

WINTERSET

MARCH 2023

Living

MAGAZINE

IN THEIR FOOTSTEPS

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were inspired to follow a
loved one's path

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EDUCATION

Jeff Johnston answers the call
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RECIPE

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WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.



I remember the first time Dad had me back the dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. ■

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FEATURE

IN THEIR FOOTSTEPS

Residents share how they
were inspired to follow a
loved one's path

By Darren Tromblay

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

Lana Jackson sits among some walking sticks, a birdhouse and a cane that were made by her father, Roy Keeland.

FEATURE

A meat locker in the family

Years ago, when Winterset's Andrew Wagner was working as an industrial painter, he would mark the days until it was time to take that oh-so-precious vacation.

But instead of jumping on a plane and heading to Las Vegas or going north on a fishing trip, Wagner had other plans for where to spend his hard-earned hours off: the meat locker.

When Wagner's dad, Bruce Wagner, teamed up with his brother, Randy, and bought the Kirkpatrick Locker in 2009, Andrew would use his vacation time to assist with the business. And he loved it.

"I'd use that time to come help him," Andrew Wagner says. "I kind of grew up in it. I can remember a couple of times that Dad took me to the meat locker when I was younger, and I thought, 'Whoa, this is different.' It just felt right."

Andrew, 33, came on board full time in 2017, wanting to learn the ropes, with the hopes that eventually he would buy the business from his dad.

It was time to get to work and learn the entire process — beginning to end — from slaughtering to presenting a delicious, juicy steak — and all the steps in between. Then there was the business side to learn as well.

It would take time to learn everything, but Wagner was more than willing to do what it took.

His first day of full-time employment was marked by one memorable thing: the smell.

"You get used to it after awhile and don't realize it anymore, but the first time you walk into a meat locker, you recognize that different smell," Wagner says.

Wagner has indeed grown accustomed to the locker and its myriad of scents; it is part and parcel of the job, one which he has grown into as well. Now, for all intents and purposes, Wagner is the one who calls the shots.

"Dad is still the owner, but he's pretty much in the retirement stage at this point," Wagner says. "He just kind of hangs out and does his crafts and is at his consignment store uptown."

His uncle, Randy, although 71 now, still works at Wagner Locker and does his share of heavy lifting.

"He likes to stay busy, and he's in pretty good shape for being 71," Wagner says.

On a good day, they can process anywhere from five to seven beef, Wagner says, depending on the workload. When COVID came around



Bruce Wagner, Secretary of Agriculture Mike Naig, and Andrew Wagner at Wagner Locker in Winterset.

in 2020, it hurt most businesses. For them, it was just the opposite, Wagner says.

It was around that time when Wagner decided there were still things to learn, so he took an additional job, too.

"I went and worked at Hy-Vee in the meat department for about a year right when COVID started, just to get the other side of it and understand it all," he says. "It was beneficial to see the retail aspect of things."

Wagner says the most challenging part thus far has been staffing.

"Taking care of all of the employees, making sure people show up on time, stuff like that," he says. "That's one of the most difficult things, finding good help. If you've got a good crew, though, things can go smoothly, and we can get things done fairly quickly."

Wagner and his wife, Shey, have three children — all boys. Dad already has plans for Preston, Abel and Leo.

"They're all going to work here when they get old enough," Wagner laughs. "At least that will be their first job. I'm hoping that one of them will take it over."

If he had to bet on which son might take the most interest, Wagner puts his money on Leo.

"He's the one who's most like me," he says. "He loves cows, loves being out on farms. I think he will be the one who eventually takes it over, like I did with my dad. When I take him there (to the locker), he's looking around and going, 'Wow.'"



The Wagner family, from left: Abel, Shey, Leo, Andrew and Preston.

The senior Wagner, although not as big of a presence as he once was around the locker, still throws out nuggets of advice for Wagner to take. Or, in some cases, leave.

"Every day," Wagner says of his dad's verbal offerings. "But sometimes he'll say, 'Andrew, this is how I did it,' and I'll go, 'Dad, this is 2023. We have to do things different.'"

Making it on her own

Lana Jackson and her family have always been a “crafty” bunch.

As a matter of a fact, Jackson can’t recall a time when her family wasn’t making something. It’s just what they do, and likely always will.

“Grandma taught all of us kids how to crochet, and I remember all of us kids sitting on the couch — especially the boys, who would get into these races as to who could do it the fastest,” she says. “She’d come along every once in a while and say, ‘No, Bobby. You’ve got to rip that out. You lost your count because you’re racing.’”

Jackson’s mother, Sharon Keeland, sewed as well, making many of her children’s clothes by hand, as it’s all they could afford on a teacher’s salary, she says.

Her dad, Roy Keeland, grew up in a poor area of southern Missouri about eight miles north of the Arkansas border. For Christmas, they made their own toys. Jackson was the recipient of some of these playable works of art, and she looks back on those gifts with fondness.

“When we were younger, of course, it wasn’t as impressive as getting the Cindy the Talking Doll or whatever, but, as we got older, we began to understand how important and impressive that really was,” Jackson says.

Jackson took a particular interest in watching her dad make things from scratch, be it toys or otherwise. She watched with a keen eye how he shaped things and what tools he used. It’s a skillset she still uses to this day, having built three chicken coops on their rural Winterset farm, among many other things. Next up is a fishing shack for her husband.

The skills have been passed down from generation to generation. Her Grandpa Hartley helped Grandma Hartley with the sewing during the Great Depression, even going so far as to make clothing for people in need.

Grandpa was good at making almost everything, even the undergarments, a skill that he would have to conceal.

“Back then, you had to make everything — underwear, bras, slips, the whole bit,” Jackson says. “But he was better at the ‘fiddy’ bits than



Lana Jackson credits her Grandma and Grandpa Hartley with helping instill a love of crafting in the family.



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FEATURE



A drawing done by Lana Jackson features the Jackson's beloved dog, Lucy.

Grandma was, so when the ladies would come by to pick up their undergarments, Grandpa would have to go hide because they didn't want a man seeing their underwear."

Jackson attended the Kansas City Art Institute while she was in high school, adding print making, basket weaving and fabric dyeing to her already large arsenal of artistic skills.

The embroidery skills she learned from her grandmother paid off as well.

"When we were so dirt poor, I found out that Better Homes and Gardens hired people to do embroidery and their craft kits so they could photograph them to sell," she says. "I found the gal who hired people, and I was able to do cross-stitch and embroidery for her to earn a little bit of extra money.

"It ended up helping us pay for a few things," she says.

One thing she's never done is have a store of her own. It's not something that really interests her.

"It's too much work," she laughs. "I used to go to the art shows and did OK doing a little screen printing business when I was in high school, but then I got married, and we had a son. Things were different."

Jackson and her husband, Shannon, were poor. Very poor. But on the plus side, trips to stores to purchase clothing for their ever-growing infant son, Connor, weren't necessary.

"I could make him baby clothes for \$1," she says. "It doesn't take much to clothe a baby. He was about the fanciest poor kid you'd ever see."

And what would one see in Jackson's expansive craft area now?

"A hot mess," she jokes. "I've got two scroll saws that I'm trying to fiddle with and fix up. I've got a bandsaw, yarn, feathers, jewelry, woodworking tools, my DeWalt tools for when I do all my building outside."



Lana Jackson designed and built a can pantry in her home.

And that's not all.

"I've also got a room for sewing and paper crafts and everything else," she says.

One art she hasn't mastered is spinning — specifically on a spinning wheel — she says. She'd love the opportunity to dive in feet first. But she's a realist, too.

"I need more art projects like I need a new hole in my head," she jokes.

Jackson has been taking some craft classes in the meantime. Once she completes a project — be it in class or otherwise — she says she jokes that she has to find a "victim" to give it to. She's been her artistic self for so long now that finding new "victims" is getting somewhat difficult.

"Eventually, after someone has inherited two or three afghans, or a crochet project, or knitting project, I hear, 'You know, I'm kind of filled up right now,'" she jokes.

Her outside building projects — specifically the chicken coops — are particular sources of pride for Jackson. She designs them, lays them out and figures out what will work best. Everything is from her own design and crafted out of scrap wood, pallets and anything else she can get her hands on.

Her husband teases her that sitting out there and making use of her wood tools is how she burns off pent-up energy.

At 57, there isn't much that Jackson wants or needs at this point as far as crafting and building. Either she already owns it, has used it or just plain doesn't see a need. But there is one thing that, given unlimited resources, she wishes she had.

"I'd like a panel saw. My husband is sitting here laughing," she jokes. "New, they're about \$1,200. I'm too cheap. I'll just have to build one." ■

RECIPE

KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a “diabetes superfood” according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas. ■

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission
Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.



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THE BIBLE'S model for forgiveness

Forgiveness. This is a big topic that takes far more than this article to unpack. Every day, on some level, either we betray someone or someone betrays us, and forgiveness is required to restore the relationship. In this article, I want to briefly touch on three principles that the Bible teaches as a model for forgiveness.

In the Bible, we see the ultimate betrayal (mankind's sin) and the ultimate forgiveness (God's provision). We see that forgiveness is a changing of our heart from disobeying God to submitting to God. This is true for the offended as well as the offender.

How does God forgive?

God initiated his forgiveness for His created, and He forgives freely, fully and eternally. This should be the posture of our heart, but many times God must change our heart to become more like His. The Bible says in Eph. 4:32 to "Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you." For those who have confessed their sin to God and placed their lives in submission to Christ, they have experienced the ultimate forgiveness. The heart change has been begun. Through God's Word, it is our responsibility to learn to allow God to teach and transform our hearts into His likeness.



Posture your heart for forgiveness, giving and receiving

The Bible certainly has much more to teach us on how we give and receive forgiveness. Forgiveness should not be based on our feelings. Acting on what we feel is probably what got us in the position of needing to forgive or seeking forgiveness in the first place. Our feelings can deceive us unless they are built on biblical truth. When someone hurts you, you either want to hurt them back or avoid them so you don't risk getting hurt again. This is counter to how God would have us respond. It is critical that we allow God to change our heart, ultimately changing our mind about others.

Apply the biblical truths of forgiveness

As we go through this heart and mind change, God's Word will teach us what we need to put off and put on. We need to turn from (put off) our sinful response and change our mind to follow (put on) God's standards. We begin to put off bitterness, wrath and anger and put on kindness, compassion and forgiveness.

God's Word gives us the model to follow and the principles to help us grow in forgiveness. ■

Information provided by Kurt Anderson, executive director for Youth For Christ USA, elder of Redeemer Church and director for Redeemer Church Counseling Ministries. Resource: Steve Viars - The Model of Forgiveness.

Good Friday

April 7th / 6pm / WHS



Easter Sunday

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REAL ESTATE

By Jennifer Stover

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



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By Dawn Lauer

BRAKE basics



One of the most critical parts to ensuring you are safe on the road is your brakes.

There are two main kinds of brakes — disc and drum. While disc brakes are more commonly thought of because of their superior stopping power, it may surprise you that many modern cars still use drum brakes on the rear wheels. Most of the braking power comes from your front brakes, making rear drums an acceptable and less expensive choice for carmakers.

To guarantee your vehicle can stop efficiently, it's essential to be aware of the telltale signs that your brake pads need to be replaced.

- **Different feel as you brake.** Have you noticed your brakes aren't as responsive as they once were or that they fade quickly, or that the pedal feels different as you brake? That may be a sign to replace your brake pads.
- **Noises.** Squealing or screeching serves as a warning alarm when the brake pads get too thin. If the noise is a grinding sound, the pads may be gone altogether, and further use of the brakes can cause severe damage to the rotors.

- **Brake pad sensor.** Some newer vehicles are equipped with a brake pad sensor, which flashes a warning on the dashboard to let you know it's time to replace them.

If you notice these warning signs, have the brake pads inspected or replaced as soon as possible. Maintaining properly functioning brakes is essential to your safety and the safety of all on the road. ■

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

FIREFIGHTER, coach, tree commissioner and more

Johnston says involvement makes a community thrive.

When the emergency warning siren sounds in town, you can bet that life-long Winterset resident Jeff Johnston will be answering the call. As a volunteer firefighter and Winterset Fire Department assistant chief, being on-call is a full-time commitment.

"It doesn't matter where I'm at — a baseball game, church, the store — if there's an emergency, I answer the call," Johnston says. "It's about helping people."

He attributes his desire to help in emergencies to watching his dad serve as a paramedic. Johnston remembers his dad's pager going off and watching him leave to help, and he knew that's what he wanted, too. After college, a firefighter position in Winterset became available, and he's been serving ever since. Along with answering calls, this service position also includes providing community awareness and training, and maintenance of apparatus.

For Johnston, serving people goes beyond this firefighter gig, though. He also coaches Parks and Recreation basketball, softball, baseball, flag football and more. With five kids age 9 to 14, he sees this as a great way to contribute to his community. He plans to coach again this spring.

Community members like Bill Cooke and his family can attest to the time Johnston puts into coaching kids, as Johnston has volunteered as a coach for nearly every sport Cooke's eight children have played.

"Everywhere you look, he is helping someone," Cooke says. "He welcomes people with open arms and supports people in whatever stage of life they are in and always has a smile."

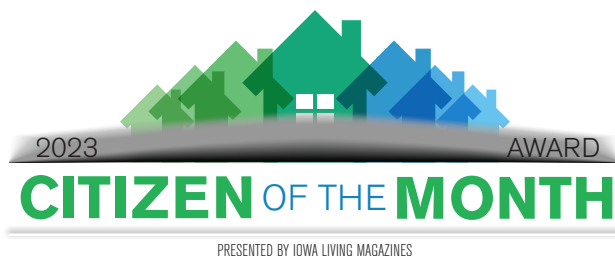
Along with helping people, Johnston is also dedicated to ensuring that Winterset looks the part of a flourishing community. He serves on the Winterset Tree Commission, which has had a big undertaking in the past few years taking care of damage the emerald ash borer has done to ash trees in town.

"The tree canopy is one thing that makes our main streets look great; I knew we needed to do something to keep that going," Johnston says. As part of the Tree Commission, he helped decide which trees in town had to be taken down and where to plant new trees. This job will continue this spring as they plan to plant 30 to 40 more trees in town.

Johnston's volunteer resume doesn't stop there. He is also president of the Winterset City Cemetery Association, a board member for the Lakeview Country Club, a Winterset Junior High wrestling coach, and, to top it all off, he sings the National Anthem at wrestling events when needed.

He admits that juggling his volunteer work, full-time job, wife and five kids can be tricky, but sticking to a schedule and having supportive family helps make it possible, he says.

"My family understands that it takes community involvement to make communities thrive," Johnston says. "You have to put in your community what you can if you want to see it thrive." ■



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CARING for little teeth

As soon as your child's teeth start coming in, they need to be cared for; this can happen as early as age 6 months.

Cavities

Even baby teeth are at risk of developing cavities. Cavities can become painful. They are caused by bacteria in the mouth and, if left untreated, can cause an infection that can spread to other parts of the tooth or even somewhere else in the body.

American Dental Association smile tips:

- Brush twice a day with fluoride toothpaste.
 - Clean between teeth daily.
 - Eat a healthy diet that limits sugary beverages and snacks.
 - See the dentist regularly for prevention and treatment of oral disease.

Brushing

Young children, from the time they get their first tooth to about 3 years of age, will need your



help brushing. You will need to do the brushing for them until they can handle the brush well enough to do a good job. This could be necessary until age 7 years or so.

With children 3 years and younger, use a smear of fluoride toothpaste (about the size of a grain of rice) on a child-sized toothbrush. Children 3 years and older can use a pea-sized amount of toothpaste. Encourage your child to spit the toothpaste out after brushing. Swallowing too much fluoride may cause discolorations, most likely small white spots, to form on the permanent teeth that are developing beneath the gums.

Clean between the teeth

As soon as two teeth are touching side by side, food can get caught between them. In younger children, you can gently clean the space between teeth that are next to each other once a day, using dental floss, floss holders, or tiny brushes made for cleaning between the teeth.

Limit sugary snacks and drinks

Sugary foods and drinks put children at the

highest risk of cavities. For this reason, aim for a healthy diet low in sugar. Avoid letting your child suck on or chew sticky candies and limit the sugary beverages they drink.

Visit the dentist regularly

Start your child off on the right foot by building a relationship with a dentist early on. In fact, it is recommended that your child see the dentist at some point between the time the child gets his or her first tooth and age 1. This will help you and your child establish a dental home, the place he or she will continue to go to during childhood.

Having a dental home is helpful. This allows the dentist to keep track of your child's general and dental health. It also helps your child get used to the dental office and staff members, including the dentist. At these visits, the dentist may check for cavities and normal development and can show you how to take care of your child's teeth and manage diet and teething. ■

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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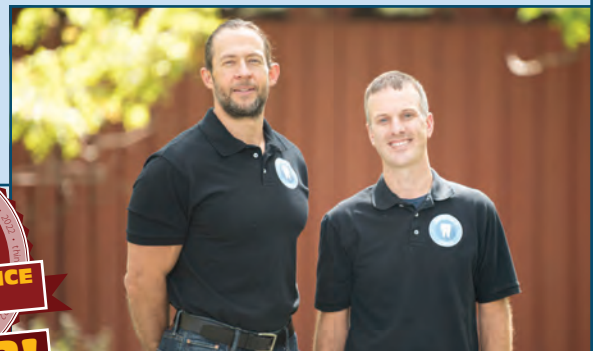
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HEALTH

By Dr. Stuart Hoven

CONCUSSIONS and chiropractic

At a recent seminar held in San Jose, California, titled "Concussion, Spine & Mild Traumatic Brain Injury," the focus featured identifying the signs of concussion and correlation of the symptoms to whiplash of the cervical spine. The top three symptoms associated with concussion are also the top three symptoms of whiplash. Further research is needed to verify, but scientists are suggesting the pain and headaches that a person suffers post-concussion are cervical spine injuries. The amount of force needed to cause a concussion is 60 Gs of force compared to a whiplash of only 4.5 Gs of force. Whiplash injury is almost certain with a concussion, and the pain patterns of headaches post-concussion resemble headaches originating in the cervical spine. Chiropractors are trained to identify mild brain injury and cervical spine injury and to provide the needed treatment to heal the injury. The evaluation of the vestibular, visual and proprioception systems are essential after an injury to the head or cervical spine. Try chiropractic first.



The best way to decrease injury in athletes is to increase neck strength. It is also recommended that athletes go through concussion screening process preseason to establish baseline criteria which would assist in assessing an injury during the season. After an injury, the chiropractor can re-assess and return the player safely to play as step goals are met to get them back to their sport.

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

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DR. STUART HOVEN

HEALTH

By Lance Andersen

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of "deaths of despair," either from suicide or overdose. Women report more mental health issues, but men are 3.5 times more likely to die by suicide. Women now earn more bachelor's degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as "oppressive," it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy. ■



Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.

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LAWN CARE

By Kevin Johnson

STARTING your lawn off on the right foot in 2023

Now that winter is just about over, you may be thinking about how to improve your lawn this year. Whether you use a lawn care professional who has the expertise and specialized equipment to provide the best results or you decide to tackle the lawn yourself, the first steps towards improving your lawn is determining the size of your property and assessing the current condition of your lawn.



The size of your lawn determines the proper amounts of fertilizer and herbicides needed to obtain the best results. Using just your lot measurement doesn't take into account the property easements and deductions for areas that will not be treated. Utilizing your county assessor's website can guide you in determining the correct area that will be treated. Many of these sites have tools that can assist in the measurement process.

Are you thinking about seeding your lawn this spring? The majority of homeowners are usually most concerned about crabgrass and dandelion control. The products used to control these weeds will be detrimental to seeding. Don't despair. Seed your lawn in the fall.

Always consult with a lawn care professional or county extension specialist if you have questions. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.

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BEAUTY

By Annie Wiseman

SCALP care

There's been a big push in our industry recently focusing on the care and condition of the scalp. We all know that skin is the largest organ of the body, and this most definitely includes the scalp. Let's get into why this is important and what we can do about it.



Dandruff, dry scalp and psoriasis are the three most common scalp problems. These conditions cause the scalp to be itchy, flaky and irritated. In some cases, they can cause raised scab-like sores. When any of these things go untreated, it creates a distressed environment for the hair follicle and can limit hair growth or cause hair loss. Tons of research has gone into developing products effective enough to address the scalp irritation and add proper nutrients and gentle enough to not strip the hair of its natural oils.

It's been realized that the scalp and hair relationship is much like a garden. Think of the scalp as the soil and the hair follicle as a plant. Plants can grow in most soil but once proper nutrients are added (Miracle Grow, for example) the plants thrive. It's important to focus on scalp health so it creates optimal growing conditions for the hair.

There are products out there that exfoliate, cleanse and nourish your scalp. Every person requires a unique regimen, such as frequency of use, so it's important to consult with your trusted stylist and follow orders. ■

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

9 FACTS about Social Security

Social Security's been a fact of retirement life ever since it was established in 1935. We all think we know how it works, but how much do you really know? Here are nine things that might surprise you.

1. The Social Security trust fund is huge. It was \$2.8 trillion at the end of 2021.¹

2. Most workers are eligible for Social Security benefits, but not all. For example, until 1984, federal government employees were part of the Civil Service Retirement System and were not covered by Social Security.²

3. You don't have to work long to be eligible. If you were born in 1929 or later, you need to work for 10 or more years to be eligible for benefits.³

4. Benefits are based on an individual's average earnings during a lifetime of work under the Social Security system. The calculation is based on the 35 highest years of earnings. If an individual has years of low or no earnings, Social Security may count those years to bring the total years to 35.⁴

5. There haven't always been cost-of-living adjustments (COLA) in Social Security benefits. Before 1975, increasing benefits required an act of Congress; now, increases happen automatically, based on the Consumer Price Index. There was a COLA increase of 5.9% in 2022, but there was an increase of 1.3% in 2021.⁵

6. Social Security is a major source of retirement income for 64% of current retirees.⁶

7. Social Security benefits are subject to federal income taxes — but it wasn't always that way. In 1983, Amendments to the Social Security Act made benefits taxable, starting with the 1984 tax year.⁷

8. Social Security recipients received a single lump-sum payment from 1937 until 1940. One-time payments were considered "payback" to those people who contributed to the program. Social Security administrators believed these people would not participate long enough to be vested for monthly benefits.⁸

9. In January 1937, Ernest Ackerman became the first person in the U.S. to receive a Social Security benefit — a lump sum of 17 cents.⁸ ■

1. SSA.gov, 2022. 2. Investopedia.com, April 25, 2022. 3. SSA.gov, 2022. 4. SSA.gov, 2022. 5. SSA.gov, 2022. 6. EBRI.org, 2022. 7. SSA.gov, 2022. 8. SSA.gov, 2022. 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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'Stateless'

I don't read much historical fiction, especially when it's set in the last hundred years or so. I like my fiction ancient. Yet, I make an exception for Elizabeth Wein books. There's just something about her carefully plotted, always thrilling stories that leaves me smiling.

Her newest book is no different. Set in 1937, just as World War II is beginning, a youth air race is garnering attention all over the world. Stella is a brilliant, young pilot and the only woman in the race. Together with her friends, she will face murder plots, mysteries, political intrigues and more in her bid to win the race and understand the explosive events unfolding around her.

This is a fast-paced, fascinating and well-researched book with heart-stopping action and a brilliant, totally satisfying ending. The writing is superb, and I fall a little in love with every character Wein writes. This is perfect for fans of strong protagonists, interesting quirks of history and truly spectacular mysteries. ■ — *Review by Julie Goodrich*



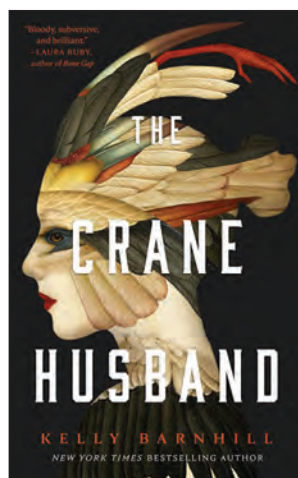
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Little Brown Books

'The Crane Husband'

Sometimes the shortest books leave an impact far larger than they should. Kelly Barnhill has ripped me to shreds before, so I thought I knew what I was in for when I picked up this gorgeous little book. I was deliciously, heart-rendingly wrong.

Our protagonist is a practical, too-grown-up 15-year-old girl who has taken it upon herself to raise her younger brother, keep up with the bills, and wrangle her dreamy, fickle, artist mother. While the family farm falls to ruin, this unnamed girl tries her best to keep everything together. One day, her mother comes home with her newest love interest — a human-sized crane with a sinister air.

Knowing she has to do whatever it takes, our heroine subverts the fairytale tradition to save her family the only way she can. This is a brilliant, creepy rendition of a classic tale filled with real-life horror along with subversive magical realism. All of my favorite things in a tiny package. I can't wait to see what Barnhill does next. ■ — *Review by Julie Goodrich*



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MEET Sydney Slagter

Helping students cope

After graduating from Waukee High School in 2014, Sydney Slagter received a degree in child, adult and family services from Iowa State University. During an internship, she realized she wanted to work in a school where she could support students. She then graduated from Drake University with a master's degree in K-12 school counseling and joined the Winterset Community School District in her first position as a school counselor.



Sydney Slagter, a school counselor, is grateful to be in a role where she can help students cope with difficulties.

"There are so many things that I love about working at Winterset High School. I believe one of the best things is how much the district cares about you. This school district supports you in many ways such as thank yous and being there to help when I needed it. As someone new to this profession, it has been amazing to know that I am supported and have people around that care for me and will help in any way they can," Slagter says.

As a high school counselor, there is no typical day for Slagter. Each is different. She enjoys interacting with students and celebrating them in big moments as well as being a person who cares for them when they are struggling with school, their home life, or their mental health.

Slagter says that one of the biggest things about working with students at the high school level is seeing the kids grow and achieve their goals. She says her students have a variety of passions and dreams.

"I am amazed by all of their different passions, and it is incredible to see how excited they get when they talk about them. I am fortunate to go on this journey with them and help guide them to achieve their goals. While I do not have all of the answers, I enjoy being able to learn with them and help them find the answers along the way," Slagter says.

When not teaching, Slagter enjoys spending time with her family, friends and dog, Chance. Chance recently completed the Canine Good Citizen requirements and will begin his training as a therapy dog. The goal is for Chance to be able to join Slagter at the school.

Slagter likes spending time outside hiking, kayaking, or going to the local dog park with Chance. This school year, she has enjoyed meeting students and people within the Winterset community. She says she is growing as a school counselor and looks forward to providing her students and their families the tools needed to access available resources to succeed in every aspect of their lives.

"The most rewarding and valuable thing about being a school counselor is that I am able to help to change lives. It is amazing to see a student walk away lighter and freer after they speak about what is going on in their lives. There really is no other task more inspiring and motivating than helping kids learn to cope with their situations," Slagter says. ■

FREES' love for birds leads to aviary at home

Childhood rescue leads to life-long passion for Diamond Doves

A dog kennel, fishbowl, even a terrarium are standard pet enclosures you may expect to see at someone's home, but what about an aviary? If you were invited to Winterset resident Katherine Frees' house, that's exactly what you'd see. In fact, it's the central part of her home, which makes sense after you learn more about her passion for the birds she raises.

Her start into caring for birds began at 10 years old with an incredible mourning dove baby rehabilitation story.

"My neighbors brought it to me in an old, tiny cage that was an antique for decoration and told me, 'We know you will figure out how to save it; here you go.'"

She accepted the challenge and researched how to feed it by hand, care for it, even teach it to fly. She also played songs from wild mourning doves and set it outside on a covered porch for periods of time to acclimate it to the weather.

"It was then released into the wild," Frees said. "For being 10 years old and not having a clue what I was doing, I was amazed that I had successfully raised a bird on my own."

This learning adventure led her to a website about raising and caring for Diamond Doves, a pet species originating in Australia. She became intrigued with the species, and it soon became a full-fledged passion for Frees — one that has been going strong now for 18 years.

She currently has more than 30 adult birds in her aviary, all Diamond Doves except for one Red Rump Parrot and one Zebra Finch. Regular cage cleaning and upkeep take about two hours a day, but she also makes her own seed mixture and supplements which takes more time.

Clearly, she isn't in this hobby to take it easy. In fact, she also has a large cage of special needs birds she cares for. Right now, she is giving extra care to a male who had a leg band put on too tightly by a previous owner and had to have a large part of his leg amputated as a result.

While everyday care is important, her favorite part of operating an aviary is the process of raising the birds. She enjoys



Katherine Frees has been caring for birds for years and will soon make updates to her aviary.

selecting breeding pairs, caring for them through the incubation period and finally hatching the babies. She likens the process to watching a fawn take its first steps, full of wonder and excitement for the opportunities that await.

"They are a lot of fun to handle," she said. "I enjoy walking around the house or watching TV with a couple of baby birds on my shoulders."

This spring, Frees plans to custom build a new aviary to allow more room for all the birds

to thrive, make cleanup easier and use space more wisely. She will also add a large picture window to make viewing the birds easier, which she says is beautiful and therapeutic.

She also enjoys meeting people through this venture, including wildlife rehabilitators, other bird enthusiasts and pet owners. If you would like to join Frees as a bird owner, she sells some of the Diamond Doves she raises on her website <https://katherinemcodyc.wixsite.com> or at Mystic Dreams Aviary on Facebook. ■

IDYLIC LIFE

Country living inspires Lowry family.



From the big oaks out front to the ample garden space out back, the Lowrys find much to appreciate about their country view from the house.

Jessie Lowry grew up in Winterset and then lived in Colorado for several years.

“I missed home, so I chose to move back to Iowa in the early 2000s,” she explains. “I wanted to be closer to my family.”

Shortly after doing so, Lowry met her husband. The couple lived in Des Moines and then Norwalk. When their daughter was about 5 years old, they returned to Madison County.

“We decided to renovate the old farmhouse where my family and I lived in my early childhood years, south of Winterset,” Lowry says. “We wanted to live in the country and to give our daughter a ‘free range’ childhood like I had. We wanted to enjoy nature, wildlife and have a big garden.”

Now, they have all that and more.

“The old farmhouse is super cozy,” Lowry says. “We updated it with larger windows, and we enjoy looking out over the rolling hills and prairie. The large front porch overlooks three giant oak trees in the front yard. The house is filled with plants and books ... and our daughter’s LEGO creations.”

The Lowry family is also lucky to live by friendly neighbors.

“Families, farmers and cattle dot the landscape in all directions,” Lowry says.



“Most of our neighbors are Amish. Horses pulling buggies trot along the gravel roads as they travel to and from their tidy, working homesteads. Crisp blue and white work shirts hang on lines, solar panels on roofs, and expertly tended vegetable gardens overflow with lettuce, corn, squashes and potatoes.”

Within Winterset, Lowry enjoys the renaissance that is happening, including new businesses, art, music and, of course, the

bookstore. She’s also involved in town by helping coach her daughter’s sports teams like T-ball, soccer and basketball.

“It’s been so fun to see these kiddos grow up and learn new skills and how to brush yourself off after a hard battle,” Lowry says.

“We love seeing people we know when we are out and about. We love raising our daughter near cousins, aunts, uncles and many lifelong friends.” ■

EXPERT tips for welcoming a kitten

(Family Features) Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43% of respondents to a Royal Canin survey, who have fostered a pet, six in 10 have “foster failed” and permanently adopted the pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

Whether you’re fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving home

The new sights, sounds and smells in your home, and the separation from her mother, may make your kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you’ve prepared for the kitten with the kitten still inside, allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

Creating a safe place

Kittens can tire easily. After a little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but, on the first night, you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don’t like to eat too near their litter boxes and should always have fresh water available.



Photo courtesy of Getty Images

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten’s diet can cause digestive trouble, so, for the first few days, keep the same feeding routine as the previous caretaker. You can slowly switch to a different routine, if you choose, and transition to kitten food suitable for the appropriate growth stage. For example, Royal Canin Kitten formulas are tailor-made with optimal vitamins and minerals to support healthy development.

Ongoing care

Your kitten should see a veterinarian as soon as possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet’s office.

Gradually introducing your kitten to new experiences can help with socialization. New sounds can startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at royalcanin.com. ■



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INSURANCE

By Eric Johnson

CONSEQUENCES of distracted driving

Distracted driving is a growing problem in our modern society, and it can have devastating consequences. According to the National Highway Traffic Safety Administration (NHTSA), in 2019 alone, there were 3,142 fatalities and an estimated 424,000 injuries resulting from distracted driving. Not only does this pose a danger to drivers and passengers on the road, but it also has a significant impact on auto insurance.



There are many types of distracted driving, including texting, talking on the phone, eating, grooming and even daydreaming. All of these activities take a driver's attention away from the road and increase the likelihood of an accident. In fact, the NHTSA estimates that drivers who are texting are 23 times more likely to be involved in a crash than those who are not.

When an accident occurs due to distracted driving, the cost of damages can be significant. Repairing or replacing a vehicle, paying for medical expenses, and covering any other damages can add up quickly. As a result, insurance companies must charge higher premiums to cover the increased risk of accidents caused by distracted driving.

In some cases, insurance companies may even deny coverage if the driver was engaged in particularly egregious behavior, such as drinking or using drugs while driving. This can leave the driver responsible for all costs associated with the accident, which can be financially devastating. Additionally, drivers who have a history of distracted driving may be considered high-risk by insurance companies. This means they may face higher premiums, or even have difficulty obtaining insurance at all. High-risk drivers are considered more likely to file claims, and, as a result, insurance companies charge them more to offset the potential costs.

The impact of distracted driving on auto insurance can also affect other drivers. When an insurance company pays out a claim for an accident caused by distracted driving, it must raise rates for all policyholders to offset the cost. This means that even safe drivers who never engage in distracted driving can end up paying higher premiums.

Overall, distracted driving is a serious problem that poses a danger to everyone on the road. It not only increases the likelihood of accidents, but it also has a significant impact on auto insurance rates. To avoid the dangers of distracted driving and keep insurance premiums low, it is important for drivers to always remain focused on the road and avoid any distractions. By doing so, we can work to make our roads safer for everyone. ■

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

TOO MUCH talking, laugh-out-loud silliness and the saddest movie I have ever seen

As I write these reviews, we are experiencing a bitter blast of cold, which makes this a perfect time to crank up the fireplace and revisit some of January's best (and worst) films. It's a short list because, well, it's January, and everyone else is in the theaters catching up on the holiday movies.



"Women Talking" (probably streaming soon)

A cast of talented actresses (Frances McDormand, Rooney Mara) lend their skills to a black-and-white movie about a group of women living in an isolated religious community and being tormented by men who live near. A little (OK, a lot) too talky for me.

Grade: B



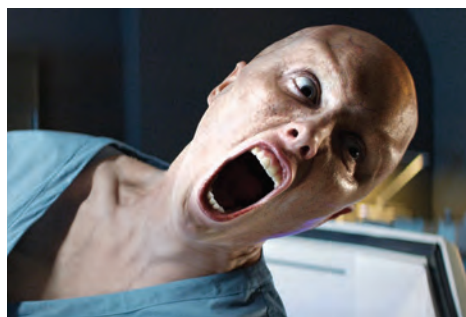
"The Old Way" (probably streaming soon)

How is it possible that Nic Cage has never made a Western? "The Old Way" tells the tale of a guy looking for revenge from a gunfight that happened when he was a child. Cage plays a man you don't want to mess with. They mess with him. This is a deliberately cheesy and fun Western that never takes itself seriously. The dialogue is laugh-out-loud silly, but I still enjoyed the film. **Grade: C+**



"Plane"

January must be the month for stupid movies, and here's one from Gerard Butler. He plays a tired airline pilot on a New Year's Eve flight. They are asked to fly into a storm while transporting what seems like a very dangerous prisoner. It's no surprise when the plane crashes and Butler has to defend his passengers and hopefully make it home to see his family. Nothing special here, but for what it is, it is done well. **Grade: C+**



"The Devil's Conspiracy"

I'm an admitted fan of the legendary Shroud of Turin (the alleged burial cloth of Christ), so a movie about really bad people trying to kidnap and clone our Lord and Savior sounded like a great way to waste an afternoon. It starts well — and the special effects are OK — but about halfway in it goes off the rails, and the special effects look like my son's first PlayStation.

Grade: C-

"The Son"

Hugh Jackman, Laura Dern and Anthony Hopkins all play critical pieces in a sad film about a divorced couple struggling with a son who is himself struggling with depression. They do everything that they can to help this young man. This has officially become the saddest



movie I've ever seen. I cried in the theater and on the way home — then lay awake thinking about it for two hours that night. Dare I say, a truly powerful film. **Grade: A**



"A Man Called Otto"

I shuffled the chronological order a bit so as not to end on such a sad film. This is quite the opposite, actually. Tom Hanks takes over the second English version of a 2015 Swedish film called "A Man Called Ove." That film was great, and so is this one. Hanks, who redeems himself for ruining Elvis earlier this year, plays a man still mourning his wife. He's turned into the grumpy old man who polices the neighborhood looking for litter and poorly parked cars. In spite of the gruffness, his neighbors love him and know of his warm heart. You will laugh, and you will cry, and you will tell everyone you know to see this great film.

Grade: A- ■

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



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

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

Stitch In

March 18

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

Join this event held on National
Quilting Day. Anyone can bring
their own projects or come and learn
how to hand stitch with the supplies
available. Visit iowaquiltmuseum.org
and look under events for more
information or call 515-462-5988.



Events at Covered Bridges Winery

2207 170th Trail, Winterset

March 4: Live Music by Hawk McIntyre and Jake
Doty 6:30-9:30 p.m. Cost is a \$5 cover charge at the
door. Off The Griddle food truck will be serving 5:30-8
p.m.

March 5: Focaccia Bread-Making Class with
Alessandra. Cost is \$60 per person, and tickets must be
purchased in advanced at [covered-bridges-winery.square.
site/product/focaccia-bread-w-alessandra-march-5th-11-
30am-1pm/311](http://covered-bridges-winery.square.site/product/focaccia-bread-w-alessandra-march-5th-11-30am-1pm/311).

March 5: Live Music by Ryne Doughty, 2-4 p.m.
No cover charge.

March 25: Comedy Night with Onnalee, Jen Kuhle
and Mike Gettler, 6:30 p.m. Visit the winery's website
or Facebook page to order your tickets.

March 26: Live Music by Jesse Guttierres, 2-4 p.m.
No cover charge.



'Singin' In The Rain JR.'

March 3-5. Friday performance at 7 p.m.

Saturday and Sunday shows at 2 p.m.

CAP Theatre, 201 First Ave. S., Altoona

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

Masterson Bodywork Demo

Saturday, April 1, 2-4:30 p.m.
Wildwood Hills Ranch Horse Arena,
2552 Union Lane, St. Charles

A freewill donation will be accepted to
support programs at the ranch.

Madison County Conservation Board Summer Camps

The summer camp list is available
for you to review prior to registration.
Camp descriptions can also be found
online at mycountyparks.com. Listings
are shown on the events tab under
Madison County.

These camps feature a variety of
activities designed to get your little
explorers out into the wilds of Madison
County. Camps are filled with a
combination of hiking, critter catching,
creek stomping, games, crafts and
wilderness skills.

A survival-themed family camp
is also offered to encourage parents/
grandparents to attend and participate
in a camp with the kids. A one-day
summer celebration for families has
also been added. This new family
camp will guide the entire family
through exploring Middle River while
providing the adults a chance to see the
park through the children's eyes. The
summer celebration will also feature
family friendly yoga along the riverbank.

Space is limited. Last year, camps
sold out in the first 48 hours. If a camp
you are interested in is full, please add
your child to the waitlist.

If you would be interested in
volunteering during your child's camp,
add that to the comment section
during registration. For opportunities
to sponsor summer camps and increase
the capacity to serve the community
this summer, contact Amy at [awarnke@
madisoncounty.iowa.gov](mailto:awarnke@madisoncounty.iowa.gov).

For camp descriptions and
registration, visit [https://www.
mycountyparks.com/Event/County/
Madison/Default.aspx?action=back](https://www.mycountyparks.com/Event/County/Madison/Default.aspx?action=back).

EVENTS IN THE AREA

Be sure to check for cancellations

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

Celtic Concert

Saturday, March 4, 7 p.m.
Windsor Presbyterian Church, 6301
University Ave., Windsor Heights

Crossroads
of Iowa (www.crossroadsofiowa.org) is hosting
a fundraising
Celtic concert
with the popular
ClearJoy Music

duo performing. There is no admission
charge, but donations will be appreciated.
Overflow parking is across the street from
Windsor Church on University Avenue and
a smaller lot is on the corner of 64th and
University, east of the church.



Elks Pancake Breakfast Buffet and Bake Sale

Sunday, March 12, 8 a.m. to noon
West Des Moines Elks Lodge No.
2752, 2060 N.W. 94th St., Clive

The breakfast buffet includes: biscuits
and gravy, french toast, scrambled eggs,
bacon, sausage patties, cheesy potatoes, all-
you-can-eat pancakes (including blueberry
and chocolate chip pancakes), orange juice,
milk, and coffee. Enjoy a bloody mary or
mimosa for only \$3.50. Cost is \$10 for adults
and \$5 for children 10 and younger. Proceeds
support the Hoop Shoot Program, other
youth activities and veteran support activities.

Hoops and Hops

March 16-18

Cowles Commons, 221 Walnut St., Des Moines

Celebrate the NCAA Tournament at the Sixth Annual Hoops and Hops
downtown. Large screens will be set up in a heated tent, with beverages from
the Iowa Craft Beer Tent and local eats from multiple food trucks. Want to
get in on the action? Two basketball courts will be set up. The event is free
and runs 10 a.m. to 10 p.m. each day. Fans are encouraged to sport team
colors and bring chairs (no outside food and drink). Details at dmpa.org.



Celebrate! Innovation Live at DMACC Speaker Series

Thursday, March 9

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

DMACC announced an inspiring line-up of
presenters for this year's Celebrate! Innovation
Live (ciLive!) at DMACC Speaker Series, which is
marking its 14th anniversary this spring. ciLive! 14
will be held March 9 in-person at the DMACC West
Campus in West Des Moines, and, thanks to the
generous support of sponsors, all ciLive! 14 speaker
presentations will be free and open to the public. Free
livestreaming of all speaker presentations will also
be available via e360tv. For more information about
ciLive! 14, visit ci.live.

Iowa's Largest Arts & Crafts Show

Friday-Sunday, March 10-12

Varied Industries Building, 3000 E.
Grand Ave., Des Moines

More than 250 talented exhibitors from
eight different states will congregate at the Iowa
State Fairgrounds, selling thousands of unique,
handmade products. Admission is \$7 for anyone
older than 10. Kids 10 and younger are free.
Hours are 5-9 p.m. on Friday; 9 a.m. to 5 p.m.
Saturday; and 10 a.m. to 4 p.m. Sunday. For
more information, find the event Facebook page
by searching "Callahan Promotions, Inc. Iowa's
Largest Arts & Crafts shows."

Elks Annual St. Patrick's Day Celebration

Saturday, March 11, at 5:30 p.m.
West Des Moines Elks Lodge No.
2752, 2060 N.W. 94th St., Clive

The celebration will
begin with a performance
by the Foy School of Irish
Dancers beginning at 5:40
p.m. After the performance,
the Elks will serve their
famous St. Paddy's Day
Corn Beef and Cabbage with
Irish potatoes. The meal is
\$11 per serving. Proceeds
support local community
charity programs such as food for the food
pantry and school supplies for children and
teachers.



St. Patrick's Day Parade

Friday, March 17, at noon
Downtown Des Moines

It's that time of year again. Dig out
your greenest attire and get ready to feel
lucky, thanks to The Friendly Sons of St.
Patrick of Central Iowa's highly anticipated
annual event. The parade begins at
noon and runs along Grand Avenue
and 15th Street in the Western Gateway
district. Participant registration and the
parade route may be found at www.friendlysonsiowa.com/Parade/parade.htm.

Harlem Globetrotters

Tuesday, March 21 at 7 p.m.

Wells Fargo Arena, 223 Center St.,
Des Moines

Not your average basketball players, the
Globetrotters are bringing their crazy tricks
and legendary athleticism to Des Moines
during their 2023 World Tour. Bring the
whole family for a high-energy experience
and a nonstop great time. Tickets at www.iowaeventscenter.com/events. ■

OUT & ABOUT

CHAMBER Banquet

The Chamber Banquet was held Jan. 25 at the Jackson Building.



Shane and Jolene Goodman



Stephanie Gerleman and Leslie Allen



Terry and Sarah Cowman



Frances Main, Ruth Reed and Liz Hansen



Teddi Yaeger, Alissa Johnson and Amara Huffine



Selah Reels, Neva Kirby and Rogelio Morales



Larry Guth and Bill Moody



Luann and Pete Gilman



Amy and Scott Warnke



Brittany Hilsabeck and Kristina Benshoof



Felicia and Matt Week and Mike Swesey

OUT & ABOUT



Janet Williams, Heather Ives and Anthon Hilsabeck at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



A ribbon cutting was held for Millennium Therapy, 820 W. Summit St., Winterset, on Feb. 10.



Jeff Crouch and Heather Gilbertsen at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



Christy Roberts and Nicole Smith at the ribbon cutting for Millennium Therapy on Feb. 10.



Stephanie Berry and Ethan Elkin at the ribbon cutting for Millennium Therapy on Feb. 10.



Trisha Murray and Sherri Hanna at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



Brent Tobi and Josefin Sharon at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



Darrah Oswald and Aaron Wilcox at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



Zach Malone at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



Karen Kordick at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.



Lori Lawrence and Mandy Harvey at the Madison County Wedding Showcase held at the Winterset Livery on Feb. 19.

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