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WELCOME

TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well.

This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

Thanks for reading. ■



SHANE GOODMAN

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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.



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FEATURE

Library Director David Hargrove says he is pleased that art has been incorporated into the scheme of things at Winterset Public Library.

art FOR ALL

Community art is transforming
public spaces

By Lindsey Giardino

The days of art being confined to museums and galleries are long gone. Sculptures now grace parks, and blank walls become the canvas of choice for mural artists. Now, “beautification” is a buzz word, and it is no longer limited to adding flowers on street corners. Whether strolling or driving through a community, now your eye is as likely to be caught by a piece of public art as it is by the signs along the way.

FEATURE

Library open book nook

In 2016, with support from the Friends of the Winterset Library, the Winterset Public Library held a competition to design a piece of public art that enhanced the library's outdoor space. A group of Iowa State University interdisciplinary design students had the winning entry, which they called "Open Book Nook."

The Friends of the Library, a non-profit advocacy group that supports the library, thought about purchasing a set of small bronze sculptures to install, but a former resident who worked at Iowa State's College of Design encouraged the group to host a juried university competition.

In 2018, the Open Book Nook was fabricated by Iowa State students, who installed the piece on the south side of the library. The nook includes four shaded seating structures with inscriptions, constructed of teak wood and ornamental iron. Inscribed passages highlight local historical connections to the Underground Railroad, George Washington Carver, John Wayne and more.

Inscribed into the ornamental iron on the piece are the names of beloved former Winterset librarians Nancy Trask and Helen Sellers.

"The piece is uniquely designed for our outdoor setting, and with its proximity to Madison County's beautiful Monumental Park, we have a beautiful and welcoming public space," says Library Director David Hargrove. "I can't praise the Friends of the Winterset Library enough for their beautification of our library campus."

Public art in general, Hargrove believes, has the power to bring people together.

"Public art reflects understanding and appreciation of a common, public culture that we all share in," Hargrove says. "At the public library, our space should reflect that. And, at the local level, despite the diversity and differences out there in today's world, there's also a lot of great work being done to build our sense of community. The Open Book Nook is a spatial and visual celebration of the work that brings us together."



In 2016, with support from the Friends of the Winterset Library, the Winterset Public Library held a competition to design a piece of public art that enhanced the library's outdoor space. The Open Book Nooks were the result.



When ash trees in Winterset City Park needed to be cut down due to the emerald ash borer, the City decided to turn their trunks into carvings.

FEATURE

City Park sculptures

About a year ago, Sky Smothers, director of the City of Winterset Parks and Recreation department, and her team began having discussions about turning some of the ash trees in Winterset City Park into carvings.

"This came about because we were needing to remove 35-plus ash trees from City Park due to the emerald ash borer, which burrows into the tree and eventually kills the tree," she explains. "So, rather than remove all the trees, we thought wood sculptures would be a great way to turn lemons into lemonade."

The team feels the pieces, which are being created by chainsaw carving artist Gary Kennan, will add a new element to the park and bring joy to those who visit. Thus far, Kennan has completed four carvings, and Smothers shares she's already heard many people say they enjoy the addition of the public art to the park.

"The sculptures will help promote public health while encouraging folks to walk through the park and enjoy the seven pieces of art while also boosting our local economy," Smothers says.

One other public art project that Smothers points out was completed in 2014 through a collaboration of local students, area educators, volunteers and donors. The project was a large mural installed at Carver Memorial Park to honor the 150th anniversary of George Washington Carver's birth. The mural, aptly named "Dream Big Dreams," consists of hand-made ceramic tiles and honors Carver's love for education, art and nature.

Winterset Art Center

The Winterset Art Center has offered a wide variety of art programs for all ages and skill levels for more than 60 years now.

The center was established in 1958 after a group of Winterset citizens gathered around the coffee bar in Good's Bakery to discuss an evening painting class being held at South Ward by instructor Don Thomas. The group desired a permanent place to meet where people could learn about, discuss and work on art. Thus, the idea behind the Winterset Art Center was born.

In 1961, some of the founding members

looked at a home on South First Street in need of TLC. The building was one of the oldest structures in Winterset with links to the Underground Railroad. The Winterset Art Center purchased the property, giving it a place to call home.

Over the years, lots of work has been done to renovate the facility, and a building was added out back to house pottery classes. The old barn was also renovated into a classroom, and, today, the two outbuildings are connected.

Since the beginning, the center has kept focus on its mission of promoting active engagement with the arts through classes, events, exhibitions and patronage of regional artists. It's a volunteer-led and member-supported nonprofit organization that's here to serve the public.

Brad Hansen, who currently serves as president of the board of directors and used to own an art gallery in Osceola with his wife, Cheryl, says that most of the classes the center hosts for the public are held in the summer.

The Winterset Art Center recently displayed artwork by the Iowa Watercolor Society. Before that, they held a show for the Iowa Quilt

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FEATURE



A large mural was installed at Carver Memorial Park to honor the 150th anniversary of George Washington Carver's birth. The mural, aptly named "Dream Big Dreams," consists of hand-made ceramic tiles and honors Carver's love for education, art and nature.

Museum.

This past spring, the center has mostly had artwork on display from students in the Winterset Community School District, including paintings and drawings from high schoolers.

Hansen says the Winterset Art Center tries to keep classes reasonably priced so that the public can take advantage of them. And while the center isn't too elaborate, he adds that it's perfect for the community's needs.

"We have nice facilities," Hansen says. "We

don't have a multi-million-dollar complex, but it's quite adequate for our purpose, and it's been in existence long enough that the local people in Winterset who grew up here and are still here are sending their kids over and inquiring about classes." ■

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INSURANCE

By Eric Johnson

WATER and sewer backup coverage

Has your sump pump been working overtime this spring? Are you confident it will continue to work if we experience heavy rainfall events this summer? And the critical question: Are you properly insured in the event it doesn't work, and you have water in your basement? Water backup coverage is not automatically included in the standard homeowner policy. The coverage is available by endorsement for additional premium. Coverage starts at \$5,000 and additional amounts are available in \$5,000 increments. It is not uncommon to need water backup coverage of \$25,000 or even \$50,000 if you have significant finished square footage in your basement.



Neither the standard homeowner's policy nor the water backup endorsement provides coverage for water seepage or surface water that enters through the basement floors or walls or through an egress window. On June 30, 2018, northern Polk County experienced a significant rain event of 5-10 inches in a short amount of time. Many homeowners had significant water damage that was not covered by their homeowner's insurance. This type of damage caused by surface water run off would have only been covered with a flood policy which is not common in areas outside of designated flood zones that are unsuspecting of having flooding.

As they say, an ounce of prevention is worth a pound of cure. There are several options available to further protect your basement from water backup. A battery backup system allows your sump pump to continue to work even if your house has lost power. Water-powered sump pumps are becoming more common. They use the pressure from the city water source to create a vacuum which pulls the water out of the sump pit, requiring no electricity. Another option is a wireless sensor that can be placed near the top of the sump pit. If it ever gets wet, an alert message is sent to your cell phone.

If you have the unfortunate experience of having water in your basement, you should contact your agent to determine if you have coverage and submit a claim. My next bit of advice would be to contact experts in mitigating water damage to help with the cleanup.

As we are moving into the season where heavy rainfall events are common, it is a good time to test your sump pump by dumping a bucket of water in the pit to ensure it is operating as it should. Additionally, contact your insurance agency to confirm that you have adequate coverage in the event the sump pump fails to do its job. ■

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

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REAL ESTATE

By Jennifer Stover

HOME EQUITY: What is it?

When discussing homeownership or mortgage payments, you've probably heard the term "home equity." Although it sounds intimidating, especially when paired with the word "loan," home equity is quite easy to understand — and knowing it is imperative if you are planning on selling your home.

When you look at how much equity you have in your home, you're simply looking at how much of your home you own. When you start out buying a home with a loan, you usually make a downpayment. This can be between 3% to 20% of the cost of the home. As you pay monthly mortgage payments to the bank, you are paying back the money you owe and buying more of the home from the bank. For example: You buy a home worth \$300,000. You put down \$60,000 (or 20%). At this point, you own 20% of the house, and your "home equity" is \$60,000.

Why is home equity important? If you're thinking of selling your home, knowing what your home equity is, as well as what the home is worth, is important. It may persuade (or dissuade) you from selling your home at a certain time. Your home equity doesn't change based on the market; however, you can increase your equity in the home and the home's value. You increase your value by paying for upgrades out of pocket. If you pay for upgrades with a loan, you're actually decreasing your equity in the home. ■

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



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AUTOMOTIVE

By Dawn Lauer

BEAT the summer heat

It's a good idea to test out your air conditioning to ensure it's functioning properly before we get too far into the hot, humid Iowa summer. Not much is worse than jumping into your 100-degree vehicle only to find out the A/C system isn't working like it should. It's one of those things that's easy to take for granted — until you don't have it. Here are common issues that can affect your A/C.

- A refrigerant leak is one of the most common causes of a car's A/C not working. It could be the result of rubber seals and hoses breaking down over time and allowing the refrigerant to escape.
- A damaged or failing compressor will not be able to properly regulate the refrigerant flow in the A/C system, and, as a result, the A/C will not function properly. When your air conditioning isn't cooling as much, it could be a sign of a failing condenser.
- Electrical problems such as failed switches, a blown fuse, or a problem with the control module can affect your A/C. Fuses can short out and make the A/C stop working, or a loose connection can create an electrical short.

Keep yourself cool all summer long. Have your air conditioning checked before summer gets underway or as soon as you notice a problem to save yourself a lot of grief, time and money. ■

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



RSVP engages older adults

Program provides volunteer opportunities.

The Retired and Senior Volunteer Program (RSVP) of Madison County works to engage adults 55 and older in

the community through meaningful volunteer opportunities. RSVP is a national program funded through AmeriCorps and sponsored by HIRTA. In Iowa, 66 counties have RSVP, each of which can have a different focus area. The new RSVP program within Madison County focuses on healthy futures and ensuring community members are able to live independently.

"What I personally like best about our program is the focus on healthy futures for all Madison County residents, both volunteers and community members receiving the services," RSVP Volunteer Coordinator Mildred Chihak says.

For Madison County RSVP, being a good citizen throughout the local community means helping others access community services and resources. It also means helping promote independent lifestyles. Volunteers are matched with opportunities they are interested in through RSVP's direct services and are partnered with local organizations.

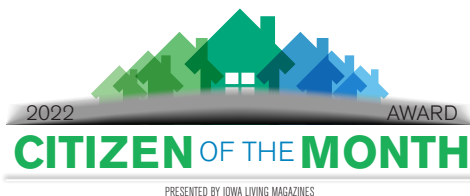
Some of the direct services Madison County volunteers can help with include medical transportation, food support and the Friendly Neighbor Program where volunteers provide social visits to community members to help reduce social isolation. For example, one Madison County volunteer has provided an older adult in Earlham with transportation to the Fareway in Winterset so the person can go shopping.

"Through RSVP, community members will be able to improve their health and independence through the assistance of the volunteers," Chihak says. "Volunteers will see an increase in their health through their service as well."

Madison County RSVP is looking forward to growing and being able to further assist the local community. The program is still new and is currently recruiting more volunteers. Prior to serving in the program, volunteers are required to complete orientation, training and a background check.

Although Madison County RSVP does accept volunteers of all ages, they can only provide AmeriCorps Seniors benefits for volunteers over the age of 55 due to grant restrictions. Those interested in volunteering for Madison County RSVP can email volunteer@ridehirta.com or call 877-686-0029.

"Besides being very fulfilling, I get to meet wonderful people I probably wouldn't have met, helping them get out and enjoy life," Madison County RSVP volunteer Lisa Pageler-Coffman says. ■



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REPLACING missing or lost teeth

When teeth are missing or lost, it can become more difficult to chew food and speak clearly. Because teeth also support your cheeks and lips, tooth loss can let the area around your mouth sag. In some cases, a missing or lost tooth leaves a space that lets other teeth tilt or move out of place. This can affect your ability to bite down evenly when chewing.



There are several ways to replace a missing or lost tooth, including removable (partials and dentures) and fixed (bridges). This article will focus on fixed dentures only. Fixed partial dentures can be used to fill the space left when one or a few teeth are missing or lost. There are two basic types: tooth-supported and implant-supported.

Tooth-supported

A fixed partial denture has artificial teeth that

fill the space where your teeth are missing or lost. The tooth-supported fixed partial denture also has extra artificial teeth that are cemented over your natural teeth on one or both sides of the gap. Your dentist will need to reshape your natural teeth to mount the artificial ones over them. Once the fixed partial denture is cemented in place, you will not be able to take it out. Talk to your dentist if it is loose or does not seem to fit right.

Implant-supported

An implant is a metal post surgically placed in the jawbone. Once it is placed in the jaw, bone grows around the implant to hold it in place. It acts like an artificial tooth root. An implant can be used to support a single replacement tooth or a fixed partial denture if you are missing more than one tooth.

Implants may be placed in one day or may require multiple visits, depending on several factors such as the condition of your mouth and jaw, as well as your overall health.

Because dental implant placement is a type of surgery and requires good bone health, it may not be the right choice for everyone. Talk to your dentist about whether implants are an option for you.

Daily care

You may need to take a little extra time with your regular oral care after a fixed partial denture is placed. There will be room under the replacement teeth where food and debris can get trapped. Certain products, such as dental floss threaders and water flossers, can help you clean beneath a fixed partial denture. Tiny brushes also can be used to clean around implants. Talk to your dental hygienist about available options and how to use them. You may need to try a few before finding one that works well for you. ■

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

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HEALTH

By Shelly Stewart-Sandusky

WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.



Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTH

By Dr. Stuart Hoven

IS IT OK to pop my own spine?

Chiropractors are often asked if it's OK for someone to "pop" their own back or neck. The answer is: "It depends." There are 24 separate vertebrae that make up the spine. Different traumas and stressors can cause the segments to become misaligned. The body will work to correct itself. Sometimes one hears a noise as the vertebrae change position. When moving through a normal range of motion and the vertebrae moves, it is generally a positive movement. If the vertebrae are not able to realign on their own, they can feel stuck and like they need to move. If, by stretching, there is a release and a pop, that is generally a positive movement.



When vertebrae feel stuck and a person twists or forces their back or neck, especially at the end of their motion, damage is caused to the discs and ligaments of the spine. Twisting motions cause the most damage to the spine. When the spine is forced to pop, it is difficult to get the stuck vertebrae to move. Most of the time, it's not the correct vertebrae that pops, and the desire to pop it again returns. As the wrong area is manipulated, more hypermobility is caused, resulting in long-term degeneration.

When it comes to popping the spine, it is best to see your chiropractor. They can deliver a specific chiropractic adjustment to the specific vertebrae, moving it in the right direction to correct the misalignment of the spine. If your spine needs adjusted, seek chiropractic first. ■

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

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DR. STUART HOVEN
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IDYLLIC town draws family

Old home is filled with love.

There is a lot to love about the Keiser family home.

Courtney Keiser, who chose it after moving to town in 2014 along with her ex-husband, Joel (the couple is still close and co-parent together), says they loved the place for its distressed, original hardwood floors. She believes it was built in 1900, so it's filled with character.

"I loved the idea of an old, stately house, and he humored me," Keiser says. "He ended up loving it, too. I love decorating for Christmas, and he said, 'It's the perfect Christmas house,' and we made an offer hours later."

The large bedrooms upstairs are something you don't normally see in an old home, and they include closets, too. The couple also enjoyed the heated three-car garage, high ceilings and sprawling front porch.

"The family room is huge and perfect for movie nights," Keiser adds. "I love the way the house is split up. It's open feeling yet split up enough that each room can be decorated to feel like a separate, special space."

The house sits close to the elementary school in town, which is great for the three Keiser kids, Morgan, Vivian and Zane.

Keiser, who works at Winterset Middle School, says all three stay busy with sports and activities and that, this summer, they'll be at the baseball fields nearly every night.

She also appreciates how quiet their neighborhood is, yet it still has the hustle and bustle of school kids walking by or playing at recess.

"It's a nice mix," she says.

And, as for the Winterset community in general, Keiser says it has some of the best people.

"The schools are great, and it has always felt like home," she says. "The small town traditions like the Covered Bridge Festival, Christmas parade, sports and the shopping make it very easy to keep my three kids entertained. It's truly the most family-friendly town."

Keiser adds that she's met most of her mom friends through community activities, too.

"It's almost impossible not to form close relationships with people in this town," she says.

And for Keiser, who's a self-described homebody, where the family lives will always hold an extra special place in her heart.

"Once I'm settled in at home, and the kids are safely in their beds, I always find myself incredibly grateful to be where I am," she says. "This house is a sense of comfort for all of us and already holds some of the best memories. This is the only home Vivian, my youngest, has ever known. We brought her home to this house." ■



Courtney Keiser says her more-than-a-century-old house is filled with character, and the community has a lot to offer her and Joel's children, Morgan, Vivian and Zane.



A DECISION not made is still a decision

Whether through inertia or trepidation, investors who put off important investment decisions might consider the admonition offered by motivational speaker Brian Tracy: "Almost any decision is better than no decision at all."¹

This investment inaction is played out in many ways, often silently, invisibly and with potential consequence to an individual's future financial security.

Let's review some of the forms this takes.

Your 401(k) plan

The worst indecision may be the failure to enroll. Not only do nonparticipants sacrifice one of the best ways to save for their eventual retirement, but they also forfeit the money that any employer-matching contributions represent. Not participating holds the potential to be one of the most costly indecisions one can make.

The other way individuals let indecision get the best of them is by not selecting the investments for the contributions they make to the 401(k) plan. When a participant fails to make an investment selection, the plan may have provisions for automatically investing that money. And that investment selection may not be consistent with the individual's time horizon, risk tolerance and goals.

Under the SECURE Act, in most circumstances, you must begin taking required minimum distributions from your 401(k) or other defined contribution plan in the year you turn 72. Withdrawals from your 401(k) or other defined contribution plans are taxed as ordinary income, and, if taken before age 59½, may be subject to a 10% federal income tax penalty.

Non-retirement plan investments

For homeowners, "stuff" just seems to accumulate over time. The same may be true for investors. Some buy investments based on articles they have read or based on the recommendations of a family member. Others may have investments held in a previous employer's 401(k) plan.

Over time, we can end up with a collection of investments that may have no connection to our investment objectives. Because of the dynamics of the markets, an investment that may have once made good sense at one time may no longer be advantageous today.

By not periodically reviewing what we own, which would allow us to cull inappropriate investments — or even determine if the portfolio reflects our current investment objectives — we are making a default decision to own investments that may be inappropriate.

Whatever your situation, your retirement investments require careful attention and may benefit from deliberate, thoughtful decision-making. Your retired self will be grateful that you invested the time ... today. ■

1. Brainy Quote, 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 Suite 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.



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CHEF-WORTHY Summer Classics

(Family Features) Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Show off your summer cooking skills with Fried Lobster Po Boy Cheeseburgers from Omaha Steaks Executive Chef David Rose. Savory lobster is combined with all-American burgers.

Find more summer favorites at OmahaSteaks.com/Summer. ■



Fried Lobster Po Boy Cheeseburgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

PIMENTO REMOULADE

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncino, seeded and minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

FRIED LOBSTER TAILS

- vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce
- 1/4 cup potato chips, finely blended in food

processor

- 1/3 cup panko breadcrumbs
- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks Cold Water Lobster Tails (5 ounces each)

CHEESEBURGERS

- 1 pound Omaha Steaks Premium Ground Beef
- salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded
- **To make pimento remoulade:** In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well-incorporated. Season with salt, to taste.
- **To make fried lobster tails:** Preheat grill to 400 F and add oil to 10-inch cast-iron pan, about 1/2-inch deep.
- In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well-incorporated. Set aside.
- In separate medium bowl, whisk egg, water and hot sauce. Set aside.
- In third medium bowl, whisk potato chips, panko

breadcrumbs and parsley until well-incorporated. Set aside.

- Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.
- Toss halved lobster tails in flour mixture first, egg mixture second and potato chip mixture third, coating thoroughly.
- Fry lobster tails 3-4 minutes on each side until golden-brown and cooked through. Close grill lid between flipping.
- **To make cheeseburgers:** Preheat grill to 450 F using direct heat. Form ground beef into two 1/2-pound patties, each about 1/2-inch thick.
- Using thumb, make dimple in center of each patty to help cook evenly.
- Season both sides of burger with salt and pepper, to taste. Spread butter on each cut-side of buns.
- Grill burgers 4-5 minutes per side for medium doneness.
- Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut-sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.
- **To assemble:** Place desired amount of remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

'Four Treasures of the Sky'

I just can't get enough magical realism these days. Lucky for me, there's a bit of a renaissance happening, and I get to indulge my penchant in some absolutely beautiful books like this one by a debut author who has made her way onto my instant-read list.

Daiyu was named after a tragic, misguided heroine from Chinese legend. Determined not to follow the same fate, she continually reinvents herself as life throws her into impossible circumstances. Smuggled into America during the horrific Chinese Exclusion Act of 1882, Daiyu is subject to a side of the American Wild West that was not taught in the history books. I learned and cried and was aching for more at the end — all signs of a great book, in my eyes.

Part historical fiction, part fable, and rich with Chinese mythology and allegory, this was an incredible read. I was hypnotized by the gorgeous writing and equal parts heartbroken and awed by the story itself. If you enjoy Westerns, histories and unusual plot devices, then this one is calling your name. ■ — *Review by Julie Goodrich*



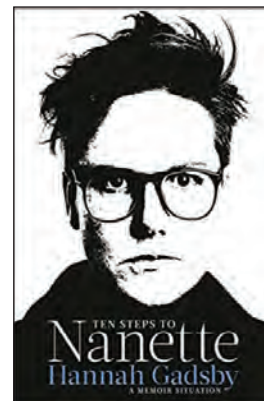
By Jenny Tinghui Zhang
4/5/22
336 pages
\$27.99
Flatiron Books

'Ten Steps to Nanette: A Memoir Situation'

I don't read a ton of memoirs. Navel-gazing gets old and, most of the time, people believe themselves to be more interesting than they are. However, the Netflix special "Nanette" was a life-changing, lightbulb moment. Having had the utter pleasure of seeing Hannah perform live has made her a must-read for me. So I dove into this one with high expectations and a lot of excitement. I was not disappointed.

This book is not a retelling of her comedy routine; it's much deeper than that. There are heartbreaking and raw and absurdly hilarious stories of her childhood in hyper-conservative Tasmania — while realizing that she is gay. There's the powerful, transformative moment in which she is finally diagnosed with autism and ADHD as an adult.

Hannah's sharp, dark wit guiding us through the never-quite-straight path she's gone down is an incredibly entertaining, beautiful story for every person who's gone through life with a label like "misfit" or "weirdo." Whether you've seen Nanette or not, this is absolutely a book worth reading — even if you don't like memoirs. ■ — *Review by Julie Goodrich*



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EVENTS IN THE AREA

Be sure to check for cancellations

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

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: June 11, Crosswind; June 25: Jesse & the Medicine Men; 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: June 5, Willie Mac; July 10: Myers & Warfield; Aug. 28, Lucas Petersen; Sept. 11, Looking for Luke, Oct. 2, Sons of Gladys Kravits (Fundraiser Dog Day. Bring your pooch to the winery and help raise funds for Iowa Service Dogs (www.ioaservicedogs.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.



Airing of the Quilts

June 1-4

Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit www.iowaquiltmuseum.org.

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. All classes and camps are designed to be inclusive, accessible and fun.

Madison County Conservation camps

Madison County Conservation is offering a variety of camps this summer. To see a full list, for more information, and to register, visit <https://www.mycountyparks.com/Event/County/Madison>.

Salamander Camp (ages 5-7)

Session 1: June 8-10, Session 2: Aug. 3-5,
9-11:30 a.m. Cost: \$25

Camp participants will discover the things that can be found in different levels of the natural world including the water, soil and air. They will learn about the things that swim in Middle River and take short hikes in Pammel Park to hunt for frogs and fossils along sand bars, search for snails along the trails, and count the birds that fly overhead. There will be interactive games and scavenger hunts to help learn about the inhabitants of Pammel Park. This camp will also feature a lesson on the animal food chain during which the campers will create an interactive food chain craft.

Chipmunk Camp (ages 6-9), June 15-17, 1-3:30 p.m. Cost: \$25

During this three-day adventure, camp participants will learn about the animals that call the nature center home and discover what different animals need to survive. They will learn how our actions affect the world around us and how we can help protect the environment. Campers will also learn about life cycles of park inhabitants including frogs and butterflies. Featured activities will include frog catching, insect netting, and critter catching in Middle River.

Kestrel Camp (ages 8-12), June 22-24, 9 a.m. to noon. Cost: \$25

Campers will spend their time learning about the different types of creatures that reside in Pammel Park including birds, mammals, reptiles, amphibians, and the many types of aquatic organisms found in Middle River. Daily adventures will include animal tracking throughout the park, fossil hunting along sandbars, critter catching at the ford, bird watching at the bird blind, and hikes along the backbone trail. There will be an emphasis on water quality and the role it plays in the lives of animals.

Outdoor Adventures (ages 10-15), Session 1: June 29-July 1, 9 a.m. to noon. Cost: \$25

This camp will focus on developing hands-on wilderness skills. During this three-day adventure, participants learn different fishing methods, learn how to pack backpacks, practice setting up a campsite, try campfire cooking, and discover the meaning of "Leave No Trace." There may even be a canoe trip to Cedar Lake.

Celebrate the Fire Department's 150th anniversary

June 4, beginning at 9 a.m.

Winterset Volunteer Fire Department invites the community to celebrate its 150 years. A family-friendly event will be held June 4 beginning at 9 a.m. Admission is free. Activities include a bags tournament, men's and women's water fights, inflatables and rolled ice cream. A street dance will be held in the evening featuring the band Top Down. Food and drinks will be available for purchase. Visit the Winterset Fire Department's Facebook page for a link to the event.

EVENTS IN THE AREA

Be sure to check for cancellations

Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.
Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



Family Tees Golf Tournament

Wednesday, June 8
Toad Valley Golf Course, 237 N.E. 80th St., Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at cfiowa.org/events.

Cajun Fest Boil & Brew

June 4
Jr's SouthPork Ranch, Iowa State Fairgrounds

A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." They unite people to share good food, good music, and create good times for a good cause. Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Drinks include Hurricanes, Slushies and, of course, beer. Live music and kids' activities are included. General admission is \$40 per person, \$140 for group of four, and \$100 for VIP tickets with private accommodations and concierge service. For more information and tickets, visit www.cajunfestiowa.com.



Garden Art Show

Sunday, June 5, noon to 5 p.m.
4320 Franklin Ave, Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beavertdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Find more information at www.whirlythings.com.



Leprechaun Open

Saturday, June 11,
shotgun start at 8 a.m.
Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Kreps at 515-669-2531 to register. Visit www.friendlysonsiowa.com for more information. Entry fee is \$70 at registration and \$80 late registration.



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Caitlin Clark June 18

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BEAUTICIAN

By Annie Wiseman

THE TRUTH about Pinterest pictures

Many people have a Pinterest account containing their favorite hair pictures, including us hair designers. I'm here to tell you what we see in these pictures. We see filters and exaggerations.

I personally prefer clients to bring three different inspiration pictures. Most often, a person has a "theme" look they're after. Swoopy bangs, textured waves, a simple bob, or a messy bun are examples of what a "theme" might consist of. The use of three pictures is necessary in helping achieve a realistic outcome. There are many factors when deciding what your hair's potential can achieve. When using only one picture for inspiration, I find that an individual is mostly attracted to that person's overall style (think Jennifer Aniston or Meg Ryan), and that's just not something we're able to produce.

Here's my take on Pinterest hair color: Those super icy platinum blondes? It's mostly filters or lighting giving them that look. Some hair simply cannot get that light without compromising the hair's integrity. Let us guide you on the reality. That's what we're here for.

It's our job as your trusted stylists to educate you on your hair's true potential. Bring us photos. And then let us create the closest possible. ■

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



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EDUCATION

By T.K. West

MEET Nate Huston

Seeing students' musical skills develop year to year

Nate Huston has lived in Iowa for most of his life. Before relocating to the Winterset area, he had lived in Martensdale since the fifth grade. Huston credits his mother, grandfather, brother, high school choir director and his college choir director as musical influences in his life, which eventually led him to teach music.

"Growing up, my mom and grandpa led me into country gospel and bluegrass. My brother and I learned guitar at the same time, so there was a lot of learning shared between the two of us," Huston said.

Huston eventually moved to Winterset after getting married. Today, he teaches fourth-, fifth- and sixth-grade music and seventh- and eighth-grade chorus for the Winterset Middle School and Junior High School. Huston says he likes working with the Winterset Community School District because the teachers and administrators enjoy working together and the district behaves like everyone is in it together.

"Teaching at the middle school level is great because the kids are old enough to be independent but still young enough to have huge imaginations," Huston says.

Huston's students in each grade level prepare one concert a year. The goal of the concert is to showcase all they are learning in the classroom, which includes how to read, play and sing music. He says teaching music is great because almost everyone enjoys music to some degree.

"I remind students that most of us prefer the radio to silence in the car," Huston says. "I enjoy seeing students change as they grow. I teach them from fourth to as late as eighth grade, and then I still see them at the high school. It's always rewarding to see kids become who they are."

When not teaching, Huston enjoys spending time with his family. He also enjoys wood working and gardening. Huston says he looks forward to each new school year and group of students. He says that everyone is excited and well rested when they return in August. ■



Nate Huston developed an interest in music at a young age and now helps his students appreciate music.

FROM STREAMING services to theaters

Well, the 2021 movie season ended with a bang, or maybe more of a slap from Will Smith to a completely stunned Chris Rock. This was the craziest Oscar event in a long time, and I need to let you know that, in our annual family Oscar-picking contest, Sue took the crown this year. It hurt.

This is the time of year when movie fans go from feast to famine. The deluge of holiday and Oscar-worthy movie releases seems to be replaced with end-of-the-year leftovers and horror films. So, we turn to the streaming services.

“The Adam Project”

Netflix may not give us the best of this bunch but, by far, the most fun. Ryan Reynolds stars as a man who needs to travel to the past to talk to his younger self to stop something cataclysmic from happening. Along the way, he meets his early mom and dad, who both are involved with this event. The movie is great fun for the whole family and gives some talented actors (Mark Ruffalo, Catherine Keener, Jennifer Garner and Zoe Saldana) an opportunity to have fun with these parts. By far the most amazing thing, though, is that I spelled cataclysmic correctly without having to look.
Grade: B



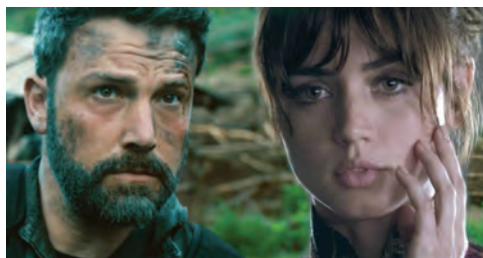
“The Last Days of Ptolemy Grey”

On the other end of the fun scale, Samuel Jackson reminds us that he is a very talented actor in this story based on a Walter Mosley book about a man suffering with dementia. I haven't seen all 11 episodes yet, but what I've seen is impressive. Available on Apple TV+. Early
Grade: A-



“Deep Water”

Ben Affleck was so good recently in the George Clooney-directed “The Tender Bar.” That makes this effort a real head-shaker. A tawdry movie about a super-rich guy who watches as his wife goes from lover to lover right in front of his eyes. Directed by Adrian Lyne, who has given us a few tawdry movies (“Unfaithful,” “Fatal Attraction,” “9 1/2 Weeks” and “Indecent Proposal”), this movie is dead in the water from almost the opening scenes. The story is horrible,



the acting is mediocre, and Sue and I sat there wondering why they even made this. Not that it should matter, it is on Hulu. **Grade: D (for dumb)**

Now in theaters...

“The Lost City”

It's tough to argue with a cast that includes Sandra Bullock, Channing Tatum and, wait for it, Brad Pitt. This is a really stupid movie that, at times, is hilarious. It's maybe not as hilarious as my wife found it to be, but it is very well done, and the three stars were all perfect. **Grade: B+**



“The Outfit”

Mark Rylance is a recognizable actor whom few can name. He even has an Oscar to his name for the Spielberg movie, “Bridge of Spies.” Here, he plays a man who owns a tailor shop in the mid-1950s in Chicago. The mob are not only good customers, but they seem to be making “drops” at his shop every day. When one of them shows up shot, the movie gets interesting. While not a great movie, it was so well-made and well-acted that I found myself enthralled and entertained. **Grade: B+**



“Morbius”

Yet another Marvel character hits the big screen with some serious talent behind it. Jared Leto plays the title character, a brilliant scientist who accidentally becomes a vampire-like creature. Leto carries the film, and the special effects are also impressive. We also get to see Michael Keaton return to the Marvel films as Adrian Toomes — better known as The Vulture. There is more than a little foreshadowing coming there. **Grade: B ■**



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

USE rain barrels to capture rainwater

Put rainwater to use in your landscape with the help of rain barrels. This centuries-old technique allows you to capture rainfall to use for watering ornamental gardens and containers.

Always start with a call to your local municipality. Some have restrictions on water harvesting, but most encourage this practice and some even offer rebates or rain barrels at a discounted rate.

Purchase a rain barrel or make your own from a large, recycled food-grade container. In either case, there are some features to consider when purchasing, creating, and adding a rain barrel to your landscape.

Make sure the top is covered to keep out bugs and debris. Some come equipped with a solid lid with an opening just big enough to accommodate the downspout. Others use a screen to keep out debris, while letting in the rain.

Don't worry about mosquitoes breeding inside your rain barrel. Just use an organic mosquito control like Mosquito Dunks and Mosquito Bits (SummitResponsibleSolutions.com) in rain barrels and other water features. Mosquito Bits quickly knock down the mosquito larval population, while Mosquito Dunks provide 30 days of control. They are both safe for people, pets, fish, wildlife and beneficial insects.

Look for one with the spigot near the base of the barrel so water does not stagnate in the bottom. Use the spigot to fill watering cans or attach a hose for watering.

Include an overflow outlet near the top of the barrel to direct excess water away from the house or for connecting adjacent barrels. A downspout diverter is another way to manage rain barrel overflows. When the rain barrels are full, this device diverts the water back to the downspout where it is carried away from your home's foundation.

Elevate your rain barrel on cement blocks, decorative stands or similar supports. This provides easier access to the spigot for filling containers and speeds water flow with the help of gravity. A water pump will boost water pressure for a nice, steady flow of water.

Dress up your container with a bit of paint suited for outdoor use on plastic surfaces. And don't worry if you are not an artist, you can hide your rain barrels with some decorative



Photo by Melinda Myers

screens or plantings or upright shrubs, perennials or ornamental grasses. Just make sure you have easy access to the spout for retrieving water.

Start your conversion to rain barrels one downspout at a time. You can capture as much as 623 gallons of water from 1,000 square feet of roof in a 1-inch rainfall. This can be a lot to manage when first adjusting to this change of habit. Disconnecting one downspout at a time allows you to successfully match the use of rain barrels and other rain harvesting techniques to your gardening style and schedule.

The choices are many, making it easy for

you to conserve water and grow a beautiful landscape. ■

Melinda Myers has written more than 20 gardening books, including "The Midwest Gardener's Handbook, 2nd Edition" and "Small Space Gardening." She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated "Melinda's Garden Moment" TV & radio program. Myers is a columnist and contributing editor for "Birds & Blooms" magazine and was commissioned by Summit for her expertise to write this article. Her website is www.MelindaMyers.com.

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OUT & ABOUT



The Chamber held a ribbon cutting for Dusty Lane Insurance at Beans and Beignets in Earlham on April 1.



The Chamber held a ribbon cutting on April 15 for Covered Bridges mobile home community.



The Chamber held a ribbon cutting at Lone Oaks Farm on May 13. Photo by Vicki Minor, Winterset Madisonian



The Chamber held a ribbon cutting at the grand opening of Dirty Biker Design on May 13. Photo by Vicki Minor, Winterset Madisonian



Tobi Sharon and Josiefin at the Madison County Wedding Showcase April 23 at the Winterset Livery.



Nicole and Jason Kems at the Madison County Wedding Showcase April 23 at the Winterset Livery.



Julie Fritz at the Madison County Wedding Showcase April 23 at the Winterset Livery.



Crystal Mayer and Marian Zwiebel at the Madison County Wedding Showcase April 23 at the Winterset Livery.



Jeff and Anthon Hilsabeck at the Madison County Wedding Showcase April 23 at the Winterset Livery.



Ruben Rodriguez, Cesar Peña and Tatiana Peña at the Madison County Wedding Showcase April 23 at the Winterset Livery.

OUT & ABOUT

LIVE Music

Live music was enjoyed at the Covered Bridges Winery on May 21.



Kari Faust and Maddie Bonus



Lynn and Matt Woody



Richard Lottman and Pat Krage



Danny Grause



Bob and Karen Formanek



Michelle and Steve Chevalier



Gabby and Dave Renslow



Rose Boyle, Kevin and Retta Fifo, Deb Jeffries and Keith Kirksey



Shari and Dan Bush

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