

WINTERSET

OCTOBER 2022

Living

MAGAZINE

Celebrating HISTORY and COMMUNITY

Madison County Covered Bridge Festival bigger and better

Meet Cody Nelson

EDUCATION

Jalapeño bacon and salsa biscuit bites

RECIPE

Committee fundraises for inclusive playground

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WELCOME

MAKE memories at Covered Bridge Festival

When I would talk with my 86-year-old mother, she would frequently tell me how bored she was. I couldn't help but think about what she used to say to me when I was a teenager and told her I was bored. I usually ended up with a paint brush or a rake or a lawn mower in my hand. When I reminded Mom of this, she replied how much she wished she was able to do those things again.

The reality is that many of our lives are now filled with events and activities and tasks that eat up most of the minutes of our days. And, as such, we come up with excuses why we can't do so many of the things that we previously said we wanted to do. Sound familiar?

Well, memories don't just happen. We make them, and the best ones are usually with friends and family at various events. You are likely thinking of some great memories right now.

So, with that in mind, I encourage you to make a commitment this year to attend the Madison County Covered Bridge Festival. While you are at it, lean on your friends and family to do the same.

As a Winterset resident, you likely know that this event is not all about the historic bridges. The phrase "something for everyone" is often overused when describing community festivals, but it rings true with the Covered Bridge Festival. Most importantly, this event brings people together from all ages and backgrounds in a positive way.

I want to thank all who work to make this event happen. Their commitment to improving the community through opportunities like this is greatly appreciated.

Family fun, car show, tours of bridges and museums, the music and the food are all great, but don't forget the most important thing: memories.

Make yours this year at the Covered Bridge Festival. Look inside for details.

Thanks for reading. ■



SHANE GOODMAN

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



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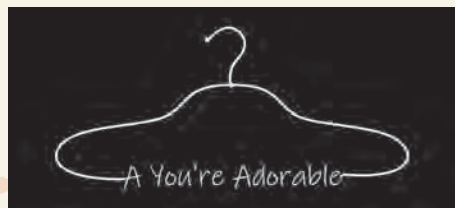
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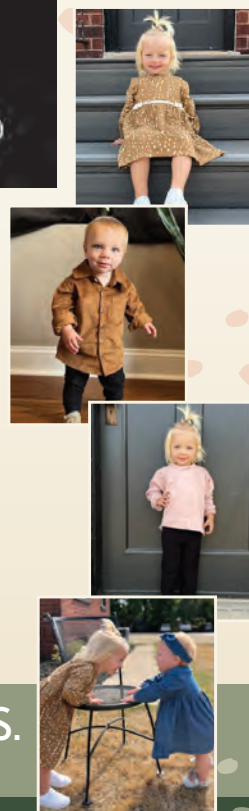
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FEATURE

Celebrating HISTORY and COMMUNITY

Madison County Covered Bridge Festival bigger and better

By Lindsey Giardino

Temperatures have turned cooler. Trees on the scenic hillsides and along the country roads are showing their fall brilliance. The time is perfect for viewing the Covered Bridges of Madison County — and for the festival that celebrates them. The Covered Bridge Festival returns on Oct. 8 and 9, with a variety of events being held both days from 9 a.m. to 5 p.m. Admission to the event is \$3 or \$5 for two. Children 11 and younger can attend for free.

Vendor booths have been a part of the Covered Bridge Festival since the first year it was held, more than 50 years ago.

FEATURE

Tractor ride kicks off events

The festival officially kicks off the morning of Friday, Oct. 7 with the Annual Covered Bridges of Madison County Antique Tractor Ride starting at the Madison County Fairgrounds. Another ride will be held Saturday morning as well. These rides offer people the opportunity to drive their tractors on a slow-paced tour of the bridges. Led and organized by Curtis Saveraid, the tour visits all the bridges on Friday, and, on Saturday, takes a leisurely ride down country roads.

Saveraid's father started the ride years ago in conjunction with the festival. Although he passed away in 2011, the family has kept the tradition going.

"We're a rural community, and farming feeds all of us, and we depend a lot on the farmers," Saveraid says. "It's kind of a tribute to them. It gives them something fun to do."

In the past, typically 45 to 60 tractors show up for the event, and Saveraid says it should be a similar turnout this year.

Saturday fun starts early

Festival fun gets going early on Saturday morning from 6-11 a.m., when the Winterset Firefighters Association hosts its pancake breakfast at the Winterset Fire Station. Come chow down for \$8; kids 3 and younger can eat



Among the many festival attractions is the car show.

for free.

At 9 a.m., lace up your running shoes for the Covered Bridge 5K walk/run at the Cutler-Donahoe Covered Bridge in Winterset City Park. The kids' event starts just prior at 8:45 a.m.

At 10 a.m., the annual horseshoe tournament, held at the Madison County Fairgrounds, begins. The entry fee is \$10.

With the kids in mind

For this year's festival, event organizers were extra mindful about kids' activities and entertainment.

The festival is back to having two stages — the Penrod Stage and the Bengé Stage. The Penrod Stage will be geared toward families, with activities for kids, multiple performances by the dance teams/studios of the surrounding area, and other musicians from around Madison County.

"These performances by members of our own community have always been a big part of the festival, and we are super grateful to be able to bring that back," says Brenden Pugh, who is in charge of organizing the entertainment for this year's event. "Having a dedicated stage provides a great opportunity for these younger performers to be in front of a crowd and hone their skills. Winterset has always been a great home for the arts, and we're glad to be a part of that."

The Bengé Stage will host many professional acts from Iowa.

"It was important for us to really offer a wide range of music styles, and that is reflected well in the lineup, I think," Pugh says. "We have some bar band blues, pop music, a jazz trio and lots more. There really should be something for everyone."

Amara Huffine, executive director of the Madison County Chamber of Commerce, agrees.

"We have a really good line-up this year with our headliner being the Retro Gold Band.



The festival has people dancing in the street — literally.

FEATURE



Demonstrations educate and entertain festival attendees.

We're excited to have them for the first time at the festival.

"We also made children's activities a priority," she adds. "We want to ensure those with kids have something for them to do."

Throughout the day, an abundance of such activities will be offered on the Madison County Courthouse Square. These include a visit from the Blank Park Zoo, costume contest, face painting and ticketed midway filled with inflatable fun — like a mechanical bull and paddle boat ride — for all ages.

"This year, we have grown our festival," Huffine says, noting the festival grounds have expanded, especially because 150 vendors are signed up. "I'm really excited about just the variety of vendors that we have."

She also predicts the festival will have a bigger turnout than even last year.

Tours, parade and more

The staples return for the festival. The farmers market and tours of John Wayne Birthplace and Museum are again included. The Iowa Quilt Museum on Court Avenue will feature "Fiber Art Now's 2022 Excellence in Quilts" exhibit.

Throughout the day, folks can take part in two-hour guided tours of the covered bridges, hosted by the Winterset Rotary Club. The Madison County Historical Complex will also host the Passport to the Past with activities like horse-drawn wagon rides around the complex, penny candy at the Field Mercantile and historical Bevington mansion tours.

The well-loved Covered Bridge Festival annual parade will begin at Winterset High School at 3 p.m. on Sunday. The route heads north on Eighth Avenue before turning east on Court. The parade wraps up near City Park.

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FEATURE

the Annual Madison County Car Show.

And that's not all. Other activities include a Civil War skirmish, spelling bees, nighttime Civil War cannon firing and more. Plan for a busy weekend enjoying the myriad of offerings.

Five decades of fun

The first Madison County Covered Bridge Festival was held more than 50 years ago. The first iteration in 1970 was a small event started by a group of local residents. Over the years, it's grown in scope and size and is now organized by the Madison County Chamber of Commerce.

Some things have not changed, though. Tours of the bridges are held throughout the weekend, and folks can still visit craft booths, as they did at the original event. There's still an array of demonstrations and old-time activities that people can take part in, too, like the antique tractor ride, sheep-shearing and more.

The unwavering focus of the event remains the same — it's all about celebrating community and history.

For more information and full schedule of events, visit <https://www.madisoncounty.com/covered-bridge-festival-2/>. ■



Festivalgoers can join tours of the covered bridges.



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A PLACE Milers call home

Even for the chickens



The Milers renovated a former dog kennel to create a shop on their property.

For years, Kris Miler and her husband, Todd, kept their eyes and ears open in search of a country property they could call their own.

Eight years ago, they found just the place. It's about 5 acres of land 8 miles outside town, just off Cumming Road.

"It's the perfect size for us," Miler says. "It was a good fit."

Although the home on the property looks like an old farmhouse, it's not. It was built 25 years or so ago with the charm of an old relic but convenience of new amenities. The home also has a gorgeous wraparound porch and timber surrounding it, which is a bonus, since both Milers enjoy hunting.

"And we were able to have chickens," Miler says. "That was something that was a deal breaker."

The couple has since added their footprint to the community by creating Speckled Hen Farms. It's a small produce farm and funky farm store located at 1578 North River Trail in Winterset. The business is in its fourth season



The Milers added a patio and enjoy hosting live music.

now, and Miler enjoys being able to provide fresh produce and a fun atmosphere to the community.

Speckled Hen Farms is actually located on a property they purchased from some now-friends of theirs. The previous owners ran the Airbnb that sits on the land, which also included an old, run-down dog kennel.

When they heard what the Milers hoped to do, they showed them the property, and her vision came to life. The couple ripped out the dog runs that were in the back, where there's now a patio perfect for hosting live music.

What was the fenced-in yard is now a pumpkin and squash patch, and the kennel itself is the farm store. Last month, the Milers purchased the Airbnb and are working on tying that into their business as well.

Miler's produce goes to CSA members, and she sells the remaining produce at her farm store.

"It's out in the middle of nowhere," she says of Speckled Hen Farms. "But that's kind of



Kris and Todd Miler enjoy country living.

the fun of it. Once people find out where we're at and know how to get here, they're pretty excited about it and seem to enjoy it."

And what she loves most about the Winterset community in general is the support all the way around.

"The people are so wonderful, welcoming and supportive," Miler says. "I think all the local business owners are on each other's side. And that's something I don't think you see in a lot of communities." ■

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REAL ESTATE

By Jennifer Stover

AT-HOME gym

Now that I currently have two bedrooms open (empty nester), I've been thinking about turning one of the rooms into a home gym. But, I'm not completely sure on where to start. I did a little research into home gyms to get me motivated and this is what I found out:



- **Thanks to technology**, there has been a huge uptick in livestream and YouTube workouts. This makes it possible to get the same workout as a gym but in your home.
- **A large swanky space expensively outfitted** with the latest cardio, weight training and core-enhancing equipment is not essential. In fact, it won't necessarily guarantee added value. If a buyer has no interest in working out, it will be the first thing dismantled.
- **Keys to help make a workout room suitable are:** good ventilation, natural or artificial light, good flooring — solid surfaces work the best. Add some mats if you are going to do floor work. Mirrors will give you immediate feedback, and they will also make the room feel bigger.
- **Keep the area organized.** This will keep you motivated to work out. Smaller items can be kept on shelves. A small table is a good spot for water bottles and towels. Yoga mats can be rolled up in the corner. Final touches can be posters, plants or candles. ■

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

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AUTOMOTIVE

By Dawn Lauer

TIME for fall car care

October marks Fall Car Care Month, one of two months each year that the Car Care Council brings attention to the importance of car care and preventative maintenance. It's an excellent time to prepare your vehicle before the cold temperatures and hazardous winter weather arrive. We suggest checking your brakes, battery, tires and heat in the fall before the temperatures drop to prepare.



Battery - Have the battery tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather.

Brakes - If there is any indication of a brake problem, have the system inspected by a certified technician to ensure all components are in good working order.

Tires - Replace any tire that has less than 3/32 inches of tread. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage.

Tire Pressure - Check tire inflation pressure on all four tires and the spare more frequently in fall and winter. As the average temperature drops, so will tire pressures — typically by one PSI for every 10 degrees Fahrenheit. Proper tire pressure levels can be found in the owner's manual.

Heating and Cooling System - Proper heating and cooling performance is critical for comfort and safety, such as defogging. ■

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

INCLUSIVE playground closer to reality

The fundraising goal of \$1 million has been reached.

The Play For All Playground Committee recently announced that fundraising for a new inclusive playground at Winterset City Park is complete.

The idea for the inclusive playground first gained momentum after Winterset Director of Parks and Recreation Sky Smothers spoke to the Winterset Rotary Club. After the presentation, a question was asked about the community's interest in the project. It was then learned that a local Rotarian experienced an inclusive playground and liked the idea of bringing one to the Winterset community. When Smothers informed the club that the current playground was at the end of its useful life, the idea started to gain steam and a goal to raise \$1 million was set in late 2019.

"Our goal is very simple: To provide a playground for everyone. Our community offers much for people with typical abilities. However, for people with special needs, we are lacking access to activities that they are able to safely enjoy," Smothers says.

An inclusive playground is designed to be fun for all levels of ability and maturity yet has features that benefit those with the most limited abilities and those recovering from injuries. Its features are also designed to stimulate multiple senses and promote wellness and healing. Because of this, the new playground project will consist of inclusive ramps, a merry-go-round, a zipline, a seesaw, adaptive switch technology, swings for all abilities and a safety surface throughout.

"No matter your ability, everyone should have access to a playground. The playground will add to the quality of life for people of all ages and abilities. The goal is to attract people in even greater numbers to visit the park and gain the health and wellness benefits a facility like this offers," Smothers says.

The Play For All Playground Committee fundraising effort was led by a group of eight Winterset Rotarians, which included Smothers, Dan Nielsen, Chris Bertelson, Heather Riley, Sarah Simon, Tom Leners, Robert Newton and Jim Mease.

With the support of the community, the committee announced in September that it was able to exceed its goal with a total of \$1,072,271 worth of contributions, pledges and gifts. The Play for All Inclusive Playground project is expected to be completed in 2023.

"With this new playground, families would no longer need to travel. Providing a playground where all children and families can find safe and inclusive activities to enjoy together demonstrates that Winterset is an inclusive community that values the unique abilities that we all have," Smothers says. ■



CONGRATULATIONS!



Felicia Weeks of Scot Clark Farm Bureau, at left, presents the Citizen of the Month certificate to Play For All Playground Committee members Jim Mease, Sky Smothers, Sarah Simon and Bob Newton.

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WHAT DENTISTS are seeing in older adults

Dentists say the conditions they see most often in patients 65 years and older are dry mouth, caries and cavities.

Dry mouth

Several situations can cause your mouth to be dry all or most of the time. Among the most common are many medications (both over the counter and prescription), long-term diseases like diabetes and Sjogren's syndrome, and habits like tobacco or alcohol use.

Several things can be tried to help control dry mouth: sipping water or sugarless drinks that do not contain caffeine, sucking (not chewing) on ice chips, and using sugar-free chewing gum or sugar-free candy to stimulate saliva production.

Examples of behaviors people with dry mouth should avoid include eating salty or spicy foods, drinking alcohol- or caffeine-containing beverages and using tobacco products.



Caries and cavities

Older adults are especially at risk of cavities on the roots of the teeth. As you age, your gum tissue may pull away from the tooth to expose the softer root surface. Dentists have a few fluoride options to help stop or even reverse caries.

Your dentist can prescribe a high-fluoride toothpaste or gel for you to brush your teeth with at home or may recommend that you use a mouth rinse with fluoride in it. Fluoride varnish is a liquid that a dental professional paints onto the diseased area or all of the tooth to prevent new cavities. It dries quickly. It typically needs to be applied more than once. Fluoride gel is another treatment that is easy to apply. Your dental professional puts the gel into a tray that fits in your mouth. During the treatment, fluoride is absorbed by the tooth to help prevent caries. Like fluoride varnish, the gel needs to be applied more than once. Talk to your dentist about these treatments.

Preventing caries

Here are a few things you can do at home to help prevent caries:

- Brush your teeth with an over-the-counter fluoride toothpaste twice per day
- Clean between your teeth daily with floss or another interdental cleaner
- Eat a healthy diet that limits sugary drinks and snacks
- See your dentist regularly

There are several conditions that are more common as we age, such as dry mouth, caries and cavities, as well as precancerous changes in our mouths, tooth wear and gum disease. Together, you and your oral health care provider can discuss the causes of these diseases; things to watch for; behaviors that can reduce the risk of, or prevent, these problems; and treatment options. ■

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

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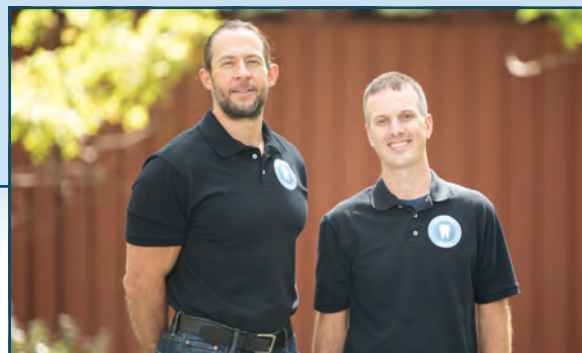
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HEALTH

By Allison Robbins

BORDERLINE Personality

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com, robbins@sstherapyandconsulting.com.



HEALTH

By Dr. Stuart Hoven

CHIROPRACTIC and breathing

Asthma and allergies can cause an inflammatory process of the airways. When exposed to triggers such as dust, pet dander, smoke or cold air, the airways constrict and may produce excess mucous, hampering airflow. This makes it more difficult to breathe and can lead to coughing, wheezing and, in rare circumstances, even death. Adjustment of the spine to help one's ability to breathe has been a part of healthcare for 125 years.

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



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ENTERTAINMENT
SCHEDULE ON NEXT PAGE!

SCHEDULE OF EVENTS

FRIDAY, OCTOBER 7

8:30 a.m. Annual Covered Bridges of Madison County Antique Tractor Ride. Departs from Madison County Fairgrounds then visit five historic covered bridges and Clark Tower in City Park. \$25 entry fee. Contact: Curtis Saveriaid, 515-210-7806

SATURDAY, OCTOBER 8

6-11 a.m. Winterset Firefighters Association Pancake Breakfast, Winterset Fire Station (corner of Court Avenue and 2nd Street); \$8 for adults, free for children 3 and younger

7 a.m. Covered Bridge Race 5K Walk/Run, Cutler-Donahoe Covered Bridge in Winterset City Park (8:45 a.m. Children's Event; 9 a.m. 5K) Sponsored by the Winterset Rotary Club.

8:30 a.m. Annual Covered Bridges of Madison County Antique Tractor Ride. Departs from Madison County Fairgrounds then highlights hills and valleys on scenic country roads. \$25 entry fee. Contact: Curtis

SATURDAY, OCTOBER 8

1 p.m. Senior Spelling Bee at First United Methodist Church, 309 E. Jefferson

4 p.m. A Civil War Skirmish takes place on the north lawn of the Madison County Historical Complex.

5-9 p.m. WHS All Class Reunion, St. Joseph's Catholic Church, located at 1026 N. Eighth Ave.

6-11 p.m. Join the Madison County Historical Complex for free s'mores and popcorn. Lawn chairs from home are encouraged.

7:15 p.m. Nighttime Civil War cannon firing at the Historical Complex. (Free)

SUNDAY, OCTOBER 9

6-11 a.m. Winterset Firefighters Association Pancake Breakfast, Winterset Fire Station (corner of Court Avenue and Second Street) \$8/

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CALEIGH

8:30 a.m. Annual Covered Bridges of Madison County Antique Tractor Ride. Departs from Madison County Fairgrounds then highlights hills and valleys on scenic country roads. \$25 entry fee. Contact: Curtis Saveriaid, 515-210-7806

8:30 a.m. Annual Horseshoe Tournament, Madison County Fairgrounds. (8:30-9:30 a.m. registration and warm-up; 10 a.m. pitching.) \$10 entry fee. Sanctioned and unsanctioned members welcome. Contact Kris Jordan, (515) 669-3085

9 a.m. – 5 p.m. Covered Bridge Festival on the Madison County Courthouse Square in Winterset (arts and crafts vendors, food, live music and entertainment); \$3 admission fee (or 2 for \$5) at the gates; children 12 & under free.

Activities from 9 a.m. - 5 p.m. include:

- Kids' Activities
- Live Entertainment (See Bengé and Penrod Stage schedules on the next page)
- Farmers Market (located along W. Court Avenue)
- John Wayne Birthplace & Museum Tours (205 S. John Wayne Drive) \$20/adults, \$19/seniors, \$17/veterans, \$10/children 8-12 years, free/children 7 years and younger
- "Fiber Art Now's 2022 Excellence in Quilts" Exhibit, Iowa Quilt Museum (503 Court Ave.) \$8/adults, \$7/seniors/active military/veterans, \$5/students w/ID & children (3-12 yrs), free/IQM members
- Winterset 3rd-6th grade students will have selected artwork on exhibit at the Winterset Art Center throughout the festival. Free admission.

All Day

WHS Class of 1962 60th Class Reunion at the VFW Hall (located behind the Winterset Public Library on N. 3rd Street)

10 a.m. Junior Spelling Bee, First United Methodist Church, 309 E. Jefferson

10 a.m. to 3 p.m. Covered Bridge School Bus Tours. 2 hour guided tours by Winterset Rotary Club; \$15, purchase tickets at the Rotary ticket booth on the SW side of the festival grounds. (110 W. Washington St.)

10 a.m. to 5 p.m. Passport to the Past at the Madison County Historical Complex (915 S. Second Ave.). Activities include blacksmith demonstrations, horse-drawn wagon rides around the complex, penny candy at the Field Mercantile, historical Bevington mansion tours, pop-up exhibit showcasing the 150th anniversary of the Red Delicious apple and Jesse Hiatt, as well as museum tours.

SUNDAY, OCTOBER 1

6-11 a.m. Winterset Firefighters Association Pancake Breakfast, Winterset Fire Station (corner of Court Avenue and Second Street) \$8/adults, free for children 3 and under

8 a.m. to 12 p.m. Registration for the Annual Madison County Car Show, 110 W. Washington St. Hosted by the Central Iowa Auto Club; judging begins at 1:30 p.m. and awards are presented at 3 p.m.

9 a.m. to 5 p.m. Covered Bridge Festival on the Madison County Courthouse Square in Winterset (arts and crafts vendors, food, live music and entertainment) \$3 admission fee (or 2 for \$5) at the gates; children 12 & younger are free.

Activities from 9 a.m. - 5 p.m. include:

- Kids' Activities
- Live Entertainment (See Bengé and Penrod Stage schedules on the next page)
- Farmers Market (located along Court Avenue at the SW corner of the square)
- John Wayne Birthplace & Museum Tours (205 S. John Wayne Drive) \$20/adults, \$19/seniors, \$17/veterans, \$10/children 8-12 years, free/children 7 years and younger
- "Fiber Art Now's 2022 Excellence in Quilts" Exhibit, Iowa Quilt Museum (503 Court Ave.) \$8/adults, \$7/seniors/active military/veterans, \$5/students w/ID & children (3-12 yrs), free/IQM members
- Winterset 3rd-6th grade students will have selected artwork on exhibit at the Winterset Art Center throughout the festival. Free admission. An awards presentation for the students and their families will be held Sunday at 1:30 p.m.

10 a.m. to 12 p.m. Covered Bridge School Bus Tours. 2 hour guided tours by Winterset Rotary Club; \$15, purchase tickets at the Rotary ticket booth on the SW side of the festival grounds. (110 W. Washington St.)

10 a.m. to 5 p.m. Passport to the Past at the Madison County Historical Complex (915 S. Second Ave.) Activities include blacksmith demonstrations, horse-drawn wagon rides around the complex, penny candy at the Field Mercantile, historical Bevington mansion tours, pop-up exhibit showcasing the 150th anniversary of the Red Delicious apple and Jesse Hiatt, as well as museum tours.

3 p.m. Covered Bridge Festival Parade. Lineup begins at 1 p.m. in the Winterset High School parking lot. The parade route starts at the high school where it heads north on Eighth Avenue, then east on Court Street to Second Avenue for one block before turning south on Second. It then turns east onto Washington Street, makes a left onto Fourth Street, then continues east on Court Street just past 10th Street.



FAQs

SHUTTLE BUSES

Run about every 20-30 minutes from Madison County Fairgrounds and Remington Seeds parking lots. FREE. Both drop off one block south of the square on 1st Avenue just south of Washington.

2 locations: Blue Route - 10th Street east off Hwy 92 at Remington Seeds (parking lot) to the corner of 1st Avenue and Washington. Red Route - Madison County Fairgrounds located on Summit at about 14th Avenue with stops at the Madison County Historical Complex and the corner of 1st Avenue and Washington. (This is adjacent to the car show on Sunday)

ADMISSION

\$3 or two for \$5. Children 12 years and younger are free. Tickets are only available at the festival gates on the day of the event. There are no pre-festival tickets available so beware anyone posting online that they have tickets to this event! They don't.

SERVICE ANIMALS

Only certified service dogs will be allowed inside festival grounds. This does not include emotional support or companion animals. It is a liability issue — no exceptions.

TOURS OF COVERED BRIDGES

Rotary Booth: Corner of Washington Street and First Avenue (just past the Winterset Livery)

Saturday 10 a.m. - 3 p.m.

Sunday 10 a.m. - Noon

Tours depart on the hour. \$15/person.

Two hours in length

PARADE

3 p.m. on Sunday. Starts at Winterset High School and makes it way down Washington; lineup begins at 1 p.m.

5K WALK/RUN

Saturday, Oct. 9. Registration starts at 7 a.m.

Kid's race is at 8:45 a.m. Adults at 9 a.m. Start at Cutler-Donahoe Bridge in City Park. Sponsored by Winterset Rotary Club.

BENGE STAGE

SATURDAY

9:15-9:30 a.m. National Anthem

9:30-10 a.m. Royalty Introduction and Welcome

10:30-11:30 a.m. Matt Baird

12-1 p.m. Bengé Family

1:30-2:30 p.m. The James Biehn Band

3:30-5: p.m. RetroGold featuring Nikkie Hernandez

SUNDAY

9:30-10:30 a.m. Abe Miller Band

11 a.m. - 12:30 p.m. The Mimzees

1-2 p.m. Chris Powell

PENROD STAGE

Located on E. Court Avenue

SATURDAY

9:30-10:30 a.m. Tutor 3 (Sue Hansen & Friends)

10:30-10:45 a.m. History On The Hill

11 a.m. - 12 p.m. The Heldenbrand's with Jimmie Rushing

12:30-1:30 p.m. Winterset Library Pickers

1:45 p.m. Contestants lineup

2-2:30 p.m. "Hero" Costume Contest

2:30-3 p.m. Deborah's School of Dance

3-3:15 p.m. History On The Hill

3:30-4:30 p.m. Madison County Music Co.

SUNDAY

9:30-10:15 a.m. Eliana Franzenburg

10:30-11:00 a.m. SWCC Dance Team

11:30 a.m. - 12:30 p.m. Spotlight Dance Studio

12:30-1 p.m. Megan Barrett

1-2 p.m. WHS Choir



RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeno bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of “Take This Dish and Twist It” and host of Food Network’s “Ham on the Street” and TLC’s “Ultimate Cake Off.” They’re perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit FreshCravings.com to find more homegate recipes worthy of the hall of fame. ■

Jalapeno bacon and salsa biscuit bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

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— A.D., Des Moines, IA

EVENTS IN THE AREA

Be sure to check for cancellations

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



Music at the Winery

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

The Saturday events are 6:30-9:30 p.m. with a \$5 cover charge and a food truck available from 5:30-8 p.m. Entertainment is: Oct. 15, Feel Right Band Redux; Nov. 5, Robert Deitch Band; Dec. 3, Cardinal Sound. The Sunday events are 2-4 p.m., no cover charge. Dates are: Nov. 14, The Midlanders.

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



Great Iowa Pet Expo

Saturday, Oct. 15, 10 a.m. to 6 p.m.
Sunday, Oct. 16, 10 a.m. to 4 p.m.
Iowa State Fair 4-H Building, 3000
E. Grand Ave., Des Moines

The Great Iowa Pet Expo showcases new and unique products and services for pets and offers entertainment, fun contests with free participation, and educational sessions ranging from dog training to health and grooming to nutrition and pressing legislative issues. Admission is \$11 for adults, \$8 for ages 65 and older, and \$6 for military members with ID and kids ages 6-12. Free for kids 5 and younger.



Madison County Farmers Market

Saturdays through
October, 8 a.m. to noon
Monument Park

The Madison County Farmers Market features a selection of vegetables, fruits, baked goods, crafts and local specialties. Note the new location due to work on the Square.



Truck or Treat

Saturday, Oct. 22, 9 a.m. to noon
Waukee Family YMCA, 210
N. Warrior Lane

This event is free and family friendly; everyone is welcome. Fun for all ages is planned, including opportunities to take a peek, touch and explore local community and emergency vehicles and to trick or treat. Costumes are encouraged. Food trucks will be onsite.

Raccoon River Rally

Saturday, Oct. 8
Raccoon River Park, 2500 Grand Ave., West Des Moines

The Second Annual Raccoon River Rally features The Nadas — Iowa's signature alt-rock-country band at 3 p.m. Prior to that concert, at 11 a.m., Stranger Than Fiction, an Ames-based folk-rock band will kick off the live music. This regional fall festival celebrates West Des Moines' community and outdoor recreation. Attractions for the event include a morning bike ride, live music, cardboard boat races, fun zone, food trucks, beverage tent featuring local craft beer, and business expo featuring WDM businesses and organizations.



ClearJoy Music: An Evening of Celtic Music

Oct. 22, 7 p.m.
Windsor Presbyterian Church,
6301 University Ave., Windsor Heights

Crossroads of Iowa presents this fundraising concert. Admission is free, but a freewill donation will be used to support programming related to providing safe housing for women. During the Celtic Concert, the sewing group at Trinity Presbyterian Church, Indianola, is providing a display of comforters. Their comforters go all over the country and world for people in need.

Holiday Market

Nov. 5, 9 a.m. to 3 p.m.
Edgewater, 9225 Cascade Ave., West Des Moines

Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists.

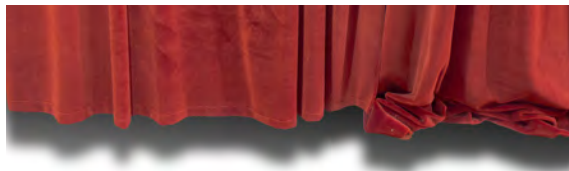
Veterans Day program

Friday, Nov. 11, 9 a.m.
McLaren's Resthaven Chapel, 801 19th St., West Des Moines

All members of the community and local VFW organizations are invited to attend this joint service to honor veterans. The opening ceremony, "Remembering Our Veterans," will begin at 9 a.m. The ceremony will include keynote speaker Capt. Daniel J. Gannon, United States Marine Corps; the presentation of colors by American Legion Highland Park Post 374; a firing detail from American Legion Hispanic Post 731, West Des Moines V.F.W. Post 879; invocation and benediction by Chaplain Jason Pool; and music by Jackie Schmillen. Refreshments will be served following the ceremony.

EVENTS IN THE AREA

Be sure to check for cancellations



Tallgrass Theatre Co. production

Fridays - Sundays, Nov. 4-21

Tallgrass Theatre, 2019 Grand Ave., Suite 100, West Des Moines

"Miss Bennett: Christmas at Pemberley" will be performed. Go to tallgrasstheatre.org for more information or to buy tickets.

Gardening-related webinars

• A Spooky Plants Webinar

is offered via Zoom Wednesday, Oct. 26, 7 p.m., by Iowa State University Extension and Outreach. Dr. Cindy Haynes, professor of horticulture, will take participants on a journey through the world of spooky plants such as the Eyeball Plant, Corpse Flower and Venus Flytrap. The webinar is free, and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.



• A Prairie Seed Harvest Webinar

is offered via Zoom Wednesday, Nov. 9, 7 p.m., by Iowa State University Extension and Outreach. Bill Johnson, a biologist at the Iowa DNR Prairie Resource Center will talk about harvesting, preparing and storing 100 species of native grasses, sedges and wildflowers annually. The webinar is free, and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.

Election-related dates

Make sure you are registered to vote at www.sos.iowa.gov/elections/voterreg/regtovote.

Know these important dates for the upcoming General Election.

• **Wednesday, Oct. 19** - First day of absentee voting

• **Monday, Oct. 24** - Pre-registration deadline; deadline to request absentee ballot to be mailed

• **Saturday, Nov. 5** - County auditor's office will be open for absentee voting

• **Monday, Nov. 7** - Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m. and Dallas County Auditor's Office closes at 4:30 p.m.

Tuesday, Nov. 8 - General Election polls are open from 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m. Find your polling location (it may have changed) at www.voterready.iowa.gov/. ■



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HAIR and chemotherapy

In light of breast cancer awareness month, I thought I'd talk about how hair is affected during and after chemotherapy.

I usually advise people to get a short pixie cut instead of shaving their head. Total hair loss happens about two weeks after treatment. During chemotherapy, hair can grow back in strange ways, and that can be uncomfortable. One person told me she would remove the little tufts of growth by using a lint roller. Hats and scarves are the most comfortable options during the hair loss phase.

Once treatment is finished, the hair grows back. This process is also difficult. Typically, it grows out curly for a couple months. Around four months, we can start to create a shape for the hair. This starts to become fun actually. You get to play with fun pixie cuts. You literally get a new hairstyle every six weeks.

It's so important to have a trusted stylist with you during this time. I personally have seen at least a dozen clients through this difficult journey. I was happy to make them beautiful when they needed it most, cry with them and then create amazing looks during their healthy remission. ■

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



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MEET Cody Nelson

Enjoys teaching hands-on skills

Born and raised in northeast Iowa, Cody Nelson attended North Butler High School where he took every shop class offered. This sparked his passion for industrial technology classes. After high school, he attended Upper Iowa University where he earned a teaching degree and competed for the Peacock wrestling team. He then taught a few years at West Central Valley in Stuart before joining the Winterset Community School District.

"I love teaching industrial tech classes because it shows students a different way of thinking and problem solving. I also love seeing the different projects students can come up with," Nelson says.

Today, Nelson teaches industrial technology to students in grades 7-12. One of the projects he particularly enjoys is teaching junior high students how to make C02 cars and race them. He adds, he hopes to attend some building competitions with his construction class and some others.

"One of the biggest challenges is finding where a student pulls their motivation from. Each student is motivated by something different, and finding what that is is key," Nelson says.

This school year, Nelson is also excited about the opportunity to help a wide age range of students develop skills associated with hands-on careers and skills used in the "real world."

Nelson says he is excited to get to know the people of the district and the community. In addition, he will help with the Husky wrestling team. He says he looks forward to working with young athletes in a sport that has meant so much to him while growing up.

"One of the greatest rewards for me is when you see a student build something that they are genuinely proud of. It is also extremely rewarding when a student comes back after graduation and tells me they have started a career in one of the trades using the skills they learned in my class," Nelson says.

When not teaching, Nelson enjoys spending time with his family, camping, hunting and fishing. He also enjoys playing golf as well as building things in his backyard wood shop. ■



Cody Nelson teaches industrial technology to students in grades 7-12. He is pictured with wife Jacee.

PROS and cons of investing in precious metals

Gold, silver and other precious metals have remained valuable since ancient times and are still regarded as a viable class of investment assets today. Before adding precious metals to your portfolio, though, it's important to understand the potential benefits and downsides of doing so. Here's what you need to know about the pros and cons of precious metals as investments before you decide to buy.



The pros

Arguably, the biggest advantage of investing in precious metals is their ability to guard your portfolio against inflation. While inflationary pressures can reduce the value of stock dividends or completely wipe out even the highest interest savings account returns, precious metals tend to hold their value relative to fiat currencies during inflationary spikes. This is a large part of the reason that investors tend to flock to gold during times of economic uncertainty.

Under the right circumstances, precious metals can also appreciate over time. Increased demand for gold when recessions appear imminent, for example, can drive up the price and give investors an opportunity to sell gold bought during bull markets at a profit. These demand spikes can be hard to predict, but for investors who make a thorough study of the precious metals market, they add an extra benefit to holding metals regularly.

The cons

Despite these advantages, there are a few negatives that should be taken into consideration before you buy gold or silver. The most obvious of these is the fact that precious metals provide no cash flow. Unlike stocks that can pay dividends or bonds that offer regular coupon payments, precious metals can only offer you liquid capital when you sell them off. If the main goal of your portfolio is to generate cash flow, therefore, precious metals holdings may not be in line with your needs.

Precious metals investments can also face problems with liquidity. Compared to the stock and bond markets, the pool of investors participating in the precious metals market is relatively small, making it somewhat challenging to liquidate large amounts of gold or silver at once. This problem has become a bit less of an obstacle as online precious metals brokers have started offering deeper pools of liquidity, but it should still be taken into consideration.

So, should you invest in precious metals?

The answer to this question depends heavily on your financial goals. If you're looking to diversify your portfolio with a good hedge against inflation or economic unrest, precious metals may be a good option. If your portfolio is built on a high-risk, high-return basis or designed to produce regular cash flow, though, there may be assets better suited to your personal financial goals. ■

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VARIETY – the Children's Charity awards grants

Variety – the Children's Charity of Iowa has awarded 63 grants to children's nonprofit organizations totaling more than \$2.1 million. Funding is provided to programs and initiatives on an annual basis that directly impact the well-being of children in our state.

Madison County Service Above Self Foundation of Winterset was among the recipients and will use the funds for benches at the inclusive playground and a changing table for children with special needs.

Variety grants provide funding for capital projects, essential medical equipment, shelters, inclusive playgrounds, Variety vans and more. Organizations that receive Variety grants range in size and focus, but all share the goal of bettering the lives of children in Iowa. The grant-making process is advised by a panel of community board members and volunteers who review applications from each organization. Funding priority is given to programs that serve the greatest needs and help the greatest number of children. ■

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MARK YOUR CALENDARS!

The Medicare Annual Election Period (AEP)
begins October 15 and ends December 7.

During the AEP, individuals can review and make changes to their current over-65 plan. To find out if you have the best coverage option going into 2023, **contact me today!**



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Taylor Benshoof

INSURANCE

By Eric Johnson

HEALTH insurance open enrollment

There are two upcoming open enrollment periods for health insurance. The first is the Medicare annual enrollment period from Oct. 15 to Dec. 7, typically for those 65 years old and older. The second is the open enrollment period for Marketplace insurance, which is Nov. 1 to Dec. 15, for individual health insurance for those younger than 65 years old. This month I will provide information on the Medicare annual enrollment period and next month will focus on the Marketplace open enrollment.



Medicare annual enrollment period

The specific actions you can take during the Annual Enrollment Period (AEP) depend on your current coverage.

If you currently have just Original Medicare (Parts A and B) you can:

1. join a Medicare Advantage plan (Part C) with or without built-in drug coverage;
2. join a stand-alone Medicare prescription drug plan (Part D);
3. make no changes, and your current coverage will renew as is.

If you currently have Original Medicare (Part A and/or Part B) and a stand-alone Medicare prescription drug plan (Part D) you can:

1. join a Medicare Advantage plan (Part C) with or without built-in drug coverage;
2. switch from your current Medicare prescription drug plan to another Medicare prescription drug plan;
3. drop Medicare prescription drug coverage completely (note that you may be charged a penalty if you decide you want drug coverage again later);
4. make no changes, and your current coverage will renew as is.

If you currently have a Medicare Advantage plan (Part C) with built-in drug coverage you can:

1. switch from your current Medicare Advantage plan to another Medicare Advantage plan with or without built-in drug coverage;
2. drop your Medicare Advantage plan and go back to Original Medicare;
3. join a stand-alone Medicare prescription drug plan if you go back to Original Medicare or if you switch to a Medicare Advantage plan that does not include drug coverage;
4. drop Medicare prescription drug coverage completely (note that you may be charged a penalty if you decide you want drug coverage again later);
5. make no changes, and your current coverage will renew as is.

If you currently have a Medicare Advantage plan (Part C) and a stand-alone Medicare prescription drug plan (Part D) you can:

1. switch from your current Medicare Advantage plan to another Medicare Advantage plan with or without built-in drug coverage;
2. switch from your current Medicare prescription drug plan to another Medicare prescription drug plan;
3. drop your Medicare Advantage plan and go back to Original Medicare;
4. drop Medicare prescription drug coverage completely (note that you may be charged a penalty if you decide you want drug coverage again later);
5. make no changes, and your current coverage will renew as is.

AEP is also a great reminder to review your Medicare plan each year so you can make sure you have the coverage you need going forward. ■

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

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*Sales ranking based on 2021 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

OUT & ABOUT



A ribbon cutting was held for Two Ol Chefs food truck at the Madison County Chamber of Commerce office on Sept. 16.



Deena Hoeness and Jodi Lake at the Chamber coffee Sept. 23 at Flourish Chiropractic and Wellness.



Lucretia Banks and Katie Cooke at the Chamber coffee Sept. 23 at Flourish Chiropractic and Wellness.



Michelle McNamara and Rachel Lawson at the Chamber coffee Sept. 23 at Flourish Chiropractic and Wellness.



Kathleen Rush and Tami Garrison at the Chamber coffee Sept. 23 at Flourish Chiropractic and Wellness.



Erin Harman and Paul Meyer at the Chamber coffee Sept. 23 at Flourish Chiropractic and Wellness.



Amanda and Lance Queck at the Chamber coffee Sept. 23 at Flourish Chiropractic and Wellness.



Julie Plant and Hollie Fairholm at the Winterset High School Homecoming festivities Sept. 23.



Justice Melroy, Brooklyn Hughes and Kiersten Blazek at the Winterset High School Homecoming festivities Sept. 23.



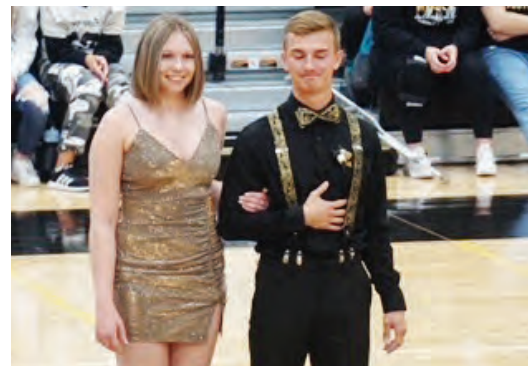
Eli Adkins and Gabe Tiller at the Winterset High School Homecoming festivities Sept. 23.

WHS Homecoming

Winterset High School
Homecoming festivities
were held Sept. 23.



Diane Avery and Ashley Garlick



Candidates Molly Shahan and Kael Blanchard



Candidates Reagan Coobs and Blake Feuring



Candidates Avery Darling and Ryan Benshoof



Candidates Bailey Acton and Connor Pashek



Candidates Elise Petsche and Brayden Dinkla



Front: Justyce Iglehart, Grace Briney, Jaya Kleemeier and
Tara Vandewater. Back: Molly Breeding and Summer Little



Sean Dole, Hagan Hanselman, Eduardo Garcia and
Carter Smuck



Jenni and Brynnlee Waltz



Lennon Shilhanek, Grant Trucks and Lane Finck



Jett Garlick and Dennis Harper

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