

WINTERSET

MAY 2022

# Living

MAGAZINE

## Dealing with **ALLERGIES**

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their coping  
strategies

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WHERE THEY ARE NOW

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WELCOME

## HOW DO you carry the load?

Nasal congestion. Runny nose. Sneezing. Drowsiness. Itchy eyes.

If you suffer with these symptoms, or if you have seen any of the seemingly thousands of TV commercials for products that claim to lessen them, you know by now that I am referring to allergies.

I realize some of you who are reading this have dealt with allergies all your lives. I also realize some of you only began to be faced with these in your adult years. Either way, most of us recognize allergies are more common today than in generations past. But why?

Is it something in the air we breathe? The soil our foods come from? The water we consume?

Or do we just whine about these things more than our grandparents did?

Or maybe, just maybe, all that advertising really works in convincing us that we need to do something about allergies. Americans have spent more than \$8 billion per year to deal with how our bodies respond to foreign substances. Yes, \$8 billion.

If you can relate, you are not alone. According to the Allergy & Asthma Network, one in five Americans have been officially diagnosed with allergies, about 4 million work days are missed per year because of them, and more than 50% of allergy sufferers say this impacts their daily quality of life.

More than likely, I am preaching to the choir. But what do we do about it?

Football player, coach and analyst Lou Holtz said, "It's not the load that breaks you; it's how you carry it." With that in mind, we dedicate this month's cover to the stories of local residents and what they are doing to lessen the impact of allergies on their daily lives.

Thanks for reading. ■



**SHANE GOODMAN**

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



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## FEATURE

Riggs Lundgren manages to keep his allergies and eczema somewhat under control with medication, soap and lotion his doctor recommended.

# Dealing with ALLERGIES

**Residents share  
their coping  
strategies**

**By Lindsey Giardino**

While many of us are enjoying warmer temperatures, refreshing breezes and spring outdoor activities, others are suffering. Coughing, sneezing, itchy eyes, runny nose, scratchy throat. Yep, it is allergy season, and the one in five of us allergic to pollen is battling the annual onslaught. Others must take care not to eat certain foods for fear of getting hives or rashes — or worse. While allergies are an inconvenience to many, they are life-threatening to others. More serious symptoms can include low blood pressure, problems breathing, and anaphylactic shock. For those suffering from allergies, the world is a bit more daunting, and they have to keep their eyes open for potential triggers.





## FEATURE

### Allergies don't hold Riggs back

Riggs Lundgren has struggled with seasonal allergies since he was 5 years old. His mom, Libby, thinks he's had them longer, but they became more pronounced when the family moved to the countryside of the Winterset area from their Beaverdale home.

In the winter, Riggs also deals with eczema on the backs of his hands and wrists.

"With the pandemic, he has been so good at washing his hands; his skin just gets so dry and sensitive to the soap at school and the basic brands we would buy," Lundgren explains.

She adds, West Des Moines-based Cornerstone Pediatrics and Family Allergy has provided great information for ways to help Riggs deal with his dry skin.

Doctors there recommended Dove White bar soap for his hands, Eucerin lotion to deeply moisturize his skin, and a topical cream to help when the eczema really flares up.

"However, of all the great advice, we had the best, fastest luck with a cold compress," Lundgren says. "Riggs will tell you it felt so weird, but when his hands were still kind of wet, lots of lotion, wrapped in a wet sock, then a dry sock over the whole thing. It was unreal how well that helped his skin."

For his seasonal allergies, Riggs has benefitted from taking Xyzal — which they call Tutti Fruity — every night before bed. When he gets really congested, a humidifier does the trick.

Lundgren says, right before springtime, usually late February, Riggs' allergies will start up, leading to a runny nose and sneezing. That's when they break out the Tutti Fruity.

Riggs and his family are fortunate enough to not have had to make major changes to their lifestyle due to his allergies.

Their advice to others dealing with similar allergies is that it's never too early to reach out to a pediatrician or get a referral for a specialist.

"Some children's medicines are better, or more effective, than others," she says. "And it's a relief to know we can trust the information and guidance we receive."

In the coming weeks, Riggs is especially excited to not have allergies hold him back.

"Thanks to being able to manage his allergies, Riggs cannot wait for Winterset Baseball to begin," Lundgren says.



Riggs Lundgren is eager for baseball to start, and, since he has medication, he can enjoy the sport without his allergies putting a damper on his time outdoors.

### Family deals with variety of allergies

For Kylie Gibson, dealing with allergies is nothing new.

"I have had allergies my whole life," she says. "I remember taking allergy injections as a kid after school, although mine are minor and environmental."

Typically, Gibson can fight her allergies off with over-the-counter medicine. Her three children, on the other hand, deal with food

allergies to tree nuts and raw eggs. One is allergic to penicillin as well, and they all suffer from environmental allergies.

"Unfortunately, we found out after they had ingested the food and had an anaphylactic reaction that required an ER trip," Gibson explains. "My middle child had been getting flu vaccines for years and never had an issue. Then, two years ago, her leg ballooned up. The following year she had no reaction, then this year she did. We had allergy testing done to



## 5 most common allergies

From Northeast Allergy, [neaai.com/5-most-common-allergies](http://neaai.com/5-most-common-allergies)

**1. Pollen:** Tens of millions of Americans suffer from pollen allergies. Every spring and summer, thousands of tiny pollen grains are dispersed in the air and can end up in your nose and throat, resulting in an allergic reaction.

**2. Peanuts:** A peanut allergy is the most common food allergy in children and the second-most common food allergy in adults. Differing from tree nuts in that they grow underground and are a kind of legume, peanuts can cause severe reactions in affected individuals.

**3. Tree nuts:** Tree nut allergies are another common food allergy in both children and adults, and fewer than 10% will outgrow it. Some types of tree nuts include walnuts, almonds, hazelnuts, pecans, cashews and pistachio.

**4. Shellfish:** Another common lifelong food allergy is a shellfish allergy. This allergic reaction is prompted by certain proteins in marine animals, including crustaceans (shrimp, prawns, crab, lobster) and mollusks/bivalves (clams, mussels, oysters, scallops, octopus, squid, snail.)

**5. Animal dander:** Animal dander is composed of microscopic flecks of skin shed by cats, dogs, rodents, birds and other animals with fur or feathers. Though animal dander is the prominent cause of pet allergies, proteins found in the saliva, urine and feces of certain pets can also cause allergic reactions. Since animal dander easily sticks to belongings, pet allergies can be triggered even when animals are not present. ■

find out she is indeed allergic to raw eggs but is able to eat cooked eggs.”

To address her kids’ allergies, Gibson treats them with over-the-counter medicines. They also visit an ear, nose and throat specialist. They’ve also used EpiPens, nebulizer treatments and a vaporizer.

“My children, usually my younger two, and myself have symptoms all year round and seem to be worse with weather changes and in the morning, as it has settled in their lungs all night,” Gibson says.

Gibson works in a hospital clinic and administers allergy injections frequently, so she keeps up to date on facts and figures.

“I try very hard to read labels and educate my children on reading labels and have educated my oldest on how to use the EpiPen if needed,” she says.

Her advice to others is to advocate for yourself and children and do what you feel is best.

“If allergy injections are the way to go for your kids, get yourself a hard sponge for kids to take with them when they get the injections. Squeeze their arm above the injection site when getting them, as this will take away the pain of the shot and they focus on the squeeze of the sponge.”

## Seasonal allergies nothing new

Maria Forgy has dealt with seasonal allergies most of her adult life, and they’ve increased as the years have gone by. Her main symptoms are sneezing, excessive



Maria Forgy manages to enjoy outdoor activities despite her seasonal allergies.

drainage, and itchy and swollen eyes. She typically suffers from the first sign of spring until the first hard frost.

To combat her allergies, Forgy has tried many oral antihistamines, inhalers, nasal sprays and chiropractic care.

“I probably don’t do as many things as I should to help the situation, because I love to be outdoors, and much of our free time includes outdoor activities,” she says.

“When I was younger, I did have to end up buying a vehicle that had air conditioning to help with the respiratory effects.”

For others dealing with seasonal allergies, Forgy shares the following advice:

“Try to start treating your symptoms earlier than later. The longer you let them go, the harder they are to get under control.” ■

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## 8 MISTAKES that can upend your retirement

Pursuing your retirement dreams is challenging enough without making some common, and very avoidable, mistakes. Here are eight big mistakes to steer clear of, if possible.



**1. No strategy:** Yes, the biggest mistake is having no strategy at all. Without a strategy, you may have no goals, leaving you no way of knowing how you'll get there — and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.

**2. Frequent trading:** Chasing "hot" investments often leads to despair. Create an asset allocation strategy that is properly diversified to reflect your objectives, risk tolerance, and time horizon, then make adjustments based on changes in your personal situation, not due to market ups and downs.<sup>1</sup>

**3. Not maximizing tax-deferred savings:** Workers have tax-advantaged ways to save for retirement. Not participating in your employer's 401(k) may be a mistake, especially when you're passing up free money in the form of employer-matching contributions.<sup>2</sup>

**4. Prioritizing college funding over retirement:** Your kids' college education is important, but you may not want to sacrifice your retirement for it. Remember, you can get loans and grants for college, but you can't for your retirement.

**5. Overlooking healthcare costs:** Extended care may be an expense that can undermine your financial strategy for retirement if you don't prepare for it.

**6. Not adjusting your investment approach well before retirement:** The last thing your retirement portfolio can afford is a sharp fall in stock prices and a sustained bear market at the moment you're ready to stop working. Consider adjusting your asset allocation in advance of tapping your savings so you're not selling stocks when prices are depressed.<sup>3</sup>

**7. Retiring with too much debt:** If too much debt is bad when you're making money, it can be deadly when you're living in retirement. Consider managing or reducing your debt level before you retire.

**8. It's not only about money:** Above all, a rewarding retirement requires good health, so maintain a healthy diet, exercise regularly, stay socially involved, and remain intellectually active. ■

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## INSURANCE

By Eric Johnson

# ABOUT life insurance

May 2 is National Life Insurance Day. Seems like a good time to share some life insurance information. We often get the following two questions: How much life insurance do I need? Should I buy whole or term life insurance?



### How much life insurance do I need?

There are many “needs estimators” available online. They all have common themes that the calculation should include: pay off your mortgage, replace your income, pay final expenses, pay for kid’s college, pay off debts, and donate to charity.

### Should I buy whole or term life insurance?

Whole life provides permanent coverage up to a specified age with access to a guaranteed cash value. Whole life insurance is often called “permanent” because you’re covered up to a specified age, usually 100 years and older for newer policies. If you live beyond this age, your coverage will end, but you will receive the cash value of your policy.

Whole life policies build cash value from your premium payments. Part of your payment covers your cost of insurance, and the rest goes towards building your cash value. Your cash value builds at the guaranteed interest rate assigned when you purchase your policy.

As the cash value builds, some customers use it as a loan to pay for college, homes, etc. This loan doesn’t require you to pay back the principle but will decrease the death benefit of your policy. Keep in mind you will be charged interest payments on the loan.

Term life provides coverage for a stated period of time. There is no cash value for term life policies. When you buy a term life insurance policy, you choose the amount of time you want life insurance coverage. Ten, 20 and 30 years are common options. When the term you select is over, you will no longer have coverage unless you choose to continue with costly yearly renewable term rates.

### Underwriting

In the past, most applications for a life policy would include a requirement to have a paramed exam that includes the recording of height, weight, blood pressure and pulse. The exam also includes the collection of blood and urine to be analyzed for approval of the application. Many carriers are now offering an accelerated underwriting process that eliminates the need for the paramed exam. This makes the process of obtaining a life insurance policy much easier and quicker.

I encourage you to reach out to an insurance agent with any questions you may have regarding your life insurance needs. Independent agencies can provide quotes from many of the top life insurance companies. ■

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



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## REAL ESTATE

By Alyssa Tadlock

## IT'S TIME for a spring spruce-up

Now that warmer weather is finally here, there are a few easy things you can do to make the outside spaces of your home more welcoming to potential buyers, first impressions being important and all.

- Sweep away all the old leaves from sidewalks and in corners and pick up any newspapers that may be lying around.
- Clear out last season's dead plants and grasses and cut away old growth so new growth is more noticeable.
- Fill planters and/or pots with bright spring flowers.
- Clean the windows and open the blinds and curtains. Letting the light in is so helpful in making a space seem larger and more cheerful.
- Set out and/or dust off deck furniture that may have been put away for the winter.
- Give your front door a fresh coat of paint. Use the same color and get rid of fingerprints or change it up.
- Snag a couple of clean spring doormats next time you're at the store. Consider one that says "Welcome Home."

Making outdoor spaces more inviting will increase the amount of living space your home appears to have, and potential buyers will be encouraged to see themselves living in their new home. ■

Info provided by Alyssa Tadlock, Madison Co. Realty, 65 W. Jefferson, Winterset. Licensed in Iowa, 515-313-1443, [alyssa.tadlock@icloud.com](mailto:alyssa.tadlock@icloud.com).



## AUTOMOTIVE

By Dawn Lauer

## SPRING maintenance

Here are six simple steps to ensure that your vehicle is prepared for road trips and weekend getaways.

- 1. Thoroughly clean the car,** inside and out. There's nothing like a good spring cleaning. A thorough wash and wax is the most important thing to do with your car once the winter ends.
- 2. Check your tire pressures.** Tire pressure is especially important in the spring. If you added air during the winter, it can lead to overinflation as spring temperatures rise, which can cause premature tire wear.
- 3. Inspect your wiper blades.** As spring starts and temperatures warm up, check your wiper blades for any signs of cracking or wear. You'll need those wipers for spring rains.
- 4. Check under the hood.** Specifically, have belts and hoses checked to ensure they aren't brittle or heavily worn. Check your coolant to make sure it's not too old — an important factor for avoiding overheating as temperatures gradually climb.
- 5. Check alignment and suspension.** Winter is known for being harsh on roads, which can be harsh on your vehicle. If you find yourself frequently traversing roads with huge potholes or rocks that have emerged from the asphalt, it could ruin your car's alignment or damage suspension components.
- 6. Check the filters.** Spring is also known for pollen and allergies. You can keep them out or minimize their presence in the cabin by replacing the filter in your climate control system. ■

Information provided by Dawn Lauer, Marketing Specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035. Source: [www.autotrader.com/best-cars/6-simple-spring-car-care-tips-248694](http://www.autotrader.com/best-cars/6-simple-spring-car-care-tips-248694).



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## FILLING a need

Soccer club works with community to provide positive program for youth.

The Winterset Area Soccer Club was incorporated as a nonprofit in 1995 with the goal of bringing the joy of playing soccer to the greater Winterset

area. Since that time, the club has partnered with organizations such as the Winterset Parks & Recreation Department, volunteers, members of the community and the Iowa Soccer Association to provide a quality soccer-playing environment for the city. The club also works to develop a volunteer network to help support soccer within the community as well as help provide a safe and healthy competition for Winterset youth.

"We love working with children and young adults to help them grow their love of the game and their soccer skills. We begin working with children as young as 4 years old and continue to invest in — and support — them until they graduate from high school. We get to see so much growth in confidence, teamwork and the development of life-long friendships as the kids bond over their love of soccer," said a statement from the Winterset Area Soccer Club.

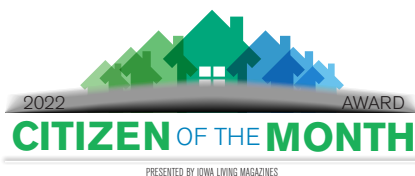
Winterset Area Soccer Club is a good citizen not only for filling a need within the community but also for working with local citizens and businesses to have a positive impact. Throughout the years, the Winterset community has supported the soccer club in many ways. This includes business sponsorships, parents volunteering as coaches, local youth working as referees, and the Winterset Parks & Recreation Department helping maintain the soccer complexes.

"We have the best community in the world. Winterset has been great about supporting the Soccer Club," said the Winterset Area Soccer Club statement.

As a local nonprofit, the Winterset Area Soccer Club has also been a good citizen through some of its outreach programs. The high school Silver Cord Program, for example, provides students the opportunity to volunteer to line fields or partner with parents to help coach youth soccer teams. The club also provides young players the opportunity to support the high school soccer teams by being ball kids or attending a high school game for free.

In addition, the soccer club hosts soccer swap events where parents and players can bring equipment they no longer use and swap it for different sizes at no cost. The goal of this program is to make the game of soccer accessible and affordable to all.

"The best part about helping with the Winterset Area Soccer Club is seeing the kids grow in confidence as they continue playing with our Club," the statement said. "There is nothing better than seeing kids enthusiastically high-five their teammates when they have a big kick — or fall on the ground in the act of hugging a teammate who just scored (even if it is in the wrong goal sometimes). It gives everyone watching the best feeling and spreads joy and excitement for the game of soccer." ■



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# KEEPING your dentist up to date

Your dentist needs to know about your past or current illnesses and medication use. Some general health conditions and medications can affect your oral health, and your oral health can affect some general health conditions.



Dentists may ask you about your health history, including conditions such as heart or blood conditions, cancer, eating disorders and infectious diseases.

Dentists also ask about your overall health because some of these conditions can affect your mouth. For example, eating disorders can affect the gums and teeth, especially if the patient is vomiting often. The acid in vomit can wear down the hard outer layer of enamel on teeth.

Some health conditions may be affected by oral health. Diabetes is a good example. Several oral diseases tend to be more common in people

who have diabetes, such as gum disease, dry mouth and a fungal infection called thrush.

Furthermore, people with type 2 diabetes who have gum disease may have more difficulty controlling their blood sugar levels.

Then there are conditions that occur at the same time but do not really seem to affect one another. For some conditions, it is more likely they share the same risk factor. For example, research suggests some people who have heart conditions also tend to have gum disease. The researchers cannot say whether one condition causes the other, but they know the conditions share risk factors. Smoking increases the risk of both heart and gum disease. This is another reason why dentists might ask about your behaviors and habits.

## Medication history

Medications can also affect your oral health. Let your dentist know what you are taking and what you are allergic to. Be sure to include prescription medications, over-the-counter drugs you buy without a prescription, vitamins

and herbal remedies.

It is estimated more than 400 medications cause dry mouth. Not only can this be uncomfortable, but a low saliva flow also can increase your risk of cavities. If you are taking a medication that causes dry mouth, your dentist may work with your physician to see if there is another medication you can take instead. If that is not possible, your dentist may suggest you use an artificial saliva.

## Summary

It is important to inform your dentist about your general health and any medications you are taking. Sometimes your general health or medications can affect your oral health and vice versa. Providing your dentist with an up-to-date and complete health and medication history can help your dentist care for you. ■

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

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## HEALTH

By Dr. Stuart Hoven

### IT'S ALLERGY season

As spring begins, many people feel relief as warmer weather is on its way; however, for many others, spring also brings about the dreaded arrival of seasonal allergies. It is estimated that allergies affect about 50 million Americans and cost more than \$18 billion annually. For the less-fortunate, allergies can cause life-threatening complications, but, for most people, allergies present as a mild annoyance such as a skin rash, runny nose, watery eyes or irritating cough. For the majority, chiropractic care could provide relief.



Allergies occur when the body recognizes an environmental chemical or substance that enters the body as foreign. Our immune systems recognize these substances and create an inflammatory response to expel it from the body. Since the immune system and nervous system are closely interrelated, one explanation for these hypersensitive immune responses is an improperly functioning nervous system due to spinal misalignments.

These misalignments, also known as vertebral subluxations, cause irritation to the surrounding nerves and tissues and disrupt the vital communication to the brain and body. Chiropractors specialize in the removal of these disturbances to the nervous system. While chiropractors don't directly treat allergies, countless patient testimonials and published research show it as an effective solution for allergy symptoms. ■

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

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DR. STUART HOVEN  
DR. BRANDON DOLIN

## HEALTH

By Lance Andersen

### THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations." At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.



I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read "Full Catastrophe Living," by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

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

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## WINTERSET native makes mark

Colby John now a wedding dress designer and bridal boutique owner

Colby John has worn many hats in his life — a couple of which have led to big success, helping put Winterset on the map.

Colby John (Crase) grew up in town and graduated from Winterset High School in 2012. At the age of 8, he watched a group of kids perform their gymnastics routine at the Madison County Covered Bridge Festival. The performance captivated him, so his parents, Todd and Tammy, signed him up for gymnastics at a local gym. He remained active in the sport for the next decade or so, achieving a number of accomplishments along the way as he competed on the U.S. National Team at events across the nation.

After high school graduation, Colby John moved to Florida for college with the intent to one day practice medicine. He quickly found out the field wasn't for him. During semester break, he moved back to Winterset and was hired by a bridal store in the Des Moines metro — a job that kick-started his career in the industry as he discovered a passion for working with brides.

Over the next few years, he expanded his skills and knowledge of all things bridal, eventually buying his first bridal boutique in Minneapolis in August 2017. He designed the initial collection of his namesake wedding dress label that month, too.

By the end of that first year, Colby John gowns were sold in 40 bridal stores throughout the United States. Two years later, he bought Flutter Bridal Co., another high-end bridal store in downtown Minneapolis, which is opening a couple franchise locations this year — one in Dallas and another in Nashville.

The Colby John brand is now sold in almost 200 stores around the globe, and Colby John's collection showed at New York Fashion Week this past September.

His list of accomplishments goes on, but one thing Colby John has appreciated over the years is being able to design for people from his hometown.

"I've had friends from Winterset who've come up, and I've designed wedding gowns for girls I went to high school with, which is awesome," he says.

Recently, his fifth-grade teacher came to visit his store, as did his second-grade teacher a



Colby John (Crase), a 2012 graduate of Winterset High School, has found success with his wedding dress designs.

couple years ago — an extra special surprise.

"I learned cursive in second grade, and I learned how to write my signature then," Colby John says. "My signature is now trademarked and the logo for my brand."

When his former second-grade teacher visited him in Minneapolis, he told her people would come up to him at bridal markets and ask what font he used for his logo. He explained to them it's his own signature. They'd be amazed and ask how he learned to do it.

Colby John recalls, as he told his teacher this story, he noticed her subtly wipe away tears from under her sunglasses.

It's moments like these that tug at Colby John's heartstrings. And while he never thought he'd end up where he is today, he feels everything has come full circle.

"I was a rodeo kid first," he says. "Then I was a gymnast, then I was a cheerleader aspiring to be a doctor, then I left college altogether and ended up designing wedding gowns and owning businesses." ■





## A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – [www.frankenforiowa.com](http://www.frankenforiowa.com) – and join the campaign that brings people together to solve problems.



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## A DELIGHTFUL picnic starts with a stellar sandwich

*(Family Features)* Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit [readsalads.com](http://readsalads.com) and [auntnellies.com](http://auntnellies.com). ■

### Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

#### DIRECTIONS

- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



### Bean, tortellini and pesto salad

Servings: 6

- 2 cans (15 ounces each) READ 3 or 4 Bean Salad
- 1/4 cup prepared basil pesto
- 1/2 teaspoon salt (optional)
- 1 package (9 ounces) refrigerated tortellini
- grape tomatoes (optional)
- halved cherry tomatoes (optional)
- chopped bell pepper (optional)
- thinly sliced green onions (optional)

#### DIRECTIONS

- Drain bean salad, reserving 1/2 cup liquid. In bowl, combine reserved liquid, pesto and salt, if desired; set aside.
- Cook tortellini according to package directions; drain, rinse in cold water and drain again. Add pesto dressing; toss to coat. Add grape tomatoes, cherry tomatoes, bell pepper and green onion, as desired. Toss with bean salad.
- Serve at room temperature or chilled.



## EVENTS IN THE AREA

Be sure to check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### John Wayne Birthday Celebration

May 28-29

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. Movie and television personality Barry Corbin is expected to return to Iowa for the celebration, multiple screenings of "McLintock!" starring John Wayne will be presented at the Iowa Theater, and award-winning Western recording artist Carin Mari returns as the musical headliner. For a full schedule, or to purchase tickets, visit the John Wayne Birthplace Museum website, [www.johnwaynebirthplace.museum](http://www.johnwaynebirthplace.museum).



### Winterset Wine Walk

May 7, 2-7 p.m.

Get ready for the Winterset Wine Walk. Join the Madison County Chamber of Commerce, downtown Winterset merchants, and area wineries for shopping, wine sampling, music and more. Must be 21 years of age or older to participate; wristbands will be required. New this year: 50 tickets for each half hour of the event will be available in order to spread out attendance. Register at [madisoncounty.chambermaster.com/eventregistration/register/2121](http://madisoncounty.chambermaster.com/eventregistration/register/2121).

### Art classes

Various dates

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

The Winterset Art Center offers

a variety of arts programs for all ages and skill levels.

Try your hand at ceramics, fiber arts, drawing, painting, creative writing, and more. June camps will

be Pottery Sculpture Summer Art Camps and Pottery Wheel Camp. In July, Draw and Paint Camp is offered. For dates, more information and registration, visit [www.facebook.com/WintersetArtCenter/events/](http://www.facebook.com/WintersetArtCenter/events/). All classes and camps are designed to be inclusive, accessible and fun.



### Airing of the Quilts

June 1-4

Madison County

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

### Celebrate the Fire Department's 150th anniversary

June 4, beginning at 9 a.m.

Winterset Volunteer Fire Department invites the community to celebrate its 150 years.

A family-friendly event will be held

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



### Happening at the library

The Winterset Public Library has several ongoing events. Look for these regularly scheduled events.

- Messy Munchkins: This program is held every Thursday from 10:15 to noon and is designed for children ages 0-5 years old. It will run through May 26 as of right now.
- Story Time: Meets every Wednesday from 10-10:30 a.m.
- Game On: Designed for ages 10-plus and meets every Monday from 3-5 p.m.
- Chess Club: Thursdays, 5-7 p.m. All ages and experience levels welcome.

### Fight For Air Climb

Saturday, May 7

Principal Park

With a father living with asthma and a mother suffering from COPD, respectively, Jeremy Brogaard and Daniel Martinez, Jr. from the Kanawha Fire Department are raising awareness and funds to help eliminate lung disease. These local heroes will climb 834 steps up to four times in their 50-pound firefighter gear at the American Lung Association in Iowa's Fight For Air Climb, presented by EMC Insurance Companies. The Des Moines Fight For Air Climb attracts hundreds of climbers from across Iowa who step up to increase awareness about, and funding to end, lung cancer and lung disease, including COVID-19, through lifesaving research, local programs and advocacy. For more information and to register, visit [FightForAirClimb.org/DesMoines](http://FightForAirClimb.org/DesMoines).



## EVENTS IN THE AREA

Be sure to check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### Farmers Market/Music in the Junction

Thursdays, May 5 through September, 4-8:30 p.m.  
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. The May 5 Music in the Junction features the band 3 On The Tree. May 12 is Rescue Dogs. May 19 is the Dick Danger Band, and May 26 is Blacktop.

June entertainers are: June 2, Punching Pandas; June 9, Anthony Koester; June 16, Fahrenheit; June 23, Rhythmatics; June 30, Jimmy the Weasel.

### Downtown Farmers' Market

Saturdays starting May 7

Des Moines Historic Court District

The Des Moines Downtown streets will be filled with live music and the smells of fresh, local food when the Downtown Farmers' Market presented by UnityPoint Health – Des Moines returns for its opening day on Saturday, May 7. The Market takes place every Saturday morning from May through October. Hours are 7 a.m.

to noon, with a later start time during October when hours are 8 a.m. to noon. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.



### Kites on the Green

Saturday, May 7, 10 a.m. to 5 p.m.

Johnston Commons

A day of family fun is offered at Kites on the Green. Make kites, fly kites and watch kites. Giant show kites will be flying, and kite battles will be raging. Other fun includes an inflatable obstacle course, food, live music and Bol racing. Be sure to stop in for a tour of the 1902 Simpson House Museum and visit with police and firefighters and enjoy Rain Campaign activities west of the library. For more information, visit [cityofjohnston.com/kitesonthegreen](http://cityofjohnston.com/kitesonthegreen).



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## EVENTS IN THE AREA

Be sure to check for cancellations

### Festival Cinco de Mayo

Saturday, May 7, noon to 10 p.m.  
Historic Valley Junction, Fifth Street,  
West Des Moines

Celebrating the Mexican heritage of many railroad workers during the establishment years of Valley Junction, this festival is an opportunity to recognize the Mexican community that helped James Jordan's vision of bringing the railroad to the Des Moines area become a reality. Enjoy Mexican food, artwork, live music, dancing and family activities. The Cinco de Mayo King and Queen will also be announced.



### 'Pippi Longstocking'

Through May 8  
Des Moines Playhouse,  
831 42nd St., Des Moines

Follow the adventures of a freckle-faced, mismatched-stockinged, red-pigtailed girl named Pippilotta Delicatessa Windowshade Mackrelmint Ephraim's Daughter Longstocking — or "Pippi" for short. She lives on the outskirts of town in a ramshackle house, with a horse on the porch, a monkey in the kitchen, a pirate captain father and an angel of a mother. The Kate Goldman Children's Theatre presents "Pippi Longstocking." Purchase tickets and find more information at [www.dmpplayhouse.com](http://www.dmpplayhouse.com).



### Choral Masterworks: Glory, Remembrance & Hope

Saturday, May 14 at 7:30 p.m.  
St. Ambrose Cathedral

The Des Moines Choral Society will perform music centered around the themes of glory, remembrance and hope and includes two choral-orchestral masterworks: Bach's "Gloria in Excelsis Deo" (a three-movement cantata with movements taken from the B-Minor Mass) and Brahms' beloved "Nänie." Selections from Runestad, Kirchner, Esenvalds, and others will also be performed. Tickets can be purchased at the door or online at [www.dmchoral.org](http://www.dmchoral.org).

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**Caitlin Clark**  
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**Dog Days**  
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**SCAN TO BUY TICKETS**



## BEAUTICIAN

By Annie Wiseman

### DO WE really need a trim every 6 weeks?

The purpose of regular trims is to keep the ends of the hair healthy so we can grow it, color it and style it. If we don't get regular trims, the hair splits and can break off, leaving the ends straggly looking. It's actually important to trim your hair while you are growing it out for length. I tell people that getting a trim is equal to filing your finger nails. When one files their nails, they don't lose length, it only makes the nail smooth. If you didn't file your nails ever, they'd snag on things and tear off, making it impossible for the nails to grow long and strong. It's similar with our hair. Little trims keep the hair strong and ready to withstand abuse so it can grow long.

Fine-haired people need a nice, blunt edge to maximize fullness. Their hair is more easily susceptible to breakage, thus needing frequent trims. For thick-haired people, hair grows out of its shape due to the bulk and volume they have. Frequent trims (and thinning out) keep their hair under control, making it easier to manage.

Give your favorite stylist a call today; your everyday look insists. ■

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](mailto:salon107style@gmail.com).



## EDUCATION

By T.K. West

### ENVIRONMENTAL Club focuses on recycling

Winterset Junior High School students create group.



Members of the Environmental Club focused on recycling this year and are discussing projects for next year.

Winterset Junior High School students recently created an Environmental Club with the intent of offering recycling to classrooms. The club, which was created this year, currently has 10 to 15 students who actively participate. Any student interested in joining the club is welcome to attend meetings which take place Tuesdays and Thursdays during WIN time.

"This club brings awareness to the Earth but it also lets us get to work with our friends on things," says club president Bailey Eller.

The club's main activity this school year has been weekly recycling. Throughout the year, members have visited each classroom and emptied the recycle bins made at the beginning of the year.

The club also planned a dance fundraiser held April 1 at the junior high. For the fundraiser, students met with the principal to make arrangements, helped set up a DJ, recruited chaperones, made advertisements, sold tickets, and decorated and cleaned up the gym. In the end, the club had more than 180 students attend the dance and raised more than \$1,000.

"It allows us to help the Earth and have fun while we are doing it," says club treasurer Aryana Woollums.

"It gives us a break from our school work," adds club secretary Kylie Nelson.

Discussions are currently underway about how the funds from the dance will be used. Some ideas the students are considering include, but are not limited to, donating the money to the Madison County tornado victims, planting trees, planting a butterfly garden, starting a composting program, and possibly working with other classes or school programs to establish a school or community garden.

The club also aims to increase membership moving forward and possibly expand to the high school level as members move on to high school.

"It's really nice to see these kids stepping up and demonstrating leadership. They feel good about doing something to help the environment, and they're having fun working together and coming up with potential future projects," say advisors Jenna Murphy and Jill McDonald. ■

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## WINTERSET Public Library news

Several events for children are happening at the Library. Some are ongoing and some are one-time events.

• **Messy Munchkins:** This program is held every Thursday from 10:15 to noon and is designed for children ages 0-5 years old. It will run through May 26 as of right now.

• **Storytime:** Meets every Wednesday from 10-10:30 a.m.

• **Game On:** Designed for ages 10 and older and meets every Monday 3-5 p.m.

• **Chess Club:** Thursdays, 5-7 p.m. All ages and experience levels are welcome. ■





## BEEKEEPERS help in ‘swarm season’

Did a colony of honey bees move in when you weren't looking? May is “swarm season” for beekeepers. Ben Hokschi, who manages swarm calls for the Des Moines Backyard Beekeepers club, captured swarms almost every other day in the area during May 2021.

When a colony of honey bees outgrows its space, the bees prepare for a new queen to stay at their current space while the old queen takes off with half of the colony to find a new home. Before the bees find their spacious new home, they may rest in a tree, on a lamp post, or something similar. This resting group of bees is called a swarm.

Anyone spotting a swarm of honey bees is encouraged to call a beekeeper to collect and relocate them to an appropriate place. Sending images is especially helpful. Hokschi investigates many swarm calls, and when he can't get to the site, he turns to a list of beekeepers who can.

“May is our busy season,” says Hokschi, and adds that swarms must be captured as soon as possible for best results. “The bees will leave after they've had some time to rest, sometimes as short as an hour, so getting a call as soon as the swarm is discovered helps us a lot.”

To report a swarm of honey bees, call and send a text to Ben at 319-830-8632.

Non-beekeepers can assist honey bees by calling beekeepers when they see swarms, and they can also support a diverse bee population through habitat. Julia McGuire, founder of the Des Moines Backyard Beekeepers club, encourages land owners to grow more native pollinator plants as well as leaving some bare ground. Native and honey bees will use bare ground, hollow stems, and native flowers when available. A small segment of the bee club recently received a ChangeX Pollinator Habitat grant, which enabled beekeepers to purchase



“Anyone can help bees without becoming a beekeeper,” says Julia McGuire, founder of the Des Moines Backyard Beekeepers club, shown removing a bee colony. Photo by Ella McGuire

and soon install more than 400 such plants. “While we're just now benefiting from that tree we planted 10 years ago, establishing beds of native habitat show an almost immediate benefit,” McGuire states.

The Des Moines Backyard Beekeepers Club was established in 2010 to support education activities for hobby beekeepers. For more information about beekeeping and the Des Moines Backyard Beekeepers club, contact Julia McGuire at [julia@juliecache.com](mailto:julia@juliecache.com) or [www.desmoinesbackyardbeekeepers.org](http://www.desmoinesbackyardbeekeepers.org). ■



# CARE tips for spring emerging bulbs

Spring has sprung. Hopefully you have already seen a few bulbs emerge like the small but mighty crocus (pictured). They were the first to arrive in my garden beds last week. I have told my family that I have a personal goal to plant 100 bulbs in my yard every year. They questioned my sanity of course and said, "Dad, our yard cannot compete with the famed Pella, Iowa." Well, we will see about that. I started this personal goal during the pandemic as a way to have something to look forward to every year as I was suddenly having to do everything from home, both work and life. This was something to focus on as we faced many challenges during that period.

Now, on to some care and maintenance tips for those emerging bulbs.

**First tip:** Leave them alone for the most part as they are doing some hard work to break



out of their underground winter holding. If you disturb them too much, this will cause the roots to break or the actual bulb to be damaged. A damaged or broken bulb will not produce the beautiful flower it spent all fall and winter preparing for.

**Second tip:** Remove the fading blooms to promote additional blooming, otherwise the bulb will spend time trying to produce seed instead of focusing on next year's blooms.

**Third tip:** It is best to leave the foliage until well after it has bloomed and turned brown or just don't cut it off at all.

**Fourth tip:** In general, in Iowa, if you have well-drained soil, only fertilize just as they start to bloom, otherwise it is best to fertilize when you plant them. In preparation for next year, as your bulb's blooms fade but the leaves are still green, you can consider dividing your bulbs. If you are looking forward to planting more bulbs next year, you may want to take some photos of your blooming bulbs and their locations, as this will give you an idea of where you can plant



new bulbs to ensure you don't damage already planted ones.

Remember, "Spring work is going on with joyful enthusiasm." — John Muir. ■

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

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## OUT & ABOUT



Stacey Lowe and Rachel Riley at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



Terri and Terry Kuhns at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



Pat and Heather Riley at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



Sue Crosby, Tim Crosby and Becky Faust at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



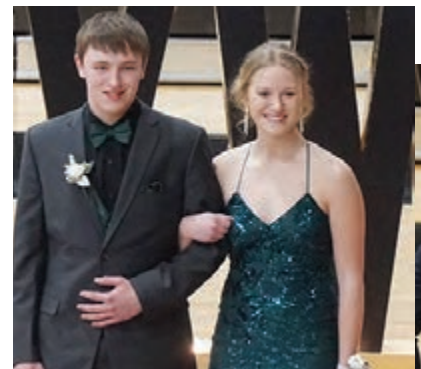
Mark Hollingsworth, Jeff Nolan and Terry Cowman at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



Maverick Frees and Michael Murray at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



Bill Moody, Erin Harmon, Leslie Allen and Brooke Sutphin at the Madison County Chamber of Commerce ribbon cutting for Rainbow International on April 7.



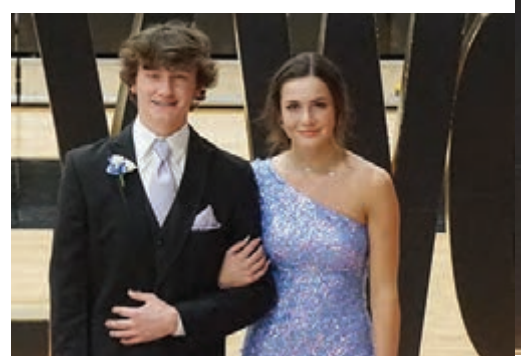
Tommy Benshoof and Baily Acton at the Winterset High School prom grand march on April 9.



Ethan Easter and Halle Hoefing at the Winterset High School prom grand march on April 9.



Cade Carter and Makenzi Allsup at the Winterset High School prom grand march on April 9.

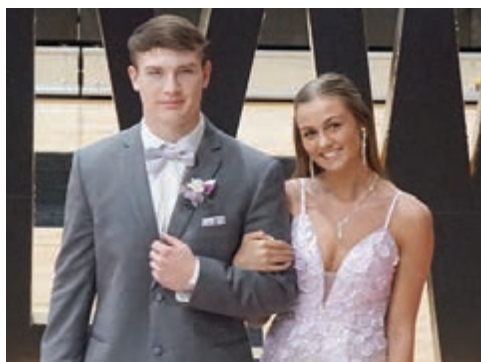


Bryce Buckalew and Gracie Briney at the Winterset High School prom grand march on April 9.



# PROM Grand March

The Winterset High School prom grand march was April 9 at the High School.



Luke Briney and Kayla Barnes



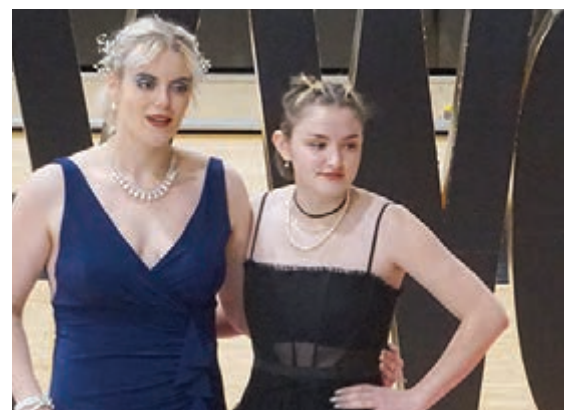
Cael Carter and Hannah Dierks



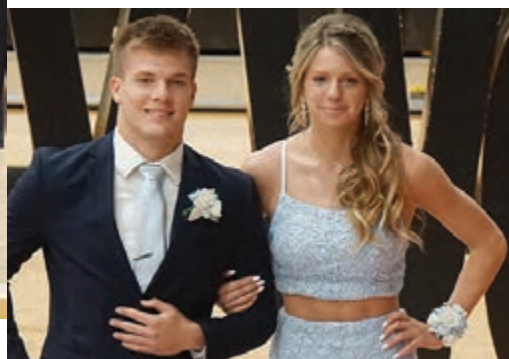
Kael Blanchard and Anna Floden



Carter McMurry and Grace England



Mary Lininger and Selah Reels



Caden Kleemeier and Darci Wiseman



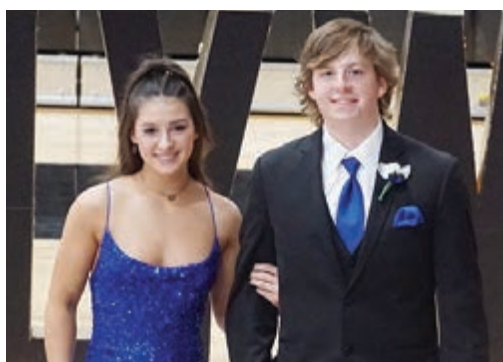
Seth Bazley and Alexis Wilcox



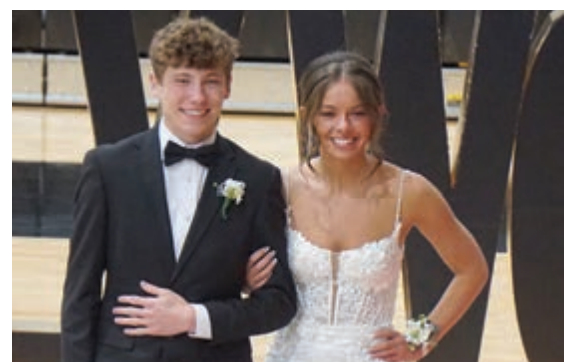
Kaden Hudek and Kiersten Blazek



Keegan Jensen and Kacie Feldmann



Tara Vandewater and Jake Porter



Levi Gurwell and Delaney Hargin



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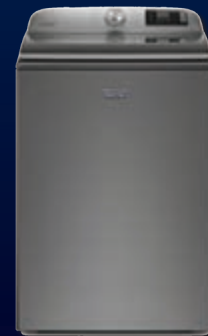
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