

WINTERSET

JULY 2022

# Living

MAGAZINE

# BEAT the HEAT

It may be hot, but  
cool fun can be had

Imagine the Possibilities  
COMMUNITY

Tuna romesco salad board  
RECIPE

Deichmann creates audible prescription label  
NEIGHBOR

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!!



**WARREN BOOTON**  
468-9298

**SARAH COWMAN**  
468-0409

**EMILY DUDZINSKI**  
554-9325

**WENDY FROST**  
468-5746

**BRANDON HERR**  
202-6617

**JAKE JOHNSTON**  
468-8341

**JEN REED**  
360-1113

**IAN SPARKS**  
339-2462

**HERE TO HELP!**

**Homefront Real Estate**

[www.homefront-realestate.com](http://www.homefront-realestate.com) 515-468-0409

MLS



*Hometown Comfort for Your Sole*

**NAME BRAND PRODUCTS, LOCAL SERVICE**

We Have Huskies Clothing!

Dansko • Skechers • Asics • Earth • Born  
Red Wing • Hey Dude • Wolverine • Merrell  
Clarks • Under Armour • Easy Spirit

**Village Bootery**

**66 E. Court Avenue • Winterset • 515-462-3757**



**State Farm**  
Charlotte Speer Insurance Agency Inc.

Join us at the Madison County Fair Grounds **July 20 - 24**  
as we celebrate **100** years of Good Neighbor Spirit!!

(515) 462 - 3366 • [www.charlottespeer.com](http://www.charlottespeer.com) • 61 Green St, Winterset

**TRUSTED RELIABLE  
AUTOMOTIVE REPAIR**

**Briles**  
Auto Repairs

**515.419.5333**

924 N John Wayne Dr., Winterset  
[www.brilesautorepairs.com](http://www.brilesautorepairs.com)



**FALKE CONSTRUCTION**

**Central Iowa's Premier Roofing Company**  
Locally Owned and Operated

ROOFING • SIDING • DECKS • ADDITIONS • REMODELS • & MORE

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

**YOUR HOMETOWN FINANCIAL ADVANTAGE!**



**USB UNION STATE BANK & INVESTMENT CENTER**

**USB** **UNION STATE BANK**  
Your Hometown Financial Advantage

GIVING BACK TO OUR COMMUNITY & SO MUCH MORE!

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**

Member FDIC



# WELCOME

## BEAT the heat

Do you remember being a child and feeling the hot concrete under your bare feet? That warmth felt so good and never seemed to burn. And do you remember watching adults in the same situation prancing around like they were on hot coals? What is it about an adult's foot that is so much more tender than a child's? One would think that a child's bare skin would be more sensitive than an adult's. I guess we have pampered ourselves as adults for too many years with all those fancy foot coverings.

We had one window air conditioner in my childhood home — and a lot of fans. I don't remember it being uncomfortably warm inside the house ever, but I do vividly remember putting my face in front of that air conditioner and feeling the cold AC blowing on my face. The next house we moved into had central air conditioning, and I soon became spoiled by the cool air. Ever since, I much prefer a well-chilled home. Yes, pampered again.

Reading this month's feature story, I was reminded of how much cooler a forest can be than other areas. My friends and I used to ride our bicycles to the state park on hot summer days and run around in the woods on the trails, and we never seemed to get too hot — at least not until the bicycle ride home in the afternoon.

Most of my childhood summer days were spent at the public swimming pool. There simply wasn't a better way to cool down, and we were also entertained by watching the adults trying not to burn their feet on the hot concrete.

Regardless of how you handle the heat, you will find some great ideas in this month's feature story on how to enjoy the hot weather — with or without shoes.

Thanks for reading. ■



**SHANE GOODMAN**

Publisher

515-953-4822, ext. 305

shane@dmcityview.com

**FREELANCE WRITER WANTED:** Winterset Living magazine is looking for a freelance writer who is familiar with the community and would enjoy writing the stories of Winterset in our magazine. If interested, email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



**Tammy Pearson**

Editor

515-953-4822 ext. 302

[tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

**Kristine McDonald**

Advertising Account Executive

515-975-3543

[kristine@iowalivingmagazines.com](mailto:kristine@iowalivingmagazines.com)



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

 **coolsculpting**  
ELITE

# TAKE YOURSELF FURTHER

**CoolSculpting targets,  
freezes and eliminates  
treated fat cells, for good**

**YOU'RE INVITED TO OUR  
EXCLUSIVE  
COOLEVENT!**

**LUNCH & LEARN**  
JULY 20, 2022 11AM – 1PM  
RSVP TO 515-254-2265

#### Uses

CoolSculpting® Elite is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen, and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. CoolSculpting® Elite is not a treatment for weight loss.

#### Important Safety Information

This procedure is not for everyone. You should not be treated with CoolSculpting® Elite if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria.

Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies.

During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations lessen as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment.

Rare side effects may happen in 1 to 10 out of 10,000 CoolSculpting® Elite treatments (between 0.01% to 0.1%). One such rare side effect is a visible enlargement in the treated area, which may develop 2 to 5 months after treatment, will not resolve on its own, and may require surgical intervention for correction.

Please see full Important Safety Information for CoolSculpting® Elite on CoolSculpting.com.

COOLSCULPTING®, COOLSCULPTING® ELITE, and the Snowflake Design are trademarks of Zeltiq Aesthetics, Inc., an AbbVie Company. © 2022 AbbVie. All rights reserved. CSC155120 05/22



**HEARTLAND**  
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322  
515-254-2265 • [WWW.HEARTLANDPS.COM](http://WWW.HEARTLANDPS.COM)

Patient was treated with CoolSculpting® on her abdomen. Results may vary.





**FEATURE**

# BEAT the HEAT

**It may be hot,  
but cool fun  
can be had**

**By Lindsey Giardino**

The temperatures have been soaring — and the heat index even more so — but that doesn't mean people have to stay parked in front of their air conditioners. Summer is here, and summer fun is to be had, despite the heat.

Canoeing and kayaking can be enjoyable ways to spend a hot summer day.



## FEATURE

### Library cooling center

For folks looking to beat the summer heat, there's a spot in the heart of town that's ready to welcome them with open arms — the Winterset Public Library.

During these hot, steamy days, the library serves as a designated cooling center for area residents in need of a break from the high temperatures.

"Our library is literally a cool place to be during the day, especially if your climate controls at home or elsewhere are not doing the job," says Library Director David Hargrove.

He notes, during all open hours, the library's air temperature is set at a cool 72 degrees.

It's a facility that not only has your creature comforts covered but also serves as an environment where you can learn something new as you stay out of the heat.

Within the walls of the Winterset Public Library, patrons will find plenty of comfortable seating, drinking water, clean public restrooms and other amenities.

These services include summer reading program activities, public computers and free Wi-Fi access.

This summer's reading program, "Read Beyond the Beaten Path," consists of a variety of engaging events, like Monday Movies and Tinkering on Tuesdays, in addition to encouraging kids and adults alike to read. At the end of the summer, the program culminates in a family pool party.

Hargrove adds that the library, with its service-oriented staff members, really is interested in serving anyone who needs a spot to go to beat the heat.

"We love our patrons, and we value their wellbeing very much," Hargrove says. "We sincerely hope anyone who is distressed from this heat will take advantage of our facility."

For information about access to the library, email [library@winterset.lib.ia.us](mailto:library@winterset.lib.ia.us) or call 515-462-1731.

### Stay cool in nature

Madison County has an abundance of outdoor areas filled with beauty, wildlife and spots where you can cool off in the water.

Jessie Lowry, the outreach coordinator for Madison County Conservation, highlights the numerous paddling — such as canoeing and kayaking — opportunities available around Winterset.



The Winterset Public Library is a "cool" place to enjoy activities during the summer. It also serves as an official cooling center during extreme heat.

In particular, she points out the Middle River Water Trail. This trail begins in eastern Adair County at the Middle River Forest County Park and ends at Holliwell Covered Bridge. In between flows 45 river miles surrounded by natural beauty.

Middle River is a true gem that lies between croplands, pastures, forested hills and limestone bluffs. As it meanders through these landforms, people might experience a challenging paddle, especially when the water is high or low. But it's still a great place to take a canoe, kayak or other floating devices. And when the river level is low, people might choose to simply walk down the river, too.

"When you're going around the bend, you see all kinds of elusive wildlife that normally would be a little shy," Lowry says. "It's a really, really great way to beat the heat."

Also found along Middle River are historic manmade features including the Bridges of Madison County. There's also the historic "ford" at Pammel Park.

"Down at the ford is a great way to beat the heat," Lowry says.

### WINTERSET AQUATIC CENTER

1201 W. Jefferson St.

Monday to Friday, 12:30 to 8 p.m.

Saturday and Sunday, 12:30 to 6 p.m.

Admission: \$6 per person

\$4 after 4 p.m.

Seniors \$2 discount

Free for ages 2 and younger

As for Pammel Park in general, the area provides camping sites, bathrooms, shelters, hiking trails, yurts (portable round tents) and more. Paddlers particularly like the section of Middle River near Pammel Park because it's just two miles to the next downstream access point. The route requires no vehicle shuttle as you begin and end your trip near the Harmon Tunnel — a short 200-yard difference.

And because "fishing is so popular in Madison County," Lowry says, spots to do so around Winterset are in abundance.

One such spot is Criss Cove — a 9-acre pond that includes two fishing jetties, boat docks and an underwater fish structure to



## FEATURE

attract schooling fish. Those fishing can expect to find large-mouth bass, bluegill, crappie and channel catfish within the cove.

Other great fishing spots can be found at Deer Creek, Guye Woods and within Fellowship Forest, where there's a small, half-acre pond that's an ideal spot to take young ones fishing.

Recently, Lowry has helped lead summer camps for youth in the area, who have been able to take advantage of these cooling-off spots. Lowry enjoys taking groups to Middle River, especially around the ford. She says it's a great place to wade and splash around in the water. There are shallow pools of water to play in, too.

What's more, there's lots to see in the water. Lowry says the camp kids had a great time in the ford catching minnows, as well as looking for crayfish, river mussels and frogs. She adds it's a nice spot to hunt for fossils as well.

Lowry says another fun way to beat the summer heat is by going on a picnic or hiking through the forest. While it might seem counterintuitive, she notes that, in the forest,



Fishing can be a relaxing activity with a cool breeze off the water helping to beat the heat.

temperatures can be up to 10 degrees cooler. That's in part because of the shade, of course, but also the photosynthesis of the trees.

"It's a different climate inside the forest,"

Lowry says.

And throughout Madison County's forests, consisting of mostly oak and hickory, there are lots of trails to hike. When Lowry recently

# MADISON CO FAIR 2022





## GRAND STAND LINEUP

**July 20 | 7PM: DEMOLITION DERBY**  
*Sponsored by Anchored Walls & Wicked Wrench*

**July 21 | 8PM: DUCKWORTH RODEO PRODUCTIONS WITH MUTTON BUSTIN'**  
*Sponsored by Hy-Vee & Wyffels Hybrids*

**July 22 | 8PM: DUCKWORTH RODEO PRODUCTIONS WITH MUTTON BUSTIN'**  
*Sponsored by Hy-Vee & Wyffels Hybrids*

**July 23 | 7PM: CIRCLE MUD RUN**  
*Sponsored by Clanton Creek Off Road & R&B Tire and Auto*

**July 24 | 7PM: MUD BOG**  
*Sponsored by Clanton Creek Off Road & R&B Tire and Auto*

**Admission:** Adults: \$10, 5-12: \$5, Under 5: Free, Pit pass: \$25

**GOTCHA CAMES CARNIVAL** ★★★★★

Wednesday 4-10PM or close  
Thursday 11AM-2PM & 4-10PM or close  
Friday 4-10PM or close  
Saturday & Sunday 1-10PM or close

FACE PAINTING

MR. NICK BALLOON ARTIST

LITTLE FARMER BARN

THE CIRCUS MAN

★★★★★★★★

**4-H ANIMAL SHOWS & CONTESTS RUN ALL DAY STARTING AT 8AM**

★★★★★★★★

**FOR MORE INFORMATION**  
[www.madisoncountyfair.net](http://www.madisoncountyfair.net)  
 f /MadisonCountyFairIowa



**MADISON COUNTY FAIR**



## FEATURE

took a group of summer campers on a hike, they saw many animal tracks, deer and butterflies.

Lowry says, while Clanton Creek Natural Resource Area is a little-known spot in Madison County, it's a gorgeous place to visit with more than 1,000 acres of wildlife.

"That's a great place to go and hike and fish," Lowry says. "You can camp there and see several different landscapes." Those landforms include water, prairie, oak savannas and more.

Ultimately, although it may seem like it doesn't make sense, a truly great way to beat the heat during the dog days of summer is to go outdoors. And, especially around Winterset, the opportunities to enjoy nature are not in short supply.

"Being in some of these natural areas will get you cooled off — and you'll be distracted by nature," Lowry says. "Once you get out there, even if it is a little warm, you'll forget that you're hot because there's so much to see." ■



Shelter houses in county parks provide a shaded area for gatherings. Along with the shade of trees, such areas are a nice place to get out of the sun's heat.

## NOW HIRING Class B CDL Drivers

Apply **ONLINE** at [www.trmdisposal.com/careers.php](http://www.trmdisposal.com/careers.php)  
or **IN PERSON** at 901 S. Jefferson Way, Indianola  
MONDAY – FRIDAY FROM 9AM TO 3PM  
or **EMAIL** resume to [jobs@trmdisposal.com](mailto:jobs@trmdisposal.com)



We are actively looking for experienced drivers with a minimum of a Class B CDL w/air brake endorsement who are dependable, reliable and have an exceptional driving record.

We are locally owned and provide trash service to our surround communities. We're small enough to provide excellent customer service, but big enough to do the job right!

**Questions? Call 515-962-2014**

# T.R.M. Disposal LLC

*Your hometown choice for garbage disposal*  
901 S. Jefferson Way, Indianola

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



**NOW HIRING**  
SERVICE TECHS & PLUMBERS!

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



**OPEN 24/7**  
**INCLUDING HOLIDAYS**  
**515-278-5668**  
[rotorooterdesmoines.com](http://rotorooterdesmoines.com)



**IEC** International Eyecare Center

BACK-TO-SCHOOL EVENT

**50% OFF\***

KIDS EYEGLASSES  
+ ADULTS SAVE 50% ON FRAMES\*



SCHEDULE YOUR EYE EXAM TODAY!

102 NORTH 1ST AVENUE, WINTERSET, IA 50273  
IEC2020.COM | 515-462-1254

\*Terms apply. See practice for full details.  
Offer ends 09/04/2022. 22AEG-314638

**Let our team help you  
find the best rates!**



Stephen Cain • Eric Johnson • Jon Stetzel • Angie Kinsey • Lori Lawrence • Kenna Johnson • Taylor Benshoof

**INTEGRITY**  
Financial Group

INSURANCE | ACCOUNTING | INVESTMENTS

520 Walnut St, Waukee | 224 E. Highway 92 Suite B, Winterset  
515-987-9598 | 515-462-4553

[www.integrityfinancialgroupllc.com](http://www.integrityfinancialgroupllc.com)

## INSURANCE

By Eric Johnson

### 5 THINGS nobody tells you about homeowners insurance

#### 1. It's a good idea to start with an independent insurance agent.

Buying a bath mat online is convenient, but buying insurance is a bit more complicated than a bath mat. A local independent insurance agent will help you with an "insurance checkup." This will evaluate any home updates and coverages to help you avoid potential gaps. They can also help you compare quotes from multiple insurance carriers to fit your specific situation.



#### 2. Your policy has exclusions and special limits, and you need to know what they are.

It's easy to buy and forget about your insurance. But, every insurance policy has exclusions, like floods and earthquakes. Your policy may also include special limits on items such as jewelry, trailers and watercraft on your property. Exclusions are listed throughout your policy. A good way to understand your policy's exclusions is to review it with your local independent insurance agent. They can break it down for you to make sure you avoid potential gaps in your coverage.

#### 3. Tell your agent about updates and changes to your house.

You buy your house, you buy insurance, they send you a packet, and then you don't think about it again. But, now let's say you've lived in your home for a few years. Maybe you renovated your kitchen, or put on a new roof. Or, maybe you added a central alarm system. Updates like this can change the value and rebuilding cost of your home. If you don't update your policy and tell your agent, you may be underinsured and might be missing out on a possible discount for your new alarm system.

#### 4. Maintaining a personal home inventory may help your claims process.

The last thing you want to think about after your home suffers a devastating loss is, what did I have in there? An easy way to create and maintain a personal home inventory is to take pictures of each room of your house every year. This may help jog your memory about what was inside your house. This is important to keep updated since homes seem to accumulate more and more things as time goes on.

#### 5. Your coverage amount may not be the same as the cost of your house or the market value.

There is a big misconception that your homeowners insurance coverage amount is the same as what you paid for your house. That is wrong! If your house needs to be rebuilt you may need coverage for debris removal, materials and labor. Which, in some cases, exceeds the amount you paid for your house or the market value. It's also important to note that both the market value of your home and the cost to rebuild will vary greatly. ■

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



# YARD ART — no water needed!

Have you ever thought about including art in your yard's landscape? There are many benefits. For example, unless it is a water feature, yard art requires no water and is low maintenance. Some pieces allow a gardener to enhance the yard's appearance with low or no upfront cost of purchase and/or installation.

Most of the time, when we think of focal points for our yard, we think of large trees or a single large planting of a specific plant. Instead, change your living plant focus to some of your favorite objects and then transition the objects into pieces of art that you create or purchase.

As you are thinking about where to place your new yard art, look for areas in your yard that you want to emphasize or pathways where the art will lead your eye to a point of interest. For example, if you have a pathway in your yard that is currently blank at the end, like a boring cedar fence, why not use the fence as a backdrop and place a piece of art in the center to provide interest or a focal point.

Using artwork in your yard can provide

accents to a theme you already have going, such as a dry creek bed. Use items you might find out in nature, such as driftwood, but take it up a notch and have the driftwood carved into an animal. My family had a pheasant sculpture commissioned from a local artist and placed it in a landscaped berm in my backyard. This goes nicely as a focal point and is a good representation of my love for the outdoors and upland bird hunting. If you like a more eclectic or whimsical feel to your yard, there are some great metal items that can be repurposed. I made a yellow flower from an old piece of metal a friend gave me from a stove. She thought that I could create something out of it. I gave the stove piece a fresh coat of bright yellow paint and mounted it to a garden stake, and, instantly, I had a flower that didn't need watering. Items found on junk days that are free curbside or yard sales are some of the best places to find items to repurpose. And, just think, you are preventing those items from going into a landfill.



A pheasant sculpture that Dusty Rauschenberg's family had commissioned from a local artist is in a landscaped berm in their backyard.

Be creative and, with the addition of some art work for your yard, you will make your yard stand apart from all the others. ■

*Information provided by David "Dusty" D. Rauschenberg, Master Gardener, Master Conservationist, #thegoodpmgardener, dustyrauschenberg@gmail.com*



## Wausau Homes

### CUSTOM CRAFTED DREAM HOMES

Build a brand new custom home that is dialed-in with all the latest features. You may be working for your home, but your home is no longer working for you. You deserve a home that checks all the boxes - a place designed to make lasting memories as your family grows!

**Wausau Homes Indianola**

1004 S Jefferson Way, Indianola, IA 50125  
515-961-7459 | WausauHomes.com  
Indianola@WausauHomes.com

Individually Owned & Operated  
Krier Homes, Inc. | IA License #C097337





With **hundreds of years of combined experience**,  
our office provides you with a  
**true hometown experience,**  
**from beginning to end!**




**madisoncountyrealty.com**  
**JENNIFER STOVER**  
cell: 515-480-3389  
jenniferstover@madisoncountyrealty.com  
*The Right Agent For You!*

## REAL ESTATE

By Jennifer Stover

### INTEREST rates

Mortgage loans come in two primary forms — fixed rate and adjustable rate — with some hybrid combinations of each. A basic understanding of interest rates and the economic influences can help you make financially sound mortgage decisions.

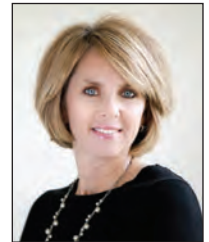
The interest rate on a fixed-rate mortgage is fixed for the life of the mortgage. However, on average, 30-year fixed rate mortgages have a shorter lifespan, due to customer refinancing.

The interest rate on an adjustable rate mortgage (ARM) might change monthly, every six months, annually or less often, depending on the terms of the mortgage.

Interest rates are important to the housing market for several reasons. They determine how much we will have to pay to borrow money to buy a property, and they influence the value of real estate. Low interest rates tend to increase demand for property, driving up prices, while high rates generally do the opposite.

The Fed's action to temper inflation appear to be normalizing the market and cooling demand. This is good news for buyers. The market is rebalancing toward a more balanced market where buyers have a little bit more power and sellers have a bit less pricing power. ■

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




**FREE  
INSTALLATION**  
WITH PURCHASE OF  
CABIN AIR FILTER  
VALID JULY 1-31, 2022

**QUALITY  
— CAR CARE —**

**515.462.1035**  
1012 N. 10th St.  
Winterset, IA

FROM OIL CHANGES TO OVERHAULS,  
**WE FIX IT ALL.**



## AUTOMOTIVE

By Dawn Lauer

### CHANGE the cabin air filter

When was the last time you had your cabin air filter changed? Chances are, it's been a while. It's recommended to have your cabin air filter changed regularly, roughly every 15,000 to 25,000 miles. If you travel on a lot of gravel, it may get full of dust sooner and need to be changed more frequently.

Your cabin air filter is a critical component of your vehicle. It cleans the air moving through the HVAC system and stops pollutants like dust and pollen from getting inside your vehicle. Changing the cabin air filter isn't just about air quality though, it's also a safety concern. A clogged filter hinders your vehicle's ability to defog or defrost your windshield quickly.

Signs that it may be time to change your cabin air filter include:

- Weak airflow from the vents. This can be especially noticeable during the summer months when running your air conditioning on high.
- Musty or unpleasant odor coming from the vents.
- Excessive noise when running the air or heat.
- Whistling sound from the cabin air intake ducts.

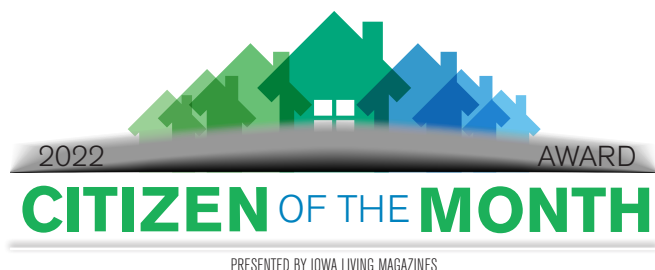
Simply replacing the dirty, clogged filter can help avoid other problems like premature failure of HVAC components. It may seem like a small thing to do, but it can make a big difference. ■

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





## IMAGINE the Possibilities



A private nonprofit company located in Iowa, Imagine the Possibilities works to support people with disabilities. Because of this, the nonprofit provides residential services in a variety of group settings including group homes, licensed facilities and private homes. Imagine the Possibilities also provides community-based employment services that include job development and supported employment.

In addition, individuals can access the nonprofit's Day Habilitation services which provide training and skill development in being a part of each individual's community.

"We appreciate the openness and opportunity to integrate in the community with acceptance," said leadership from Imagine the Possibilities. "Not only do we need our community, but we recognize our community needs us. It's our pleasure to provide an economic impact through local employment as well as the provision of a needed service."

Today, Imagine the Possibilities provides services in 21 counties across the state of Iowa. The nonprofit has received community support through the EBCE program internship partnerships as well as their employment skill-building partnerships. They have also received community support through monetary and service supply donations as well as kind acts of community invitation and inclusion.

One way Imagine the Possibilities has helped support its local communities is through volunteering to assist with programs such as Meals on Wheels. They have also helped support other local events and contributed to fun community-building events.

"Whenever possible, we encourage the individuals we serve and our employees to actively participate in the community through volunteerism and service," said Imagine the Possibilities leadership.

Imagine the Possibilities officials look forward to the continued service and commitment they have to their local communities, including Winterset and Indianola. They are also looking forward to all the partnerships they have built throughout their local communities. ■

**Do you know a citizen who deserves recognition?**  
Nominate him or her at [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

### CONGRATULATIONS!



Scot Clark presents the Citizen of the Month award to Nicole Money and Kim Kuhn from Imagine the Possibilities.



### Bots don't visit your farm or ranch. We do.



The right insurance coverage for your farm or ranch takes more than a generic algorithm. We get to know you and your operation to make sure you have the coverage you need. It's what we've been doing for over 80 years.

**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)



## STAY in the game

Athletic mouthguards are recommended by many dental organizations and are required safety equipment for participation in some sports. Sports participants of all ages can benefit from mouthguards.



Most oral injuries among 13- through 17-year-olds occur while playing basketball. Baseball accounts for most of the oral injuries in 7- through 12-year-olds.

Typically, sports-related mouth injuries may cause a change in tooth color, infection and even tooth loss. Injuries also can occur to the cheeks, lips and tongue.

### Types of mouthguards

A mouthguard should completely cover all the teeth, including the back ones. It should separate the cheeks, tongue, and lips from the teeth. It also should stay in place during use.

There are three types of mouthguards:

- **Stock mouthguards** can be bought in many drug stores and athletic supply stores. They are inexpensive but may require that the athlete's mouth be closed to hold the mouthguard in place. This can interfere with speaking and breathing.

- **Boil-and-bite mouthguards** are also available in stores. To achieve a better fit than stock mouthguards, the boil-and-bite mouthguard can be fitted by softening it in boiling water, placing it over the upper teeth, and biting down on it until it cools. You should look over the mouthguard after you have fitted it to ensure that it has not become too thin.

- **Custom-made mouthguards** are made especially for the athlete by dentists. Because they are customized to each athlete, they are more expensive than the other types, but they also offer a better fit.

Regardless of the mouthguard you choose, it should be worn during any athletic event, including playtime, practices and games.

### Caring for your mouthguard

After each use, clean your mouthguard. You can brush it using a toothbrush and toothpaste or dental cleaners that bubble when mixed with water, like those used for cleaning dentures. In either case, rinse it with cool to lukewarm water when you are finished.

Store your mouthguard in a container that has openings to allow air to circulate through the container. Keep this container away from young children and dogs who might damage the mouthguard.

Bring your mouthguard to your dental visits so that your dentist can check to make sure the fit offers you protection.

Protect the mouth during athletic events with a mouthguard, whether for play or organized sports. Work with your dentist to be sure your mouthguard offers the best protection. ■

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

## NO INSURANCE? NO PROBLEM.

### 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.



**ALWAYS  
ACCEPTING  
NEW PATIENTS**



**301 Wambold Dr., Winterset**  
**515.462.5755**  
[www.wintersetdentalia.com](http://www.wintersetdentalia.com)



## HEALTH By Elijah Evans

### PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■



Information provided by Elijah Evans, T-LMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

## HEALTH By Dr. Stuart Hoven

### WHY would I see a chiropractor for foot pain?

It's sandal season, and often that brings with it footwear that is not as supportive as what we usually wear. Often, the result is foot pain. There are 26 different bones in each foot. These bones connect with muscles, tendons and ligaments in 31 different joints. And when they become misaligned, they can cause pain.



Pain in the heel, pain in the arch, pain in the balls of the feet, pain from a bunion, pain from a hammer toe, pain from a chronic or recent twisted ankle are all different types of foot pain that can be helped by specific chiropractic adjustments to your feet. Often, not only is the foot involved, but the lower back as well. There are many foot, ankle, knee and hip pains that resolve with low back adjustments. Having a competent chiropractor specifically examine the foot, the spine and the rest of the lower extremity is key to getting to the cause behind your foot pain. Sometimes it is as easy as adjusting the segments that are misaligned. Often there needs to be some stabilizing exercises to help the foot. Occasionally, the foot needs extra support from better footwear or insoles.

For foot pain, see your chiropractor first. ■

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

## SS Therapy and Consulting



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

[www.sstherapyandconsulting.com](http://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](mailto: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

## The problem starts at the foundation.

Chiropractic is good for all your joints, even your feet. Call today if you have foot pain to find relief!



## 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](http://WWW.CHIRO1STIA.COM)

DR. STUART HOVEN  
DR. BRANDON DOLIN



# RESIDENT helps implement technology

An audible prescription label helps those with impaired vision.

A mechanical engineer by trade, Craig Deichmann has extensive knowledge of the way things work.

So, when he learned of a new technology that changes how people who are blind or with impaired vision learn about their prescription medication, he was intrigued.

Deichmann, a longtime Winterset resident who is blind (he only has 3% vision), first encountered ScripTalk a few years ago. The technology enables pharmacists to program a small electronic label with a patient's prescription information. Then, using a smartphone installed with the ScripTalk app, patients put their phone up to the label and it will read all the medication information out loud.

It's powerful technology that can make a big difference in someone's life. That's why Deichmann worked with Jeff Olson at Montross Pharmacy to incorporate it into the local pharmacy.

Deichmann has also helped other area pharmacies integrate ScripTalk, including the one in Winterset's Hy-Vee, and continues to do so.

"It's the best thing that I've run across," he says of the technology.

Before Deichmann retired in 2011, he worked for the State of Iowa. There, he oversaw construction projects for different departments, primarily the Department of Corrections and the Department of Human Services' mental health facilities.

Deichmann also attended the Iowa Department for the Blind, where he took a year-long class that taught him how to learn to use a cane, cook, do woodshop projects and more with his limited vision. He recalls having to wear sleep shades preventing him from seeing anything at all so that he could fully develop the skills necessary to navigate the world without vision.

To graduate from the Iowa Department for the Blind, Deichmann had to walk a five-mile course in downtown Des Moines, including through residential areas and across busy roads. It's no small test, but it's beneficial in helping people build confidence.



Craig Deichmann has 3% vision and advocates for others with blindness.

Now, because of his mechanical background, Deichmann repairs washers and dryers, among other hobbies. He does it all by touch, too. He's an impressive man who does what he can to help others in the town he loves. ■





## HELPFUL retirement strategies for women

Preparing for retirement can look a little different for women than it does for men. Although stereotypes are changing, women are still more likely to serve as caretakers than men are, meaning they may accumulate less income and benefits due to their time absent from the workforce. Research shows that 31% of women are currently or have been caregivers during their careers. Women who are working also tend to put less money aside for retirement. According to one report, women contribute 30% less to their retirement accounts than men.<sup>1,2</sup>

These numbers may seem overwhelming, but you don't have to be a statistic. With a little foresight, you can start taking steps now, which may help you in the long run. Here are three steps to consider that may put you ahead of the curve.

**1. Talk about money.** Nowadays, discussing money is less taboo than it's been in the past, and it's crucial to taking control of your financial future. If you're single, consider writing down your retirement goals and keeping them readily accessible. If you have a partner, make sure you are both on the same page regarding your retirement goals. The more comfortably you can talk about your future, the more confident you may be to make important decisions when they come up.

**2. Be proactive about your retirement.** Do you have clear, defined goals for what you want your retirement to look like? And do you know where your retirement accounts stand today? Being proactive with your retirement accounts allows you to create a goal-oriented roadmap. It may also help you adapt when necessary and continue your journey regardless of things like relationship status or market fluctuations.

**3. Make room for your future in your budget.** Adjust your budget to allow for retirement savings, just as you would for a new home or your dream vacation. Like any of your other financial goals, you may find it beneficial to review your retirement goals on a regular basis to make sure you're on track.

Retirement may look a little different for women, but with the right strategies — and support — you'll be able to live the retirement you've always dreamed of. ■

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



Quality granite  
**monuments**  
and **memorials**

*Indianola*  
**Memorial  
Works**

706 S. Jefferson Way  
Phone: 515-961-3103  
Fax: 515-961-4624  
indmemorialwks@aol.com  
**www.indianolamemorials.com**



Locally owned  
and operated  
for over 45 years

**The best way to build a healthy community...**



**Put your money  
where your  
mouth lives!**

FOR AN INTERACTIVE EXPERIENCE...



## 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

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.



## RECIPE

# MEDITERRANEAN-inspired dinner parties made easy

*(Family Features)* Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

When entertaining, always use the best ingredients you can find that don't require a lot of fuss, but still feel special. Made with premium cuts of hand-filleted, wild caught yellowfin and albacore tuna, a time-saving ingredient like Genova Premium Tuna is high in protein, a great source of omega-3s and has a uniquely rich and savory flavor that offers a taste of the Mediterranean in every bite.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit [GenovaSeafood.com](http://GenovaSeafood.com). ■



LU#97850

# SPEND \$100



**HyVee**  
EMPLOYEE OWNED

CANNOT BE COMBINED WITH ANY OTHER OFFER.  
LIMIT ONE PER HOUSEHOLD. EXPIRES 7/31/2022

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



## Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna

Servings: 4-6

### ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

### TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided

- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained, patted dry and halved
- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped
- To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.
- In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste forms.

With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.

- To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.
- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.



Monday thru Saturday 9:30 A.M. to 5:30 P.M.,  
Thursday 'til 8:00 P.M., Sunday Noon to 4:00 P.M.

54 E Court, Winterset, Ia 50273 | 515-493-1121 | PieceWorksQuiltShop.com

Piece Works is a full-service quilt shop offering thousands of bolts of fabrics for you to choose from along with tools, threads, and notions to make your quilting experience faster, easier, and more accurate.

Let me help you find a  
**NEW HOME!**

**CALEIGH DOWIE**

CELL 515-710-2687  
OFFICE 515-453-6863  
caleigh@iowarealty.com

**IOWARealty**  
Iowa's Largest

## Earlham Medical Clinic



Eve Harris, PA-C

**Monday - Friday**  
**8:00 a.m. - 4:30 p.m.**

**(515) 758-2907**

125 West 1<sup>st</sup> Street  
Earlham, IA 50072



An Affiliate of  
**MERCYONE.**



www.madisonhealth.com



## 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)

### Music at the Winery

Various Saturdays and Sundays  
Covered Bridges Winery, 2207 170th Trail,  
Winterset

The Saturday events are 6:30-9:30 p.m. with a \$5 cover charge and a food truck available from 5:30-8 p.m. Entertainment is: July 16, Jason Brown Band (\$10 cover charge); July 23, Son Perches; Aug. 6, Brother Trucker; Aug. 27, Dueling Fiddles; Sept. 3, Hillbilly Air Show; Sept. 17, Boomerang; Oct. 1, Honky Tonk; Oct. 15, Feel Right Band Redux; Nov. 5, Robert Deitch Band; Dec. 3, Cardinal Sound.



The Sunday events are 2-4 p.m., no cover charge. Dates are: July 10, Myers & Warfield; Aug. 28, Lucas Petersen; Sept. 11, Looking for Luke; Oct. 2, Sons of Gladys Kravitz (Fundraiser Dog Day. Bring your pooch to the winery and help raise funds for Iowa Service Dogs, [www.iowaservicedogs.org](http://www.iowaservicedogs.org)); Nov. 14, The Midlanders.

During Covered Bridges Festival weekend, the winery is open 6:30-8:30 p.m. on Friday, Oct. 7, featuring Hawk McIntyre and Jake Doty. [coveredbridgeswinery.com](http://coveredbridgeswinery.com).

### Summer Concert Series

Second Tuesday each month through September, 6-8 p.m.

The Iowa Arboretum & Gardens,  
1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: July 12, NOLA Jazz Band with food by Weinie Wonderland; Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit [www.iowarboretum.org](http://www.iowarboretum.org) or contact Event Specialist Amber Schmidt at [amber@iowarboretum.org](mailto:amber@iowarboretum.org) or 515-795-3216.



### Art classes

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

The Winterset Art Center offers a variety of arts programs for all ages and skill levels. Try your hand at ceramics, fiber arts, drawing, painting, creative writing and more. June camps will be Pottery Sculpture Summer Art Camps and Pottery Wheel Camp. In July, Draw and Paint Camp is offered. For dates, more information and registration, visit [www.facebook.com/WintersetArtCenter/events/?ref=page\\_interale](http://www.facebook.com/WintersetArtCenter/events/?ref=page_interale). All classes and camps are designed to be inclusive, accessible and fun.



### Levitt Amp Summer Concerts

Various dates  
Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. July concerts are: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.

### Jenna's Jam 3.0 Bike Ride

Saturday, July 16  
Captain Roy's, 1900 Saylor Road,  
Des Moines

In memory of Jenna Falbo and benefitting Children's Cancer Connection, this 25-mile bike ride through downtown Des Moines starts at 10 a.m. at Captain Roy's, with check-in at 9 a.m. Registration is \$30 and includes a bandana, bracelet and champagne toast. Visit [childrenscancerconnection.org](http://childrenscancerconnection.org) for more information. Register online at <https://secure.qgiv.com/for/jennasjam22>.

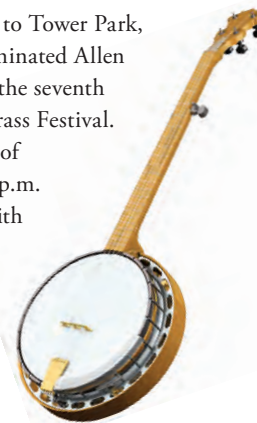


### Beaverdale Bluegrass Festival

Saturday, July 16, 5-10 p.m.  
Tower Park

The public is invited to Tower Park, under a majestically illuminated Allen Hazen Water Tower, for the seventh annual Beaverdale Bluegrass Festival. It features Joseph Huber of Wisconsin from 8:45-10 p.m. Huber captivates folks with his sincere and well-crafted songs under his own name and with his backing band. Whether it's irresistible fiddle-driven dancing tunes or honest, heart-wrenching "songwriter" songs, Huber spans the spectrum of "Roots" music while preferring not to stay within the boundaries of any strict genre classification.

This event is free and open to all. Beer will be available for purchase. Food trucks will be on hand. Participants are encouraged to bring blankets, lawn chairs and water. Do not bring in alcoholic beverages. Beer sales are used to pay artists and keep this festival free.





## EVENTS IN THE AREA

Be sure to check for cancellations

### Summer Stir

Friday, July 22, 5-9 p.m.  
East Village

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the East Village's best establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks).

More information at [summerstirs.com](http://summerstirs.com).

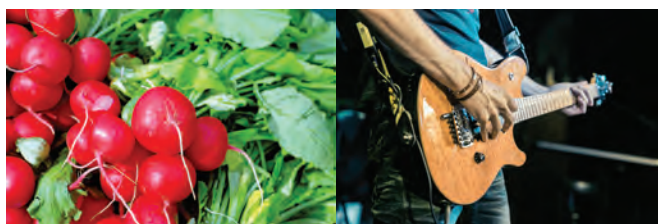


### Leprechaun Bag Toss Tournament

Sunday, Aug. 7, 2-5 p.m.

Sully's Irish Pub, 860 First St., West Des Moines

Registration starts at 2 p.m. and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only. Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.



### Farmers Market/Music in the Junction

Thursdays, through September, 4-8:30 p.m.

Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: July 7, Bittersweet Nation; July 14, Toaster; July 23, Sons of Gladys Kravitz; July 28, Jake Simon; Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede; Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.



### Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon  
(8 a.m. to noon in October)

Des Moines Historic Court District

The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.

### 25-Year Celebration

Saturday, Aug. 27

The Brenton Arboretum, 25141 260th St., Dallas Center

Celebrate the Brenton Arboretum's 25th anniversary. The ticketed event marks the 25th year of the planting of its first trees. The event includes dinner, music, good times and gorgeous trees. Individual or table sponsorship tickets can be purchased online at [thebrentonarboretum.org/cheers](http://thebrentonarboretum.org/cheers) or by phone, 515-992-4211 ext. 3.

**July 12-17**  
**Aug. 2-7**

**BUFILE DIEDS**  
**NUOHENS**

#### Promotions

**July 12**  
\$1 Hot Dogs  
Berkwood Farms

**July 13**  
Monte Morris Appearance

**July 14**  
Christmas in July

**July 15**  
Betfred Koozie Giveaway  
Betfred Sports

**July 16**  
Marvel's Defenders of the Diamond Night

**July 17**  
Outdoors Night  
Outdoors Dan Radio Show | DNR

**SCAN TO BUY TICKETS**

**SATURDAY JULY 16TH**  
**GATES 5PM**



# ARE you a candidate for extensions?

The world of extensions can be a scary thing to step into with little knowledge. So many misconceptions about extensions steer perfect candidates away from making an almost life-changing difference. Do you have fine, thin hair or broken hair that never seems to grow past a certain point? Do you have some bangs or breakage around your face that needs to grow or fill in? Maybe you just need a little more volume. If you answered “yes” to any of these questions, then you are a candidate for extensions. There are so many more reasons other than long, thick hair to get extensions.



There is a maintenance commitment associated with extensions. Maintenance is about every eight to 10 weeks and only takes an hour and half, at most.

Another solution extensions can offer is a brighter blonde, a bleach-free balayage or even a pop of color for a dramatic flare. If your goal is length, fullness, added color or all of the above, all you need is about chin- or collarbone-length hair. Add extensions to your hair routine and you can thank me later. Contact your local salon that offers extension services and see if they might be right for you. ■

Information provided by Callie Forgy, licensed cosmetologist, 107 John Wayne Drive, 515-462-4247, salon107style@gmail.com.

Full Service Salon & Day Spa

**AVEDA**  
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

**SALON 107**  
Haircuts | Hair Coloring  
Texture Waves | Massage  
Facials | Botox Treatments  
**515-462-HAIR**

# PTO facilitates fun student activities



Winterset students enjoy a Day of Awesomeness last May.

As a reward for participating in a fundraiser called Step It Up, students at the Winterset Elementary and Middle School experienced a Day of Awesomeness at the end of last school year. The fundraiser is set up to allow students to receive prizes for sending out emails or messages to family and friends encouraging them to donate to the PTO of their district as well as for the quantity of donations received.

All students in the Winterset Elementary School and Winterset Middle School were invited to participate in the Day of Awesomeness event regardless of their participation in the fundraiser. Although this is the second time students helped with Step It Up, students were unable to participate in the Day of Awesomeness in 2020 due to the pandemic.

“Activities like the Day of Awesomeness and Fun Days are important for elementary students because it provides them with fun activities to look forward to, sunshine, exercise and fresh air. They also allow for parents to volunteer and spend time with their children at school, which is a huge benefit for families,” said Jodi DeVore, elementary and middle school PTO president.

To help make the Day of Awesomeness happen, the elementary and middle school PTO and schools worked together to recruit volunteers. The event included eight inflatables, outdoor games and a dance area. This dance area included hula hoop and dance contests in which students could receive extra prizes. In addition, the Optimist Club and police department grilled hot dogs for lunch, with students also enjoying ice cream treats that day.

“It was so much fun. The kids were all great,” said Nicole Capps, who volunteered for Day of Awesomeness.

Throughout each school year, the Winterset Elementary and Middle School PTO uses funds from fundraisers to help provide classroom supplies for teachers, snacks for ISASP testing, cookies for fall parties and more. They also help pay for field trips and playground equipment for their students as well as host a Fun Day at the elementary school for students.

“The PTO really enjoys helping provide different opportunities, experiences and activities for the elementary and middle school students. We really appreciate the support of the building principals, teachers and other staff. We also really appreciate all of our parent volunteers,” DeVore said.

The Elementary School and Middle School PTO is looking forward to being able to provide more funds for field trips so that students can have more experiences. The PTO is also looking into alternative fundraising options in the future with the hope to continue to incorporate inflatables and dance parties into future Fun Days.

“All the kids really enjoyed this event,” said Amy Bengel, Day of Awesomeness volunteer. “Hopefully we can continue this each year.” ■

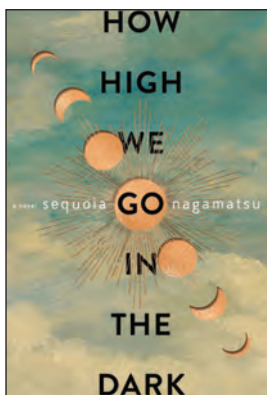


## 'How High We Go in the Dark'

Stories and people connected in surprising ways; the myths we tell ourselves even when reality is breathing down our necks; the absolute power of time. These are just some of the themes that explode from this shining debut book.

A plague that ravishes humanity may seem a bit on the nose for the moment, but the sweeping scale and powerful resonance Nagamatsu brings to his tale could not feel timelier and more urgent. This is an epic, interwoven series of stories that lead to both heartbreaking and surprising places. From an archaeologist in profound grief, to the remains of a family searching desperately for a new home, each story is both connected and stands on its own as a piece of a tale that seems to span all of humanity.

This book feels disjointed at times, until the end ties together both the melancholy and the hopeful bits that cross the centuries over which the story is set. It is a wholly satisfying ending — a rarity these days. I highly recommend this to anyone looking for a fictional way to process our recent troubled times. ■ — *Review by Julie Goodrich*



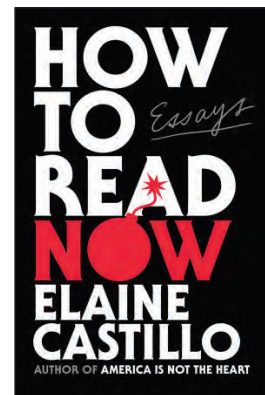
By Sequoia Nagamatsu  
Jan 18, 2022  
304 pages  
\$27.99  
William Morrow

## 'How to Read Now'

I love books about books. I like them even better when they are not the same old tired travelogue of classics with a bent toward old white men. My favorite, though, is an examination of society through the sharp-eyed lens of someone who can make me laugh out loud. Thankfully, Elaine Castillo manages all of those things so well in this new collection of essays that I feel like she wrote it just for me.

By turns painfully inciteful and uproariously funny, this careful and critical examination of modern literature is exactly what I did not realize I needed. There is more to reading than just bringing people together or seeing through another's eyes. The chance for unexpected intimacy, radical shifts in perception, complex emotions — these are all possible with a different view of my favorite hobby of reading.


There is so much in these connected essays that got me thinking about how I read, what I read, and even the pop culture I spend too much time consuming. If you are looking for something fiery and interesting that will definitely challenge your reading habits, this is an ideal choice. ■ — *Review by Julie Goodrich*




By Elaine Castillo  
July 26, 2022  
352 pages  
\$27.99  
Viking

# dedicated to your *healing*


**CHIROPRACTIC CARE | ACUPUNCTURE | GUA SHA  
CHINESE HERBAL MEDICINE | SHONISHIN | CUPPING  
MOXIBUSTION | MASSAGE THERAPY | YOGA | MEDITATION**



**Dr. Renee Dalrymple, L.Ac.**  
The Soaring Crane, LLC  
515-962-9093  
Doctor of Acupuncture & Oriental Medicine  
Diplomate in Acupuncture & Chinese Herbal Medicine  
Certified SEED meditation instructor



**THE LOTUS BLOSSOM LLC**  
14849 130<sup>th</sup> Ave., Indianola • thesoaringcrane.com



**Dr. Nikki Enos, DC**  
Chiropractic Traditions  
515-962-2015  
Uses hands-on, specific adjustments to correct your alignment.  
Uses MyoVision Technology to detect where the nerve irritation is located and to what degree the nerve is irritated.



# HOLD our youth tight

In the midst of unthinkable tragedy, two local families remain steadfast in their mission to preserve the legacy of their infant sons.

Hoyt McDonald was born May 21, 2017, to Drew McDonald and Kendra Schirm. Sullivan Hall was born May 14, 2019, to Katie and Lee Hall. Unfortunately, both boys passed away far too soon — Hoyt at 9 months old and Sullivan at 5 months old. Still, these beloved children continue to make their mark on the Winterset community.

Hoyt's family describes him as a baby that smiled constantly and loved making people laugh. Sullivan's family says that they'll never forget his beautiful blue eyes, perfect dimples, and how he loved being cheek to cheek with his mom. He adored his big sister, Layla.

When Hoyt passed, Drew and Kendra's friends decided to hold a community benefit. Team HOYT (Hold Our Youth Tight) became an annual event held in memory of the infant boy. Coincidentally, Chris Frank, Sullivan's uncle, was a McDonald family friend and

helped start the organization.

"Uncle Chris, along with that entire supportive group of friends, graciously invited Sullivan's family to be a part of their Team HOYT family after his passing," Katie Hall explains.

This year's Team HOYT event was held on June 24-25 and will mark five years of service to the Winterset community. Since the traditional anniversary gift for five years is wood, the organization found it fitting to name it, "Who WOOD you be today?"

Throughout the celebration, 20 teams participated in a triathlon of trap shooting, bags and a sand volleyball tournament. Door prizes, a live band, fireworks and a lantern release rounded out the event. At the start of the day, a parade of athletes carried wood signs adorned with their team name and colors. After the National Anthem, Sullivan's grandfather, Tom Frank, gave a public prayer.

"Remembering and celebrating the lives and memories of these two precious boys



Hoyt McDonald and Sullivan Hall

is overwhelming," Katie says. "We haven't officially decided what we will do with the proceeds from this year's fundraiser, but we have several ideas in mind to make a positive impact."

Ideas include an annual contribution to Knox Blocks, scholarships to local high school seniors, contributions to CRISP and Winterset Elementary, a handicap dock for Cedar Lake, funds for the local daycares and public library, and financial support to families of those who

# Victory

CHRISTIAN ACADEMY

## INDIANOLA

**3-YEAR OLD PRESCHOOL THROUGH 6TH GRADE**

**ENROLLMENT OPEN FOR ALL AGES!**

805 N. 1ST STREET • (515) 962-1632

WWW.VCAIOWA.COM • OFFICE@VCAIOWA.COM

*EQUIPPING MINDS AND NURTURING HEARTS TO  
IMPACT THE WORLD FOR CHRIST SINCE 1998*

# He is risen!

MATTHEW 28:6



## COMMUNITY

have endured a youth-related tragedy.

Past Team HOYT celebrations have allowed the nonprofit group to award \$1,500 in scholarships to two Winterset High School seniors. Funds allocated to Knox Blocks resulted in the gift of Owlet sock monitors to 12 families. Bring Love Ministry, Winterset Little League, Madison County Sportsmen Club and MATURA have all received donations from Team HOYT.

The most recent endeavor was a partnership with Winterset Parks and Recreation, with \$15,000 given towards playground equipment at City Park by the North Shelter. This area is now officially the Hoyt and Sullivan Memorial Playground.

Hoyt's and Sullivan's families marvel at everything their baby boys are still inspiring in Winterset.

In a statement from Drew and Kendra and Katie and Lee, they express their thankfulness and are humbled by the enormous community support. They said, "Seeing the new playground and other ways we are improving our community brings us such joy. The plaque at the playground has a picture of Hoyt and a picture of Sullivan. When people see these pictures they will stop, if only for a moment, and think about Hoyt and Sullivan. It gives a visual as to why we do what we do. These boys, who devastatingly left our world too soon, who never got the chance to run and play at a playground, now have one built in their honor. Living through a tragedy such as this leaves a big hole in your heart and soul. Filling it with the smiles, laughter, and thriving lives of other children and families is truly the best medicine." ■



Drew McDonald and Kendra Schirm's nephew, Wade Ries, testing out the new playground equipment at Winterset's City Park, funded by Team HOYT and dedicated to Hoyt and Sullivan.

### Blueberries, black raspberries, red raspberries and tart cherries.


Rhubarb, blackberries, farm made jams, baked goods, specialty food products and unique gifts. Check our facebook for which berries are available.

**PICKING BEGINS IN JULY!**



### Edge of the Woods Raspberry Farm

15285 Fairfax Street, Indianola  
515-961-7252

 @edgeofthewoodsberryfarm

Beth and Rick McGeough, owners

**Tuesday and Thursdays: 8am to noon**

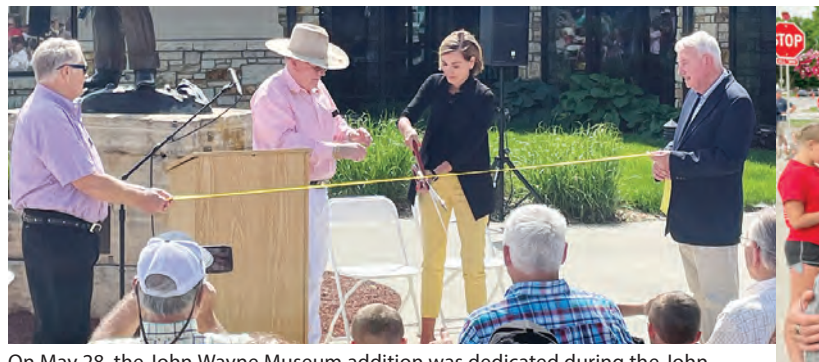
**Saturdays: 10am to 4pm**

(seasonal hours may be subject to change)





A ribbon cutting was held for Winterset Travel Agency & U-Haul on June 3. Photo courtesy of Vicki Minor, Winterset Madisonian



On May 28, the John Wayne Museum addition was dedicated during the John Wayne Birthday Celebration. A ceremony and ribbon cutting were held.



Corinne Marie and Gov. Kim Reynolds at the John Wayne Museum addition dedication on May 28.



Actor Barry Corbin signing autographs at the John Wayne Museum addition dedication on May 28.



Mike Asbury, Maria Yuhas and Izaak Wadle at the John Wayne Museum addition dedication on May 28.



Mayor Phil Macumber at the John Wayne Museum addition dedication on May 28.



Father Tim Dooley leads a prayer at the dedication at the John Wayne Museum addition dedication on May 28.



Executive Director Brian Downes and Joe Zuckschwerdt address the crowd at the John Wayne Museum addition dedication on May 28.



Corinne Marie sings the National Anthem at the John Wayne Museum addition dedication on May 28.



Katie and Jim Sparks at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



Teddi Yaeger and Melody Reels at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



Jerry Parkin and Tim Leners at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



## OUT & ABOUT



Whitney and Doug Messerschmit and Gary Emmert at the Winterset Fire Department's 150th anniversary on June 4.



Tammy and Willis Jones at the Winterset Fire Department's 150th anniversary on June 4.



Gina Robinson and Tamara Bane at the Winterset Fire Department's 150th anniversary on June 4.



Lori and Ryan Abel at the Winterset Fire Department's 150th anniversary on June 4.



Bernadette, Teaghan and Ava Lemon at the Winterset Fire Department's 150th anniversary on June 4.



Jason Darling and Scott Lemon at the Winterset Fire Department's 150th anniversary on June 4.



William Moothart and Evan Davis at the Winterset Fire Department's 150th anniversary on June 4.



Wendy McDonald and Betsy Breeding at the Winterset Fire Department's 150th anniversary on June 4.



Jennifer Stover and Alyssa Tadlock at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



Angie Kinsey and Jon Stetzel at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



Ashton McKeever and Amara Huffine at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



Joe Zuckschwerdt and Liz Hansen at the Chamber Coffee at the John Wayne Birthplace and Museum on May 27.



# CLASSIFIEDS

**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## FOR SALE

2023 MANUFACTURED HOMES, (14x60) 2Br, \$39,999. (14x70) (3Br- 2Ba.) \$49,999. (16x80) (3Br- 2Ba.) \$59,999. NEW (28Nx 64) (4Br - 2Ba) \$79,999. Delivered Factory-Direct, E. Of I-35, & North Of I-80, 319-239-1920. (mcn)

## WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344(mcn)

## AUCTIONS

WRIGHTZ AUCTION CO. "Your Locally Owned, Full Service Auction Company" MACHINERY CONSIGNMENT SALE, MONDAY, AUGUST 1ST, 2022 9 AM. CALL TO CONSIGN TODAY! 641-398-2218, Hwy 218, Floyd, IA. [www.wrightzauctionco.com](http://www.wrightzauctionco.com) (mcn)

## AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-866-258-6720. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (mcn)

## CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirectTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DIRECTV Stream - Carries the Most Local MLB Games! CHOICE Package, \$89.99/mo for 12 months. Stream on 20 devices in your home at once. HBO Max included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-866-387-0621. (mcn)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096.

(mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

## FINANCIAL

STOP worrying! SilverBills eliminates the stress and hassle of bill payments. All household bills guaranteed to be paid on time, as long as appropriate funds are available. Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-866-918-0981(mcn)

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

## HEALTH & MEDICAL

Attention Viagra users: Generic 100 mg blue pills or generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today 1-877-707-5659. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411.(mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 [#6258](http://www.dental50plus.com/https://www.dental50plus.com/midwest) (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

## MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

The Generac PWRcell, a solar plus bat-

tery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

PROTECT YOUR HOME from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-949-4528 (mcn)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-855-962-5554(mcn)

## WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

## HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 [#6258](http://www.dental50plus.com/ads) (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

## MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free

LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-855-364-3948 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit [dorranceinfo.com/ads](http://dorranceinfo.com/ads) (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/ unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-341-5862 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. Free professional installation! Four free months of monitoring! Call to customize your system. 1-833-841-0737 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Protect your home from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-394-9278 (ACP)

DISH Network. \$59.99 for 190 channels! Blazing fast internet, \$19.99/mo. (where available) Switch & get a \$100 Visa gift card. Free voice remote. Free HD DVR. Free streaming on all devices. 1-866-979-4029 (ACP)

Discount air travel. Call Flight Services for best pricing on domestic & international flights inside & from the US. Serving United, Delta, American & Southwest & many more. Free quote! Have travel dates ready! 844-951-2014 (ACP)





Healthcare needs don't just go away.

***Now is the time to get care.***

If you have a health concern or are overdue for an annual screening, lab test or check-up, call to schedule your appointment today.



An Affiliate of **M+ERCYONE**<sup>SM</sup>

**Madison County  
Memorial Hospital**

(515) 462-2373  
Open 24/7

**Walk-in Clinic**

(515) 462-2950  
M-F: 7:00a - 7:00p  
Sat: 8:30a - Noon

**Health Trust  
Physicians Clinic**

(515) 462-2950  
M-F: 7:00a - 6:00p

**Earlham Medical Clinic**

(515) 758-2907  
M-F: 8:00a - 4:30p

[www.madisonhealth.com](http://www.madisonhealth.com)



IT'S TIME TO  
*Celebrate*  
OUR INDEPENDENCE!

MAYTAG® \$1,199



**33-Inch Wide Top Freezer Refrigerator** With Evenair™ Cooling Tower- 21 Cu. Ft.  
MRT711SMFZ

MAYTAG® \$799



**WASHER** 3.8 CU FT with agitator. Deep wash option  
MVWC465HW

MAYTAG® \$999



**REFRIGERATOR  
OR FREEZER,  
YOUR CHOICE!**

**Garage Ready in Freezer Mode Chest Freezer with Baskets** - 16 cu. ft. Power loss assist. Heavy-duty sliding baskets. Deep basket  
MZC5216LW

MAYTAG® \$799



**Electric dryer** 7.0 Cu Ft. 12 cycles. Drum light  
MEDC465HW

Please take the time  
to **REMEMBER**  
**THE FALLEN**, and  
to **THANK** those  
who have fought,  
and those who are  
still fighting, for our  
**FREEDOM!**

**GOD BLESS THE USA!**

**ADEL  
& Winterset**

Est.  
1960

**T.V. & APPLIANCE • HEATING & COOLING**

[www.adelwintersettv.com](http://www.adelwintersettv.com)

*Always a good time to shop local!*

916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-2  
**515-993-4287**

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-2  
**515-462-2939**