layer. Tickets \$40-\$125 at dmpa.org.

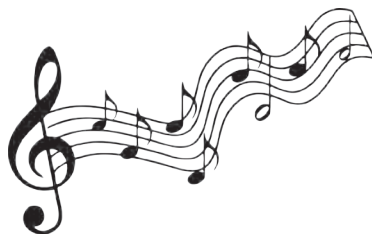


Cinch World's Toughest Rodeo

Friday - Saturday, Jan. 13-14

Wells Fargo Arena, 223 Center St., Des Moines

Watch the world's toughest cowboys compete to be crowned ProRodeo's World Champion. The main event starts at 7:30 p.m., but doors open at 6 p.m. for a free pre-show event that includes pony rides, meeting cowboys, photo opportunities and more. Giddy up. More info at worldstoughestrodeo.com or iowaeventscenter.com.



Taylor Fest

Friday, Jan. 6 at 9 p.m.

Wooly's, 504 E. Locust St., Des Moines

If you couldn't snag Taylor Swift tickets during that tour pre-sale debacle, never fear, as the popular Taylor Fest returns for the second time. Wooly's will play hits and lesser-known cuts from all eras of the star's career. Doors open at 8 p.m. Ages 21 and older. Find tickets at firstfleetconcerts.com/woolys.



Broadway Karaoke

Saturday, Jan. 7 at 6 p.m.

2019 Grand Ave., West Des Moines

Join Tallgrass Theatre Company for a unique karaoke experience. Come and simply listen, or enter the spotlight and belt your favorite Broadway tunes. Hosted by Michael Howland, with Francine Griffith on keyboard. A donation of \$10 is suggested. More information is at tallgrasstheatre.org.

CITYVIEW's Fire & Ice Pub Crawl

Saturday, Jan. 21 from 1-4 p.m.

Historic Valley Junction, West Des Moines

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at fire-and-ice.dmcityview.com or \$30 at the door.



More January Fun!

- Sundays, January through March: Botanical Blues winter concert series at the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com
- Jan. 6-22: "Go, Dog. Go!" at Des Moines Playhouse, 831 42nd St., Des Moines; dmpayhouse.com
- Saturdays, January through March: Learn on Saturdays, 10:30 a.m. to 12:30 p.m. at the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com
- Jan. 31: Secret Life of Bears at 7:30 p.m. Des Moines Civic Center; 221 Walnut St., Des Moines; dmpa.org
- Jan. 31 - Feb. 2: Iowa Ag Expo at Iowa Events Center, 730 Third St., Des Moines; iowaagexpo.com
- Jan. 31 - Feb. 5: "Forbidden Broadway: The Next Generation" at Temple Theater, 1011 Locust St., Des Moines; dmpa.org

OUT & ABOUT



Karen Brittain, Juanita Fettkether, Terri Lenig, Judy and Dave Trask, Marla Hope, Jayne Locke and Deb McFarland at the After Hours gathering at Ben Franklin on Dec. 8. Photos by Julie Feirer



Alex, Megan and Landon Dinkla at the Winterset vs. North Polk girls and boys varsity basketball games Dec. 20 at North Polk High School.



Avery Darling at the Winterset vs. North Polk girls and boys varsity basketball games Dec. 20 at North Polk High School.



Jaya Kleemeier at the Winterset vs. North Polk girls and boys varsity basketball games Dec. 20 at North Polk High School.



Michael Back and Kevin Boyle at the Winterset vs. North Polk girls and boys varsity basketball games Dec. 20 at North Polk High School.



Sherri Hotze and Rita Eyerly at the Chamber Coffee on Dec. 9 at Follow Hard Ministries.



A ribbon cutting was held at the Chamber Coffee on Dec. 9 for Follow Hard Ministries.



Michelle McNamara and Brian Downes at the Chamber Coffee on Dec. 9 at Follow Hard Ministries.



Paul Meyer and Katie Cooke at the Chamber Coffee on Dec. 9 at Follow Hard Ministries.



Chris Nolte and Allissa Johnson at the Chamber Coffee on Dec. 9 at Follow Hard Ministries.

WINTER Solstice Market

The Winter Solstice Market was held at The Livery on Dec. 11.



Deb Field, Erin Harman and Mark Christensen



Brooklyn and Alyssa Tadlock



Tracy VanKooten of Backwoods Laser



Holli Frees of Mystic Pine Acres



Arren and Rachel Wetzel of Wompy Bear



Betty Chamness Trost of Three Smooth Stones



Pam Quinn and Bill Moody of Pine Creek



Megan Ridout with Mama Rid's Sweets



Cheryl Berry and Bristol Tadlock



Elle Terhaar and Jessica Baier

New Year. New Opportunities. New You.

Make your health a priority this new year!

Our Services

- Cardiology
- Dermatology
- Dietary Consults
- Ears Nose & Throat
- Emergency Department
- Family Medicine
- Foot & Ankle Care
- General Surgery
- Orthopaedics
- Pediatrics
- Radiology & Imaging
- Rheumatology
- Pain Management
- Physical Therapy
- Occupational Therapy
- Oncology
- Podiatry
- Speech Therapy
- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Urology

Call us today to schedule an appointment with our care teams you can trust.

(515) 462-2950 | [madisonhealth.com](https://www.madisonhealth.com)



An Affiliate of
MERCYONE

JANUARY SPECIALS

PICK-UP PRICES!

SALE PRICES GOOD JAN. 1 - JAN. 31, 2023

Whirlpool® \$949 EACH



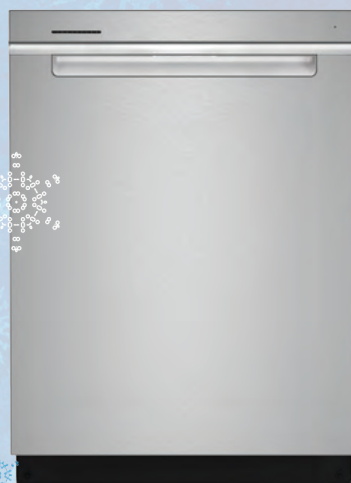
Whirlpool Washer
4.7-4.8 cu ft

- 2 in 1 Removable Agitator
- Built-In Water Faucet
- Deep Water Wash Option
- Presoak Option

Whirlpool Dryer
7.0 cu ft

Top load electric moisture sensing dryer with steam & wrinkle shield
WTW5057LW/WED5050LW

Whirlpool® \$929



Whirlpool Dishwasher
with stainless steel tub

- 3 rack
 - Adjustable middle rack
 - 47DBA
 - Fingerprint resistant
- WDTA50SAKZ

MAYTAG® \$799



MDB4949SKZ

- STAINLESS STEEL TUB WITH 5 CYCLES
- DUAL POWER FILTRATION
- FINGERPRINT RESISTANT STAINLESS STEEL

MAYTAG® \$1,199



MRT711SMFZ

33-INCH WIDE TOP FREEZER REFRIGERATOR WITH EVENAIR™ COOLING TOWER- 21 CU. FT.

MAYTAG® \$1,099 EACH



MVW6230RHW

MED6230RHW

MAYTAG® WASHER

- NEW 4.7 CU FT
- DEEP WASH OPTION
- 5 YR LIMITED PARTS & LABOR WARRANTY

MAYTAG® ELECTRIC DRYER

- 7.4 CU FT
- HAMPER DOOR
- 5 YR LIMITED PARTS & LABOR WARRANTY

916 Main Street, Adel

Mon-Fri 8-5, Saturday 8-2

515-993-4287

ADEL & WINTERSSETT

T.V. & APPLIANCE • HEATING & COOLING

www.adelwintersettv.com

224 Highway 92, Winterset

Mon-Fri 9-5, Saturday 9-2

515-462-2939