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MARCH 2022

Living

MAGAZINE

COLD turkey

Residents share
their experiences of
quitting smoking.

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WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.



I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■

SHANE GOODMAN

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FEATURE

COLD *turkey*

Residents share
their experiences of
quitting smoking.

By Lindsey Giardino

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy.

A nightmare upset Karen Alles so badly that she stopped smoking.

The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Putting health first

When Steve Hickle started smoking at the age of 16, it was because his friends did. It was more acceptable at the time, too, he says.

For eight years, he was a consistent smoker. At one point, he quit but started again for two more years. Then he quit permanently.

That decision was prompted by his wife at the time. She grew up in a household with smokers, Hickle says, and he wanted to end his smoking habit for both his health and hers.

"I quit cold turkey," he says. "I didn't even finish the pack I was smoking. When I started buying cigarettes and not having to smoke them right away, I knew it would be easy. I never smoked more than a pack a day in my life, usually less than that."

When Hickle did smoke, his cigarette of choice was Marlboro. During his second stint, though, he took up Camel Lights.

"For a while I smoked Kools, because, back then, people tended to bum cigarettes off you, and if you showed them you were smoking a Kool, they usually would say forget it," he says.



Steve Hickle smoked his first cigarette when he was 16.

Since quitting, Hickle says his breathing and overall health have improved.

For others who are considering quitting, Hickle shares this advice:

"I would tell them to never start, but, if they were smoking, I would tell them the reasons I did and to think about their health in the present and the future," he says.

"Cigarettes are very expensive now, so the temptation may not be quite as high," he says, "but smoking is an addiction like everything else."

Karen Alles

Karen Alles began smoking in 1965 mostly as the result of peer pressure and "wanting to be cool." Over the years, she bought countless generic non-menthol filtered cigarettes.

She was a heavy smoker from then until 2003. That year, she had a wake-up call in the form of a nightmare.

"I dreamed my little granddaughter, Taylor, was standing over my grave crying hysterically and screaming, 'You killed my grandma,'" Alles says. "The next day, the shopper came with an article for a class called Freedom from Smoking, which was offered by our local hospital and taught by Kim Hulbert. I called and enrolled. With God's help, I followed the steps and quit on April 23, 2003, and have not smoked since."

For Alles, the first change she noticed after quitting was her sense of smell returning. Everything became much more pleasant.

"Food really tasted great," she adds.

Alles also changed some of her life patterns after quitting.

"I stopped temporarily drinking coffee in the morning as that was a trigger to smoke," she says. "After meals, I would go outside, as the time after meals was another trigger."

Because Alles was able to successfully quit, she has advice to share with others.

"If I can quit, anyone can," she says. "I smoked three packages a day. I would love it if we had the Freedom from Smoking class again."

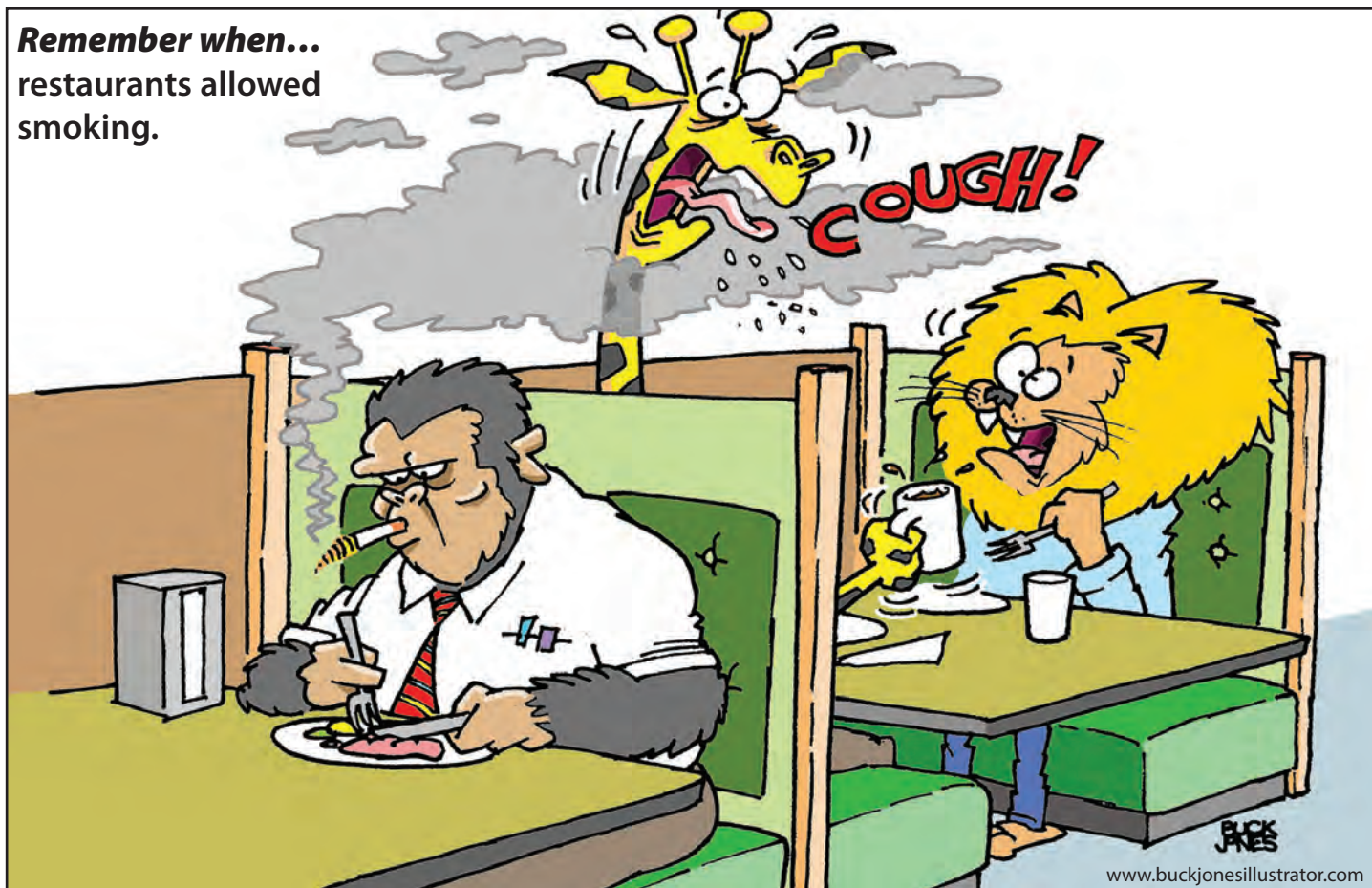
Additionally, she says, "Have an accountability partner. One of the tips I still use today when the urge strikes is to inhale deeply, hold it like you did when you were smoking and then exhale slowly. It works." ■

Tips for quitting

From quitassist.com

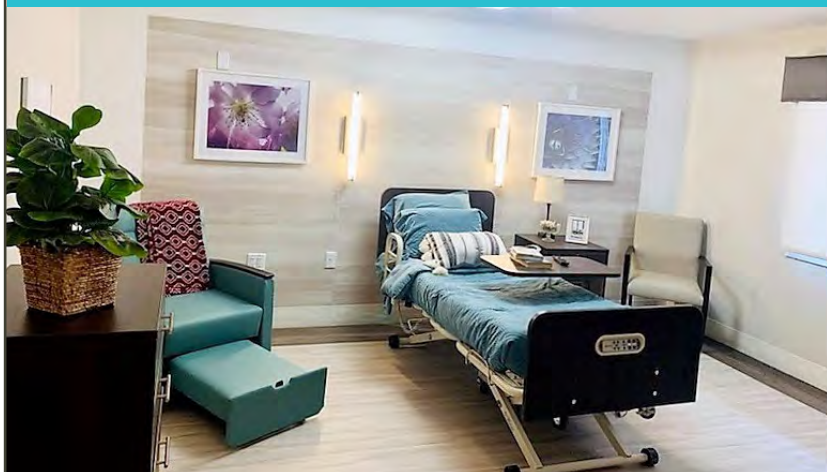
- Get support and encouragement from others. Research shows those who do are more successful. Tell friends and family you are quitting and enlist their help. Get expert help from a doctor, health professional, or free counseling and advice from 1-800-QUIT-NOW.
- Learn new skills and behaviors. Plan ways to distract yourself when you feel an urge to smoke. Keep your hands busy. Look for activities that don't involve smoking.
- Get medication and use it correctly if needed. For some people, they can greatly help your chances of quitting for good. Talk to your doctor about this option.
- Be prepared for relapse or difficult situations. Find new ways to handle stress. If you do slip up, don't beat yourself up — learn from it. Monitor your triggers and avoid them. Take care of yourself to manage your weight and mood. Keep reminding yourself of all the benefits of quitting. ■

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INSURANCE

By Eric Johnson

HOW IS the chip shortage and global supply chain issues affecting my insurance?

1. Shortages in auto parts may mean a longer repair process.

Between the chip shortage and the problems with the global supply chain, replacement parts for your vehicle may be harder to find. During the pandemic, some manufacturers had to halt production of parts, which has created a shortage.

So, in the event your vehicle is damaged in an accident or needs something replaced, the repair time may be significantly longer. By extension, if your car is damaged in a covered loss, the overall process may take longer.



2. Your vehicle may be totaled from less damage than usual.

The significant increase in the cost to repair a vehicle, due to the low supply of replacement parts and increased labor rates right now, makes it easier for damages to exceed the value of a vehicle. This means that more vehicles than you would expect are being considered "totaled" even though the damages may not be severe.

This may leave you looking for a replacement or rental vehicle, which is no easy feat right now either.

3. Finding a rental car is difficult.

If your vehicle does end up needing repairs, your auto insurance may cover a rental car to use while your car is being fixed. However, rental cars are also scarce since fewer cars are being produced. So, if you find yourself in a position of needing a rental vehicle, be sure to reach out to rental companies as soon as you can and be open to the options available.

So, what can you do?

Besides being vigilant in avoiding car accidents and keeping up with routine maintenance, there are a few things to consider.

One, consider increasing your rental car coverage to the maximum amount possible.

This may help you squeeze more time out of your rental vehicle, which is helpful since repairs are taking longer.

Most people have a limit of around \$30 a day with a maximum amount of \$900. You can increase that to \$50 a day with a maximum amount of \$1,500 and choose the smallest/most affordable rental car available to stretch the amount of time you have that vehicle.

Two, consider adding Purchase Price Guarantee coverage. This is also sometimes referred to as Full Replacement Cost coverage.

If you're looking at replacing a vehicle, you will quickly learn that prices for both new and used vehicles are high. Purchase Price Guarantee coverage may be good to consider especially if you end up purchasing a vehicle at these higher prices. It protects your investment and ensures that you'll be compensated the higher amount you paid if your vehicle is totaled within two years of the purchase date. ■

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



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REAL ESTATE

By Jennifer Stover

WRITING a strong offer

Seller's markets exist when there are a lot of buyers competing for a low inventory of active listings. It isn't unusual for a home to draw offers from more than one buyer. Sometimes list price isn't the only deciding factor for a seller. Here are a few tips on writing a strong and winning offer.



- 1. Pre-Approval** — a lender's letter that says your credit rating has been examined and you can afford to buy the house carries a lot of weight. It tells the seller you are serious and qualified to purchase.
- 2. Hire an assertive Realtor** — an agent who constantly combs the marketplace and networks with other agents is more likely to get a lead on your new home before anybody else.
- 3. Put your best foot forward** — Simply put, this means "write your very best offer." You might only get one chance to make an impression on the seller. Don't make a low offer and hope the seller will make a counteroffer. The seller may have received multiple offers.
- 4. Wave contingencies** — If you are comfortable taking some risk, waive the inspection. This one item could make the difference of your getting the house over another offer.
- 5. Close quickly** — Unless there are extenuating circumstances, many sellers prefer to close in 30 days. Prior to writing the offer, ask the seller what the ideal close date is for them. ■

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

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.

ENRICHING lives with community theater

Local talent shines on Winterset Stage.

With roots tracing back to The Apple Tree Players, who performed in the early 1970s, Cindy and Jason Stanbro launched the Winterset Stage in 2010 after a

period without an organized theater group. At first, the vision of the theater was to have semi-professional productions with actors paid a stipend for their work. However, when the Stanbros relocated, the Winterset Stage Board decided to return to a true community theater format with volunteers from the Winterset area.

Board President Scott Smith says they knew there was a lot of talent in the greater Winterset area and that they could continue with their mission of building community through the arts to entertain, to enrich, and to provide avenues of artistic development for all ages.

"The arts enrich our lives and the lives of people in our community. They make the community a more vibrant, interesting place to live. Like being on a sports team, people have to work together to accomplish a quality product. Live theater brings a multi-age group of people together for a common goal," Smith said.

For Smith, being a good citizen means being respectful of others, even if they have different beliefs and ideas. He says that good citizens give back to the community through their own talents. They volunteer, get involved, and help make their community a better place.

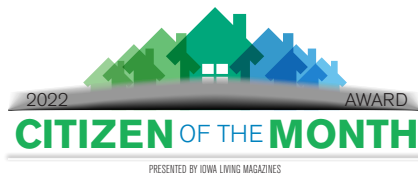
With the stage's budget maintained by individual and corporate support, Smith says that the Winterset Community has been extremely supportive of the stage throughout the years. This includes not only monetary support but also support of the productions both on and off the stage.

"We could not do what we do without the support of our community," Smith said. "We hope to bring people together through what we do — not only in a shared project to work on, but a shared experience of watching a production."

Smith says that the live theater currently offers educational programs to help young people establish confidence and a sense of identity. Adults can also explore talents that they may not otherwise get to in their everyday lives. Smith says all of these opportunities provide a richness to the community that is important.

In addition, as part of the local theater, people of all ages throughout the community are able to have fun and work together in new ways. The "Sherlock Holmes" production directed by Teddi Yaeger, for example, was unique because it involved an all female cast. This year will also include a female version of the "Odd Couple" as well as a production that is a parody of the "Get Smart" TV series in the fall.

"I have met so many wonderful people in the community that I would not have known if I was not involved in the theater. These people enrich my life and make me feel a part of a greater community. We have wonderful and talented people in Winterset and Madison County," Smith said. ■



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BAD breath?

Bad breath is common. It can last a short time or can be a chronic problem — lasting for days or months (or even longer). This article talks about some causes of bad breath and offers some tips on controlling it.

What causes bad breath? Several things can cause bad breath, like conditions in your mouth, illnesses in other parts of your body, medications, or certain foods and drinks.

• **Conditions in your mouth:** Most of the time, chronic bad breath is caused by a problem in your mouth. Some of these conditions are common, such as deep cavities, dry mouth, coating of food and bacteria on the back of the tongue, and severe gum disease.

• **Illnesses in other parts of your body:** Bad breath can be a sign of illnesses involving other parts of your body. For example, bacteria associated with bad breath can grow in the nose, sinuses, or tonsils when those tissues are swollen, such as when you have an infection or allergic reaction. Sometimes debris can collect and harden in the folds of the tonsils, forming tonsil stones that can cause bad breath. Conditions that affect the digestive system, like gastric reflux or ulcers, also can cause bad breath. Other illnesses that can affect breath odor include diabetes and liver or kidney failure.

• **Medications:** Some people develop bad breath while taking certain medications. Medications that might affect breath odor



include acetaminophen and some allergy medicines and chemotherapy treatments.

• **Certain foods and drinks:** Certain foods and drinks can trigger temporary bouts of bad breath. Some of the most well-known are garlic, onions and fish, including tuna. Coffee and alcoholic beverages can dry your mouth, which can also contribute to breath that smells bad.

Controlling bad breath. Since most bad breath starts in the mouth, good oral care is a smart first step to controlling breath odor. To help keep your mouth clean: brush twice a day with a fluoride toothpaste, and clean between your teeth daily.

Over-the-counter mouth rinses can help freshen breath. Look for products that have the ADA Seal of Acceptance.

Pay attention to what you eat and drink. Avoid foods like garlic and onions and limit your consumption of coffee and alcoholic beverages. Drink plenty of water or use sugar-free candies or gum to keep your mouth moist.

Talk to your dentist if you are concerned about your breath. He or she can help keep your mouth clean and healthy, which may solve the problem. If your breath is still a concern, your dentist may suggest that you speak with your physician.

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



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HEALTH

By Paul Guerdet

THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.

When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness, and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.



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HEALTH

By Dr. Brandon Dolin

TREATING vertigo with chiropractic care

Dizziness is something that nearly every person has experienced at some point, typically feeling light headed, off balance, or disoriented. One specific type of dizziness is known as vertigo, where people feel as if they or their surroundings are spinning.

Vertigo is most commonly caused by two things. The first is improper motion of the joints in the neck leading to incorrect information being sent to the brain about movement and body positioning. The second is an underlying inner-ear issue such as infection. In both of these scenarios, chiropractic can help, if not result in resolution of the vertigo entirely.

A chiropractic adjustment restores the proper communication between the brain and the systems of the body. This allows proper information of things like movement and body position to return. The adjustment also allows the immune system and lymphatic system to function as best as possible, an essential process when vertigo results from an ear infection.

Chiropractors are trained to determine the cause of vertigo and whether an adjustment or other treatments may be necessary. If you are experiencing or frequently experience vertigo, consider chiropractic first. Vertigo is not something anyone should have to deal with. ■

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



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HORSES will roam

Winterset property provides space for horses.



Tobi and Brent Sharon were glad to find a property that provides room for their horses as well as beautiful views of the rolling hills in Madison County.

Tobi Sharon and her husband, Brent, moved to Winterset four years ago. The family enjoys having horses and started to acquire some. Sharon knew she wanted to start breeding Friesian horses as well, so they needed more space.

Fortunately, they found a plot of land in Winterset that fit that desire.

"We chose this land because of the beauty," Sharon says. "We have an awesome view of rolling hills and, on the other side, a beautiful tree line."

Sharon adds that her husband built their home, which "makes it pretty special. The way the home sits, we have a beautiful view of Madison County rolling hills, and we also have views of the horses right in our own pastures. It's very quiet and peaceful."

Sharon also has grown friendships with

the neighbors they've met along the way.

"Our neighbors look out for each other, and that's a nice feeling," she says.

Since moving to town, the Sharons have gotten involved in numerous community activities. They own Sharon Team Real Estate, and, this September, Sharon is heading up the first annual "Duke It Out" Chili Cook Off in town.

"I'm very excited to bring this to the community and hope it's something they'll enjoy for years to come," Sharon says.

She notes that, this year, a portion of the proceeds from the event will go to C.R.I.S.P., an organization in town that provides resources to enhance the wellbeing of children and their families.

"I am also excited to start bringing my Friesian horses and carriage to local events,"

she says.

"I have started weekly Facebook video interviews with people, businesses or places as well. It's called Winterset Wednesday. You can find the videos on our Facebook page, Sharon Team Real Estate."

Overall, since the family moved to town, they've felt nothing but pride for the community.

"I love the town of Winterset," Sharon says. "It's so quaint. I love the town square and all the businesses. I feel like the town of Winterset really gets behind its events here and supports them. The people I personally have come in contact with have been so friendly."

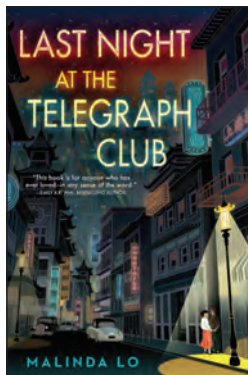
She adds, "We look forward to meeting many more of the community along the way." ■

'Last Night at the Telegraph Club'

I'm such a sucker for well-written, historical novels that don't feel like historical fiction. Melinda Lo is known for her darkly beautiful stories, and this one hit that note just right. Unexpected romance, a turbulent time in our recent history, and a coming-of-age story all blend together into the perfect mix of bittersweet and hopeful for a tired soul like mine.

Lily is living in a weird time. The Red Scare, anti-Chinese sentiment, and a society in upheaval mixed with her own adolescence make everything seem uncertain and poised to crumble beneath her feet. Luckily for her, she finds sanctuary and mystery in the burgeoning lesbian bar scene with her friend Kath. Lily will have to navigate a complicated family, her own identity as a Chinese-American, and what love really means to discover who she truly wants to be.

This may be a historical setting, but so much of this book feels relevant to our current time. Finding yourself, discovering the meaning of family, and navigating a world intent on being hostile to anything different. This is a book for anyone out there feeling lost and alone. ■ — *Review by Julie Goodrich*



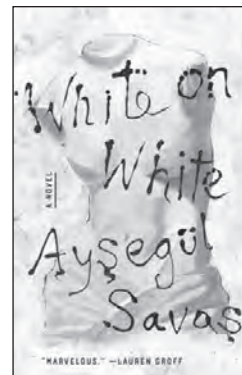
By Malinda Lo
432 pages
\$11.99
Dutton Books
12/28/21

'White on White'

Oh, this one is so beautiful, achingly so. A short, powerful hit of art and sadness and humanity that fits the new year blues like a glove. The inner lives of artists is always a rich playground for narrative, but the slightly sinister uncertainty that Savas weaves through this slick and shocking story makes for something unique and melodic.

An unnamed narrator in an unnamed city is renting an apartment from an artist named Agnes. In bits, splashes and torrents, Agnes' life story is poured at the feet of the reader. The rhythmic nature of her stories starts to stutter, and an eerie, subconscious menace leaks through.

Much like the titular white-on-white painting, the true depth of this story is hard to see at first, but the slow realization by both the narrator and the reader is all the more satisfying for it. This is both a meditative and thrilling read for anyone feeling some midwinter melancholy. ■ — *Review by Julie Goodrich*



By Aysegül Savas
192 pages
\$26
Riverhead Books
12/7/21

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RECIPES

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella – a good source of calcium – you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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RECIPES

Prune Pizzette

Try this recipe offered by Sunsweet and find other recipes at www.sunsweet.com/recipes.

Ingredients

- 1 1/2 cups 1/2-inch cubes butternut squash
- 1/2 small red onion, sliced
- 1 tablespoon each extra virgin olive oil and balsamic vinegar
- 1/2 teaspoon each dried sage and sea salt
- 1 (14-16 oz) ball prepared pizza dough
- 4 ounces fresh mozzarella cheese, torn into 1/2-inch pieces
- 1/2 cup ricotta cheese
- 4 strips bacon, cooked crisp
- 1 cup baby arugula leaves
- 3/4 cup Sunsweet® Pitted Amaz!n™ Prunes, chopped
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon balsamic vinegar
- Sea salt and pepper to taste
- Fresh basil, snipped (optional)
- Parmesan cheese, grated (optional)

Instructions

- Preheat oven to 425 degrees F and line a large baking sheet with foil. Place butternut squash and onion on foil, then drizzle with oil and vinegar. Sprinkle with sage and salt, then toss to coat. Roast for 25 minutes, until squash is golden brown.
- Divide dough into six pieces and roll each as thin as possible on a lightly floured board. Place on two parchment-lined baking sheets and brush lightly with olive oil. Top dough with equal amounts of cheeses, vegetables and bacon. Bake for 10-12 minutes, until crust is lightly browned.
- While pizzettes are cooking, toss together oil, vinegar, salt and pepper in a medium bowl. Add arugula and prunes, then toss well to coat. Top with prune mixture, then garnish with basil and Parmesan.



Loaded smoked salmon rice bowl

Prep time: 4 minutes

Cook time: 1 minute

Servings: 1

- 1 cup Minute Ready to Serve Brown Rice
- 2 ounces smoked salmon
- 1/2 cup julienned cucumber
- 1 teaspoon soy sauce
- 1 tablespoon everything bagel seasoning mix

Directions

- Heat rice according to package directions.
- Top rice with smoked salmon and cucumbers. Drizzle with soy sauce and sprinkle with seasoning mix. ■



Turkey-potato wrap

Recipe courtesy of Wisconsin Potatoes

- 3/4 pound Wisconsin russet potatoes, cut into 1/2-inch pieces
- 1 tablespoon water
- 1 tablespoon canola oil
- 3/4 pound ground lean turkey
- 1 large carrot, shredded
- 1/3 cup sliced green onions with tops
- 1 can (8 ounces) tomato sauce
- 2/3 cup shredded cheddar cheese
- 1 teaspoon dried Italian seasoning or basil
- salt, to taste
- pepper, to taste
- 4 large whole-wheat or high-fiber tortillas
- light sour cream (optional)

Directions

- Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5-8 minutes until potatoes are tender.
- In large nonstick skillet over medium-high heat, heat oil. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; toss and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.
- Cook, stirring occasionally, 4-5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll for burritos.
- Cut in halves. Serve each with sour cream, if desired. ■



EVENTS IN THE AREA

Be sure to check for cancellations

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

Non-Profit Breakfast & Learn

Tuesday, March 15, 9-10 a.m.

Winterset Public Library, 123 N. Second Ave.

Join the Madison County Chamber of Commerce for its quarterly non-profit breakfast and learn. This quarter's session will feature Madison County Chamber of Commerce's Executive Director Amara Huffine. Amara has 11 years of experience in the non-profit industry and specializes in donor cultivation and stewardship. Learn about how thanking your donors properly and creatively can maximize fundraising efforts. There is no fee to attend, but registration is encouraged at <https://business.madisoncounty.com/events/details/non-profit-breakfast-learn-2134?calendarMonth=2022-03-01>.



Lunch & Learn

Wednesday, March 23, 11:30 a.m. to 1 p.m.

Winterset Public Library, 123 N. Second Ave.

Join the Madison County Chamber of Commerce for its Lunch and Learn Series. Speaker will be Christina Moffatt with the Greater Des Moines Partnership as she spotlights the trends in small business. She serves as director of small business resources at the Greater Des Moines Partnership. She most recently served as regional director for the Iowa Small Business Development Center (SBDC), overseeing Dallas, Polk, Jasper, Warren and Marion counties. She is also the owner of the award-winning Crème Cupcake + Dessert, which she founded in 2010. Cost is \$10 for Chamber of Commerce members and \$20 for non-Chamber members. Register online at <https://business.madisoncounty.com/events/details/lunch-learn-2133?calendarMonth=2022-03-01>.



'Living American Composers'

Sunday, March 6, 3-4 p.m.

Franklin Junior High, 4801 Franklin, Des Moines

The Central Iowa Wind Ensemble will be performing its "Living American Composers" concert. The brilliance and legacy of a composer's musical output is often not fully realized until long after death. This concert features stunning works by American composers who are alive, well and composing music for bands, orchestras and choirs. The works on this program represent the energy and "joie de vivre" of the American spirit that inspired these artists to write such amazing music. Admission is free. Tickets are available at <https://www.ciwe.org/living-american/>.

DMACC West's ciLive!

March 9-10, virtual and open to the public

In its 13th year, this year's theme for DMACC West's ciLive! (Celebrate! Innovation) is "Go Boldly" and focuses on innovation, imagination and inspiration through storytelling. It features 12 well-known thought leaders, entertainers and entrepreneurs. The event is free. Speakers include Dr. Talithia Williams, host of "NOVA Wonders" on PBS, and actor John de Lancie, of "Star Trek, Breaking Bad." A concert by country musician and songwriter George Ducas concludes the series on March 10 at 1:30 p.m. For more information about ciWeek, visit: <https://dmacc.edu/ciweek/Pages/welcome.aspx>.



'The Magic Flute'

March 5-6

Des Moines Civic Center, 221 Walnut St., Des Moines

Des Moines Metro Opera's 50th season begins with a family-friendly production of "The Magic Flute" by Wolfgang Amadeus Mozart at the Des Moines Civic Center.

Register for Des Moines Art Center camps

Camps run June 6 - Aug. 12

Des Moines Art Center, 5700 Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit <https://desmoinesartcenter.org/classes/find/?class-category=summer-camps&age-group=&class-type=#class-list>

Mandalas & Henna art class

Sunday, March 13, 12:30-3:30 p.m.

Principal Studio 5, Des Moines Art Center, 5700 Grand Ave.

Explore traditional mandala and henna patterns while learning about the history of art in India. From medieval times to the present day, students will be exposed to examples of traditional mandala and henna patterns, rangoli, lettering and paintings. Tuition is \$30 (\$24 for members), and the material fee is \$25. To register, visit <https://my.desmoinesartcenter.org/12466/12468>.



EVENTS IN THE AREA

Be sure to check for cancellations

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



St. Patrick's Day parade

Thursday, March 17, noon
Downtown Des Moines

The Friendly Sons of St. Patrick are staging their annual parade in downtown Des Moines, beginning at noon, starting at 15th Street and Grand Avenue, heading east to Eighth Street. New this year is a Block Party at 13th and Grand, from 8 a.m. to 1 p.m. Your \$5 admission gets you access to watch the parade, food trucks, live music, a beer tent and more. More information is available at www.friendlysonsiowa.com.

An Evening of Celtic Music

March 12, 7 p.m.
Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents "ClearJoy Music: An Evening of Celtic Music." Admission is free. A freewill offering will be accepted to support Crossroads of Iowa programs. ClearJoy is a musical collaboration of two sisters specializing in Celtic and Scottish music. Crossroads is a not-for-profit organization offering programs for women, including those in jail or prison, with a focus on mental wellness using a holistic approach.

Jurassic Quest

Friday and Saturday, March 11-12, 9 a.m. to 8 p.m.; Sunday, March 13, 9 a.m. to 6 p.m.
Iowa Events Center, 730 Third St., Des Moines

Tickets are available online at <https://www.jurassicquest.com/events/des-moines-ia> and cost \$22 for kids and adults and \$19 for seniors. Ticket for unlimited rides for kids is \$36, which includes entry. General admission includes live shows, arts and crafts activities, dinosaur and marine exhibits. Tickets for individual and premium activities will be available on-site (from \$6). Off peak hours are weekdays (all day) and weekends after 3 p.m. Free entry for children younger than 2.



Hoops and Hops

Thursday through Friday, March 17-19
Cowles Commons

Des Moines Performing Arts (DMPA) announced the return of the immensely popular event, Hoops and Hops, on Cowles Commons. Now in its fifth year, this three-day free event invites basketball fans to enjoy all the NCAA tournament action starting Thursday, March 17. Times are 10 a.m. to 10 p.m. on Thursday, 1-10 p.m. Friday and noon to 10 p.m. Saturday

Admission is free and fans can purchase food from local food trucks including: The Big Red Food Truck, Roadside Tacos and Big Mamas Bistro while enjoying a beverage from the Iowa Craft Beer Tent or the Iowa Spirits Bar. Guests will be able to stay warm inside the heated tent with large screen TVs broadcasting the games or enjoy their own game of pickup on one of two half-court basketball courts being assembled on Cowles Commons.

Fans of all ages are welcome and encouraged to wear their favorite team's colors. Guests are asked not to bring coolers or outside food.



'Black Women of Distinction' exhibit

Now through April 30
Reception: Sunday, March 20, 1-3 p.m., with artist talk at 2 p.m.
Artisan Gallery 218, 218 Fifth St., Valley Junction

The images of ten influential women will be part of the Artisan Gallery 218 exhibit "Black Women of Distinction" celebrating Black History Month. "Amanda Gorman" is a new acrylic collage portrait and part of the exhibit. Artist Marybeth Heikes was inspired by the Black Lives Matter movement after the death of George Floyd to create her series. Electing the first black woman, Kamala Harris, as vice president also influenced Marybeth in her endeavor. Her concept was to create a series of portraits from acrylic collage, demonstrating the impact of these women.

Concerts at Wells Fargo Arena

730 Third St. in Des Moines
www.iowaeventscenter.com

- Saturday, March 26: "Elton John's Farewell Yellow Brick Road" at 8 p.m.
- Monday, March 28: "KORN TOUR" with special guests Chevelle and Code Orange at 6:30 p.m.



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BEAUTICIAN

By Annie Wiseman

SHOULD you shampoo every day?

We all have an opinion about whether we should wash our hair every day or not. Some say we should wash every other day. Some say once a week. Others say every single day. Who the heck is correct?

The answer is everyone is right. Every person has a different hair type (oily, dry, chemically treated or normal), and that is a huge factor in how often we cleanse. A person's age is also a factor. All teenagers tend to be oily and definitely need to shampoo daily (sometimes twice a day). An older person tends to be dry so would likely shampoo just a couple times a week. Chemically treated hair needs repair so would need more frequent attention for nourishment with cleansing and deep treating. The time of year also matters. I personally shampoo my hair twice a week to extend the life of my Brazilian Blowout. The need to shampoo varies for so many reasons.

Turns out there is no medical reason to use shampoo at all. Water and a gentle scalp scrub would do the trick (this method is called co-washing). Shampoo's and conditioner's purpose is to nourish the hair appropriately. Simply listen to your body's response to your daily grooming and consult with your stylist about why this works best for you. ■

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



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CREDIT COUNSELING

By Tom Coates

BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company that we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information, so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers that may not be as Internet savvy, or that are lonely, can be easy prey for fraudsters. ■

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



HUSKY SPEECH sends 3 groups to festival

Success at state paves way to Festival performances.

For the first time, three groups from the Winterset High School Husky Speech Program were nominated to perform at the Iowa High School Speech Association (IHSSA) Large Group All-State Festival. The IHSSA typically holds two rounds of speech contests from January through March each year, including Large Group Speech and Individual Event Speech. The Husky Speech Program currently averages between 30 and 35 students who begin preparing for the first round of contests in November each year.

"Husky Speech and Husky Drama give students a place where they feel like they can belong. Many students form tight friendships in these clubs. Both organizations, and especially speech, focus on building individual confidence and can lead to many more opportunities (well beyond All-State) including scholarships and potential career paths," says Winterset High School Speech Coach Meredith McKay.

In order to qualify for the IHSSA Large Group All-State Festival, students must first receive a I out of IV rating from the judge in their category at the district level. They then compete at the state level where they must earn an overall I rating from a panel of three judges and receive a nomination from a judge to be able to move on to the All-State Festival. Performance categories for large group include Group Improvisation, One Act Play, Choral Reading, Readers Theatre, Group Mime and Solo Mime, Ensemble Acting, and more.

"I like participating in the speech program because I can have fun with my event, and I can get better at speech with my friends. I also find it a way to express myself as improv comes very easy to me, so I can really just let loose and have fun with the scene that we are creating," says Addie Burkett, who was nominated in Group Improvisation.

The Large Group All-State Festival was held on Feb. 19 at Stephens Auditorium and surrounding buildings on the Iowa State University campus. Nominated students performed their pieces at the various locations throughout the day with a critic assigned to each performance location. The role of the critic was to provide positive feedback to each performer after their performance.

"One thing I love about the speech program at Winterset is how rewarding the process of creating pieces for contest is. It takes time to create an All-State caliber piece, with all the extra rehearsals, constant revision, and feedback, but it makes it all the more rewarding when you are able to just perform it in front of others," says Elizabeth Nigg, who was nominated in Solo Mime.

Immediately following the Large Group Speech Contests, the Individual Event Speech contests begin. The individual contests are comprised of a variety of categories including Public Address, Original



David Michael Negley and Elizabeth Nigg participated in Ensemble Acting with "The Lion in Winter."



Anna Blader, Keira Olerich and Addie Burkett performed in Group Improvisation.



Elizabeth Nigg participated in Solo Mime with "The Tell-Tale Heart."

Oratory and Storytelling, to name a few, and will follow the same pattern as large group speech contests, concluding with its All-State Festival at the end of March.

"I love the amount of camaraderie and support found throughout, not just our Speech program, but also through other schools. We support by watching each other's performances and helping every step of the way through our journeys in performing," says David Michael Negley. ■

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A TAXING STORY: capital gains and losses

Chris Rock once remarked, “You don’t pay taxes – they take taxes.”¹ That applies not only to income, but also to capital gains.

Capital gains result when an individual sells an investment for an amount greater than their purchase price. Capital gains are categorized as short-term gains (a gain realized on an asset held one year or less) or as long-term gains (a gain realized on an asset held longer than one year).



Long-term vs. short-term gains:

Short-term capital gains are taxed at ordinary income tax rates. Long-term capital gains are taxed according to different ranges (shown below).²

Long term capital gains tax brackets (for 2021)

Tax Bracket/ Single Rate	Married Filing Jointly	Head of Household
0%	\$0 - \$40,400	\$0 - \$54,100
15%	\$40,401-\$445,850	\$54,101-\$473,750
20%	\$445,851	\$501,601

It should also be noted that taxpayers whose adjusted gross income is in excess of \$200,000 (single filers or heads of household) or \$250,000 (joint filers) may be subject to an additional 3.8% tax as a net investment income tax.²

Also, keep in mind that the long-term capital gains rate for collectibles and precious metals remains at a maximum 28%.³

Rules for capital losses

Capital losses may be used to offset capital gains. If the losses exceed the gains, up to \$3,000 of those losses may be used to offset the taxes on other kinds of income. Should you have more than \$3,000 in such capital losses, you may be able to carry the losses forward. You can continue to carry forward these losses until such time that future realized gains exhaust them. Under current law, the ability to carry these losses forward is lost only on death.^{4,5}

Finally, for some assets, the calculation of a capital gain or loss may not be as simple and straightforward as it sounds. As with any matter dealing with taxes, individuals are encouraged to seek the counsel of a tax professional before making any tax-related decisions. ■

1. BrainyQuote.com, 2021. 2. Kiplinger.com, June 15, 2021. 3. Investopedia.com, February 16, 2020. 4. Investopedia.com, February 1, 2021. 5. 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. 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 2022 FMG Suite.

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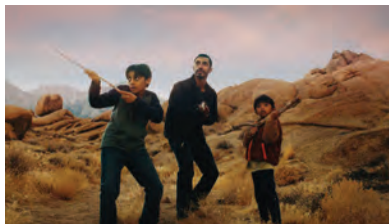
I managed to survive the Oscar-season blast of movies with only a few body blows, viewing lots and lots of movies, many on the streaming services thanks to a very mild case of COVID. My fox terrier Buster and I spent a good (actually very good) week at the lake watching movies. As such, I am providing a mixed bag of films this month.

"AFTER LIFE": Season 3 of this heartwarming and heartbreaking series about a man who loses his wife to cancer is outstanding. Ricky Gervais, of all people, is behind this excellent series.



Raunchy language alert but so full of heart and love. **Grade: A-**

"ENCOUNTER": What starts as a compelling sci-fi story about an ex-military dad protecting his two sons spins on a dime and turns into a whole different movie. Riz Ahmed turns in great performances. **Grade: B-**



"PARALLEL MOTHERS": This is the first of two art films on this month's list. Penelope Cruz plays a successful adult who finds herself pregnant with no support from the father. Along this road, she meets a young woman in the same position, and the two strike up an interesting friendship. It's not a perfect film, but there is still much to like. **Grade: B**



"SCREAM": I guess "Scream 5" didn't seem like a great title, so simply "Scream." Many faces from previous incarnations reappear as the town is once again terrorized by a creepy man. **Grade: C+**



"SWAN SONG": If you love Mahershala Ali ("Green Book"), you are in for a treat as here he plays two characters. A man who has a terminal illness finds a company (headed by Glenn Close) that will make an exact copy of him and insert this duplicate into the life of his son and wife... without them knowing. All fun and games until something goes awry. **Grade: B+**



"THE TENDER BAR":

George Clooney directs and Ben Affleck stars as an uncle keeping a close eye on his sister's adolescent son. A small, charming film about a dysfunctional family full of love and a heaping dose of crazy. **Grade: B+**



"THE 355": This is the worst movie of the year so far — a preposterous story about a group of women tracking down bad guys and something else which I don't even care enough to remember. Mindless action with little to nothing to recommend. **Grade: D**



"TICK TICK BOOM!":

This is one of my big surprises of the year. Andrew Garfield plays Jonathan Larson, a struggling playwright trying to launch his first play on Broadway, or off Broadway, or in the back room of a store. He just wants to succeed. Garfield should get an Oscar nomination. The film is charming and packs quite the emotional punch! **Grade: A**



"THE TRAGEDY OF MACBETH": I will admit that a black-

and-white movie written by the Bard, starring Denzel Washington and Frances McDormand, directed by one of the Coen brothers (and McDormand's husband Joel) had my attention. Unfortunately, not for long. The movie looks great, the actors are excellent, the photography is stunning, and the Shakespearian dialect is near perfect... maybe too perfect. I was an English major, and I still struggled to understand what was going on and what was being said. But the movie looks great. **Grade: C+**



"THE UNFORGIVABLE": Sandra Bullock plays a woman released from prison for a heinous crime that she was involved with many years previously in which a police officer lost his life. No one seems to be particularly happy to see her out of prison. Not what you expect from Bullock, but she carries it well. **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 at MrMovieDSM.

OUT & ABOUT



Rachel Lawson and Scott Adams at the Chamber Coffee held at Union State Bank and hosted by Peter Loiler Edward Jones on Feb. 18.



Tim Krueger and Isaac Navarro at the Chamber Coffee held at Union State Bank and hosted by Peter Loiler Edward Jones on Feb. 18.



Michelle McNamara and Peter Loiler at the Chamber Coffee held at Union State Bank and hosted by Peter Loiler Edward Jones on Feb. 18.



The student section cheers classmates to victory at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Kane Kiburz at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Eduardo Garcia at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Kasen Cochran at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Coaches Heinke, Vandall and Jensen working hard for the win at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Carter Smuck at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Brady Barringer at the regional wrestling meet held at Winterset High School on Feb. 8. Photo by Katie Cooke



Drew Barden and Jodi Lake at the Chamber Coffee at Union State Bank, hosted by Midwest Land Group on Feb. 18.



Allissa Johnson and Amara Huffine at the Chamber Coffee at Union State Bank, hosted by Midwest Land Group on Feb. 18.

OUT & ABOUT



Luann Gilman and Jean Pletchette at pickleball league on Jan. 23 at Winterset High School.



Liz and Dea Hensley at pickleball league on Jan. 23 at Winterset High School.



Stacy Marean and Kelly Moeller at pickleball league on Jan. 23 at Winterset High School.



Jay and Jaysson Gurwell at the Winterset varsity basketball game on Feb. 3.



Jenna Young, Bridget Stover, Allie Soderberg and photo bomber Jolynn Corkrean at the Winterset varsity basketball game on Feb. 3.



Brock, Sky and Blake Smothers at pickleball league on Jan. 23 at Winterset High School.



Grant Feuring at the Winterset varsity basketball game on Feb. 3.



Jen Orton, Esther Ryneanson and Patty Ryneanson at the Winterset varsity basketball game on Feb. 3.



Whitney Messerschmit and Tammy Garrison at the Chamber Coffee at Union State Bank, hosted by Midwest Land Group on Feb. 18.



Anthon Sinclair and Janet Williams and Deb Field at the Chamber Coffee at Union State Bank, hosted by Midwest Land Group on Feb. 18.



Felicia Weeks and Brittany Hilsabeck at the Chamber Coffee at Union State Bank, hosted by Midwest Land Group on Feb. 18.



Stacey Lowe Michelle Mcnamara at the Chamber Coffee at Union State Bank, hosted by Midwest Land Group on Feb. 18.

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