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WELCOME

## ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■

### SHANE GOODMAN

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# New AGAIN

Residents share their home renovation experiences

By Rachel Harrington

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

BEFORE



Ray and Jane Dawson spent two years remodeling their home, which had previously belonged to Jane's parents.



## FEATURE

### Vintage vibes and modern upgrades

In 2022, Ray and Jane Dawson purchased the 1910 home Jane's parents had bought in 1989. Her father had passed away, and her mother was living in a care facility, but the Dawsons had visions of new life for the old home.

"We redid the whole house to turn it into an Airbnb," Jane explains. "The kitchen and breakfast nook were probably the biggest transformations. The kitchen was old and outdated. It didn't have a dishwasher, and, at one point, the washer and dryer were in the kitchen."

An enclosed porch was reconfigured to create a more functional space. Ray centered the breakfast nook door and put the washer and dryer and a breakfast/coffee bar in it to create the breakfast nook. This provided more space in the kitchen. He also built a deck on the back of the house and added sheetrock. Removal of the original outer wall of the porch uncovered shiplap that is original to the exterior of the 1910 home.

"We kept it to keep the history of the house," Jane says.



When removing the original outer wall in the enclosed porch, Ray and Jane Dawson uncovered shiplap that is original to the exterior of the 1910 home and transformed it into a backdrop for the coffee bar.

Jane, who does woodwork and refinishes furniture as a hobby, put together the coffee bar.

"I own White Cottage Market in town. I saved this piece and didn't take it to the shop,



as well as our table and chairs," she says.

The pieces were stored for most of the two years the couple worked on refinishing their home, waiting for the breakfast area to be finished.



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## FEATURE



The Dawsons' new breakfast nook is bathed in natural light.

The couple did the majority of the renovations themselves, with the help of several family members along the way. The process for updating the entire house took about two years, and they didn't do their work room by room.

"We demo-ed the kitchen ourselves," Jane says. "I had to tear out the old wallpaper."

They had a local cabinet maker build custom cabinets, and Ray installed them.

"I wanted green cabinets, so we had the cabinets painted with Sherwin Williams Rosemary. It was a special cabinet paint that you can't just get at any store — something durable that will last. I did try to keep as much original as I could," Jane says. "Some of the colors I chose for the kitchen were first on the furniture, and I wanted them to match. I also wanted to keep the character of the house. We didn't go completely modern with everything."

Butcher block countertops were installed in the kitchen area, and Jane put her touch on them when she finished and sealed them. Ray found trim from a house in Macksburg to recycle to help reintroduce character in the house that was probably removed in its 1989 remodel.

"You wouldn't know it wasn't original to the house," Jane remarks. "We looked to do a vintage style. I'm not sure if it is 1910 appropriate, but I wanted it to have a vintage cottage feel."

The Dawsons say that taking two years to complete the entire home renovation gave them the freedom to take their time to curate and decide what they wanted in the home.

"The hardest part of doing this for me was definitely waiting two years," Jane shares. "It's not as easy as reality TV makes it out to be."

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## FEATURE

AFTER

BEFORE



Jack McLallen took his home down to the studs when remodeling and added a downstairs bathroom.

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## Bare bones to beautiful

When Jack McLallen retired from the military in 2020, he decided to make Winterset his new home. He took a job at AgriVision Equipment in town and, until September 2023, had been living in his fifth-wheel RV for the better part of five years. When he saw his current home listed, several coworkers strongly encouraged him to jump on the opportunity and purchase it, so he did.

"The deed says the house was built around 1900," Jack says. "It was just a little house. I'm not sure if there's one square corner in the whole house. Central air and heat were non-existent, and my current two bathrooms didn't yet exist either. I didn't do anything with the house for most of the first year. I chose instead to work on the property outside first. Then I took everything down to the studs to see if the bones of the house were still good, and they were."

Jack didn't have much of a vision for his home until the living room walls on the ground level were removed.

"The walls were situated oddly, so I took them out," Jack explains. "Once they were

out, and I convinced myself that I could do whatever I wanted in the house, figuring out one room led to another. It's just me and my girlfriend who visits during the year, and I have my daughter during the summer and some holidays. I was able to figure out where I would put a room for her, and that I'd like a bathroom downstairs in a different place than the one that existed when I bought the house. Everything came together in my mind as to what would flow best when I walked through the bare bones house."

Where the current front bathroom is might have been a bedroom in the past, but Jack has turned the room into a spacious bathroom.

"I did a fair amount of the work myself and contracted out a large part to Jamie Conard, who did an incredible job. Miner Heating and Cooling helped with installing the HVAC, and I also had siding and blown insulation work done," Jack shares. "I had a septic guy come connect everything for the bathrooms with the plumbing. Everything behind the walls was the most tedious work. It felt like a big step forward to blow insulation in, and it finally felt like progress."

Although some items, such as the upstairs bath countertop and the smaller-than-expected sinks, gave him a bit of frustration, he says he is satisfied with the work so far.

"It's nothing fancy, but I don't want a lot in the bathrooms because I feel like it would close it in," he says. "Maybe keeping everything as open as I can will help make it feel bigger than it is."

The bathrooms are mostly complete, lacking only paint, trim and lighting above the upstairs mirror. Jack is glad to take a breather on the renovations to let the dust settle on the work that's been done, then he'll tackle the final pieces.

## New life for 1956 home

When Scott and Susie Steinbach bought their 1956 home from its original owner, it had been sitting vacant for almost two years. Much of the former owner's decor — full of lace and colors reminiscent of times gone by — still adorned the house. The couple set about turning the outdated home into a modern one that embodied their style.

"When we first moved in, we just painted.

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## FEATURE

### BEFORE



There was an extremely large family room that probably was added on to the house in the 1970s," Susie says. "It also had a three-season room that had been built directly on the ground without a foundation underneath. After a while, we put footings under the three-season room and added a foundation."

Although the Steinbachs made numerous updates to their home, one of the biggest renovations occurred in the large family room.

"A lot of people want new houses, but you can take a well-built house like this and bring it up to a modern style," Susie says. "The house was a two-bedroom, one-bath originally. We walled off part of what was the living room and made a master bedroom. The main level bedroom we

### AFTER



Scott and Susie Steinbach gave their 1956 home a makeover, modernizing its function and style.

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## FEATURE

made into a bath.”

The room featured doored bookcases on either side of the large fireplace that were nearly three feet deep to accommodate televisions of the time.

“We shortened the depth of the bookcases,” she says. “The fireplace between the bookcases used to have a little oak mantle. We took that down and put in a big one. The gist of that wall in the room is still the same.”

The fireplace was a gas start, but holes were showing up on the fireplace box. The Steinbachs decided to close it off for safety reasons.

“My husband, Scott, put in an electric setup in case someone in the future wants an electric fireplace instead of a gas one,” Susie adds.

The living area and other parts of their home were painted a light yellow with dark woodwork when Susie and Scott moved in. They first repainted with a brown but later updated it again to a sand color and painted the bricks of the fireplace to match the walls.

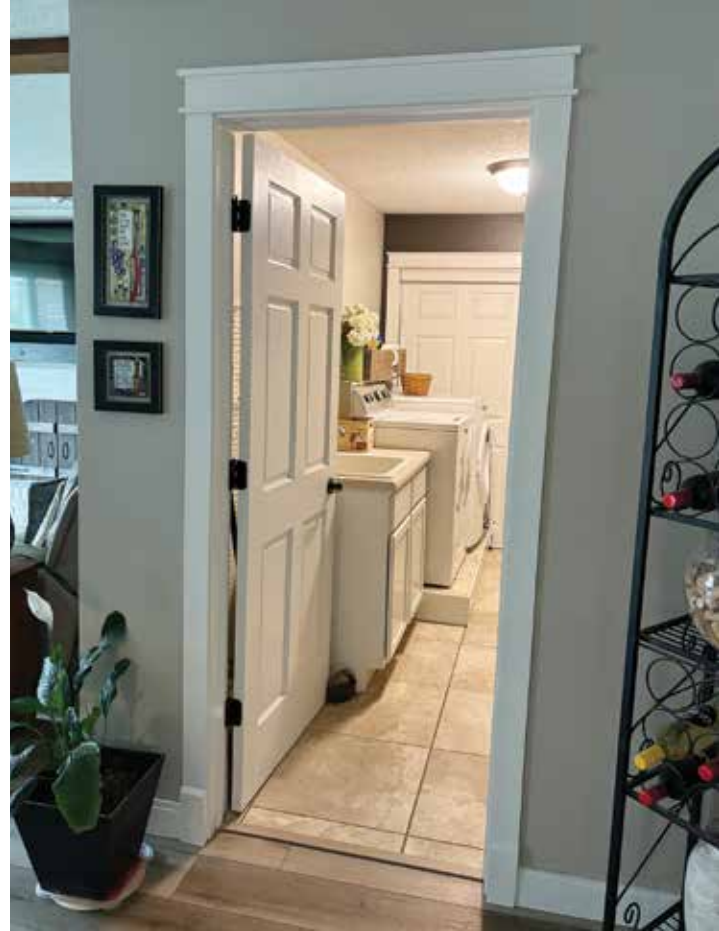
“Now it seems a bit brighter,” she remarks.

Out of all the changes to the living area, Susie says the hardest part was probably updating the windows.

“There are three connected together. We have three dogs, so it was important to us to have them lower. That took some doing,” she says. “We changed up some of the headers and footers as well.”

Part of the large family room was used to create a mudroom. The couple removed the flooring throughout the home to reveal hardwood floors. However, it was an engineered floor that would have been hard to sand and apply a new color to, so Susie and Scott covered it with lighter colored luxury vinyl plank.

“My favorite part of the changes we made is the larger space that can accommodate lots of people,” Susie remarks. “It would be hard to leave. We did a lot.” ■



The Steinbach created a convenient and spacious mudroom when they remodeled the large family room of their home.



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# FIVE thoughts on reconciling relationships

1. While reconciliation is a process that involves two parties, the first step begins with a **one-sided transaction of forgiveness**. This can be a difficult first step. Biblically, forgiveness isn't letting someone off



the hook, but it's releasing my right to dwell on the offense. Forgiveness isn't forgetting, but it's releasing my hold on bitterness and resentment. Forgiveness isn't a feeling, it's a choice we are commanded to make by Jesus Christ. As Christians, we forgive because we were forgiven.

## 2. Commit to the process –

Reconciliation is a step of faith because there are no guaranteed results. It's always easy to justify not reconciling. We can find reasons like, "They will never change," "I tried, and

it didn't work," or "I don't think they want to reconcile." While all those may be true, as Christians, Romans 12:18 reminds us, "If possible, so far as it depends on you, live peaceably with all." We are reminded that God didn't just forgive us but redeems our lives.

**3. Examine your own heart** – Jesus called us to pull the plank out of our own eye by acknowledging our part in conflict through careless words, assuming the motives of others, and our unloving attitudes. These things contribute to or exacerbate the problem. Is there any wrongdoing on your part to confess?

**4. Commit to glorifying God in attitude** – Your approach matters because we can be right in our understanding of the problem but wrong in our approach to reconciliation. Being led by emotions, our non-verbal actions, and our abrasive attitudes can derail the process of reconciliation. Commit to gentleness, to listening well, to being reasonable. Although

the outcomes may not go exactly how we want, we can have peace if we glorify God in our attitude.

**5. Change takes time** – Be realistic about the process. Rushing the process of restoration is a great killer of progress. If you have been hurt by someone in the past, keeping good boundaries is vital. I like to think in terms of years and decades not weeks and months. With God, all things are possible, and, as Christians, we never write people off. God is in the business of overcoming evil with good. That is the heartbeat of reconciliation. Since God has the power to reconcile sinners to himself by sending his own Son to die for us, that same power can work in us for reconciliation with others. ■

Information provided by Jaysson Gurwell, pastor of Redeemer Church, 515-480-7034.

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## VFW AUXILIARY helps veterans, families and community

Funeral lunches and more are often overlooked.

The simple definition of the term “auxiliary” is “additional support,” and that definitely fits when describing the VFW Auxiliary. The Veterans of Foreign Wars (VFW), as the name suggests, is an organization for those who have served in the U.S. military overseas during wartime. The Auxiliary is a related organization which provides additional services.

Linda Kelly of the Madison County Auxiliary says the local Auxiliary was formed in 1947 and is affiliated with the local VFW Post 8142. Currently, the local Auxiliary has 75 members, but Kelly says more are always welcome. She also adds that the stereotypical assumptions about the VFW and the Auxiliary are changing.

“Let’s face it, it used to be that only men were the veterans, but that’s not necessarily true anymore,” Kelly says. “We’ve got a couple of men that are members of our auxiliary.”

Kelly says that, to join the auxiliary, a person just needs to be a family member of someone who served overseas during wartime. “Family member” includes step-relations, so more people qualify than



Kristina Benshoof, Felicia Weeks and Brittany Hilsabeck of Farm Bureau present the Citizen of the Month certificate to Linda Kelly of the Winterset VFW Auxiliary.

might realize it, she says.

“We are a service organization helping veterans and their families, as well as others in the community,” Kelly says.

Much of the group’s funding comes from annual fundraisers such as poppy sales, garage sales, bake sales, and a pie auction and supper event every fall, she says.

“We give to the local VA, haircuts at Christmas time to those in nursing homes, and supporting the national VFW children’s home,” Kelly says. “We also help support other community events and groups, such as CRISP, Paw Pantry, and the Thanksgiving and Christmas food programs led by Matura Outreach. Another thing is that we do funeral lunches for anyone in the community that needs that service, even if there is no veteran connection.”

Regarding membership, Kelly explains there is no significant time commitment.

“We meet the first Monday of each month, and we’re always looking for new members,” Kelly says.

She adds that some members aren’t able to attend many of the meetings but contribute by baking something for the fundraisers or helping on other ways. Anyone interested in hearing more about possible membership is asked to call Membership Chair Marti Worrall at 515-493-8383.

Kelly is glad for any chance to get the Auxiliary and its various services publicized.

“We operate almost under the radar, especially with the funeral lunches,” she says.

Another feature of the Auxiliary is its commitment to finding help for veterans, even if that help is something beyond what the Auxiliary can provide.

“If anyone knows of a veteran or their family who needs any type of service, we can help coordinate that,” Kelly says. ■



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## LIABILITY insurance for golf carts

The City of Winterset recently approved an ordinance to allow golf carts on city streets. There are several equipment requirements and a long list of rules of operation. A valid permit is required, and part of the permit application is proof of liability insurance for the operation of the golf cart. There are a few different ways to purchase liability insurance for your golf cart.



### 1. Endorsement to a homeowner policy

Adding a golf cart endorsement to your homeowner policy is one of the most straightforward options. This is suitable if you only use the golf cart within a private community or on your property. The endorsement may cover damages to the cart, liability protection if someone is injured while riding it, and property damage caused by the golf cart. However, coverage may be limited, and it often doesn't extend to use on public roads or outside the specified area. Always review the terms carefully to understand any exclusions, restrictions or limitations.

### 2. Auto policy coverage

Some cities require golf carts to be registered and insured if they're used on public roads, and adding them to an auto policy may provide enhanced coverage. Options include liability, comprehensive, collision, and even uninsured motorist coverage — similar coverages to what you would have for a car. The auto policy offers broader protection but often comes with higher premiums due to the increased risk associated with road use.

### 3. Power sports policy

A power sports policy is designed specifically for recreational vehicles like ATVs, UTV's, dirt bikes and golf carts. This type of policy provides the most specialized coverage, including protection for a wider range of risks and usage scenarios. It can cover theft, vandalism and accidents both on and off your property. Additionally, power sports policies often allow you to customize your coverage based on how you use your golf cart, making it a flexible option for those who take their golf cart off the course or use it frequently.

We feel uninsured/underinsured motorist coverage is important particularly when using the golf cart on public streets. You may recall the story regarding the newlywed couple who were hit and killed while riding a golf cart after their ceremony. This is a perfect example of why you would want this coverage. For this reason, we typically recommend Option 2 for your golf cart coverage.

Always consult with an insurance professional to ensure you have the right protection for your golf cart. ■

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

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## REAL ESTATE

By Jennifer Stover

### SELLING your home 'as is'

Selling your home "as is" may seem like a good idea and an easy way to sell your home. Here are the pros versus cons for an as-is sale. As always, consult your Realtor for the best option for you.

#### PROS

- No repair costs. This allows you to avoid the expense of making repairs. If you simply don't have the money available, this can be an option.
- Avoiding stress. If you find yourself in a situation where you simply can't deal with any problems with a house sale, this may be a good idea.
- Distressed sale. If you are in a very bad situation financially, selling as-is may seem like a good way out.
- Estates. When handling an estate, sellers are not interested in making any repairs. Sellers are often living out of state or are busy in their own lives and don't have time to make any repairs to a house.

#### CONS

- Assuming the worst. When a buyer finds out you are selling as-is, they naturally are going to have a lower opinion of the property. The assumption will be that there are major problems. If this isn't the case, you will be putting off potential buyers.
- Low offers. Buyers are going to offer a lower price on as-is properties.
- Less interest. You could possibly have less interest. Buyers who aren't interested in any fixes could avoid looking. ■

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



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## AUTOMOTIVE

By Dawn Lauer

### WHAT TO DO if your car breaks down on the highway

Having your car break down on the side of the road is never an enjoyable experience, but knowing what to do before it happens can alleviate some stress.

Here are a few tips you should know from The National Safety Council:

- At the first sign of car trouble, gently and smoothly take your foot off the accelerator. Do not brake hard or suddenly. Carefully work your vehicle toward the breakdown lane or the side of the road.
- Make your car visible. Put reflector triangles behind your vehicle to alert other drivers and use your emergency flashers. If it is dark, turn on the interior dome light.
- Do not try to flag down other vehicles. Raise your hood so police officers or tow truck operators will know help is needed.
- Don't stand behind or next to your vehicle. If your car is safely out of traffic, wait inside the vehicle with the doors locked.
- Call the police, AAA, tow company or other roadside assistance and wait for help to arrive. If someone stops and offers to help, open the window slightly and let them know help is coming. ■

Information provided by Dawn Lauer, marketing specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035. Source: [www2.safetyserve.com/articles/what-to-do-if-your-car-breaks-down/](http://www2.safetyserve.com/articles/what-to-do-if-your-car-breaks-down/).







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\*Sales ranking based on car and truck sales report of the Kansas City Region of Ford Motor Company and Lincoln Motor Company for 2023



Be sure to check for cancelations



## Madison County Farmers Market

Saturdays through October,  
8 a.m. to noon  
Monument Park, next to the  
Winterset Public Library

Enjoy shopping for fresh fruits and vegetables, baked goods, honey, homemade soaps and lotions, handmade craft items and more. Check the Facebook page for any updates, [www.facebook.com/madisoncofarmersmarket](http://www.facebook.com/madisoncofarmersmarket).



## Duke It Out Chili Cook Off

Sept. 21, public tasting,  
noon to 3 p.m.  
101 E. Jefferston St., Winterset

A chili cook off is planned to raise funds for Madison County first responders. Categories and entry fees are: CASI Chili, homestyle chili and business chili, \$20; junior chili (17 and younger), hot wings and salsa, \$10; and kids cornbread, free. New cooks are encouraged to participate. For more information, call 515-208-4000 or visit [dukeitoutchili.org](http://dukeitoutchili.org).



## Music at the Winery and Sunday Wine Downs

Various dates  
Covered Bridges Winery,  
2207 170th Trail, Winterset

Covered Bridges Winery, located four miles north of Winterset on Highway 169, hosts Music at the Winery with music from 6:30-9:30 p.m., generally for a \$5 cover charge. The events are outdoors, weather permitting. Bring lawn chairs or blankets. A food truck is generally available. Sept. 14, hear Weary Ramblers (\$10 cover). Sept. 21, Crosswind performs, and, Oct. 5, Velvet Band plays.

Sunday Wine Downs are held from 2-4 p.m. with no cover charge. If you like the music, tip the musician. Music will be outdoors, weather permitting. Bring lawn chairs or blankets. The events are the following dates with musician listed: Sept. 22, Ryne Doughty (music 4:30-7 p.m.); Sept. 29, Jake Schrodt; Oct. 6, Willie Mac; Oct. 20, Days Live Music. Visit Facebook for more details.



## Paint Madison County, a Plein Air Festival

Sunday, Sept. 22  
The public can watch artists at work at various sites around Madison County from 9 a.m. to 1 p.m. A reception and sale will be from 4-7 p.m. at Covered Bridges Winery. New this year is a youth division for participants with prizes awarded. For more information, visit [www.madisoncounty.com](http://www.madisoncounty.com).

## Evening Under the Stars

Saturday, Sept. 14  
Pammel Park

Celebrate the beauty of Madison County Parks at the event offered by Madison County Foundation for Environmental Education and Friends of Madison County Conservation. Tickets are available at [www.madisoncountyparks.org](http://www.madisoncountyparks.org), by calling 515-250-8274, or by emailing [awarnke@madisoncounty.iowa.gov](mailto:awarnke@madisoncounty.iowa.gov). Cost is \$50 per ticket or \$400 for a table of eight. The evening begins at 5 p.m. with local wine, music by the Lemon Family Band and a silent auction. A catered BBQ dinner by Off the Griddle and Madison County Pork Producers is at 6:30 p.m. and includes homemade cobbler and pie. The live auction rounds out the evening starting at 7:30 p.m.

Unique and handmade items are sought for the auction. Email Jessie at [jlowry@madisoncounty.iowa.gov](mailto:jlowry@madisoncounty.iowa.gov) or call 515-462-3536 to donate.

## Madison County Women's Giving Circle meeting

Tuesday, Sept. 24  
Sports Page, 224 E. Highway 92,  
Winterset

The Madison County Women's Giving Circle third quarter meeting will start at 6:30 p.m. and end at 7:30 p.m. Arrive at 5:30 p.m. if you wish to order food and/or socialize before the meeting. Anyone who might be interested in joining or learning more about MCWGC is welcome to attend. Members are women who either live in or have ties to Madison County and wish to support women and children in need who live in the county. Local charitable 501(c)(3) tax-exempt nonprofits or other qualifying tax-exempt organizations who wish to present should arrive by 6:15 p.m. to register to present. They should provide a brief description of their project, their tax-exempt status, plus an email address and telephone number where they may be reached. Three organizations will be selected (by drawing) to present at the meeting, and each will be allocated four minutes to present and four minutes to answer members' questions. One nonprofit will be selected by membership vote, after the presentations, to receive this quarter's donations. If more than three nonprofits wish to present, the rest will each have two minutes to talk about their project.



## 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)

### Touchdown Tailgate

Sept. 7  
Cowles Commons, 221 Walnut St.,  
Des Moines

Watch the  
Cy-Hawk football  
game on two  
jumbotron TVs at  
the Cowles Commons.  
Make sure you wear your  
Cyclone or Hawkeye team gear  
to let the others know whose side you're on.  
[www.desmoinesperformingarts.org/events/touchdown-tailgate](http://www.desmoinesperformingarts.org/events/touchdown-tailgate)



### Des Moines Concours D'Elegance

Sept. 8  
John and Mary Pappajohn Sculpture  
Park, Western Gateway Park,  
1330 Grand Ave., Des Moines

This automotive  
showcase displays  
some of the finest  
vintage, classic  
and exotic cars  
from around the world. Place  
it next to the iconic Pappajohn  
Sculpture park, and this event is a photographer's  
dream. [www.desmoinesconcours.com](http://www.desmoinesconcours.com)



### Square Dance Lessons

Sundays starting Sept. 8,  
6:30 p.m.  
Douglas Avenue Presbyterian  
Church, 4601 Douglas Ave.,  
Des Moines

Ankeny  
Square  
Dance Club  
is sponsoring  
lessons. Cost is  
\$20 per person  
for the entire  
session, accepted  
at the third  
lesson. Attend  
with or without  
a dance partner.  
You'll learn the  
calls, one at a time, taught by a caller  
(instructor) and volunteers. For more  
information, call Sandy Townsend,  
515-294-2624, or visit [www.ankenysquares.com](http://www.ankenysquares.com). ■



### Applefest

Sept. 14  
Living History Farms,  
11121 Hickman Road, Urbandale

All things apple, from cider, pie bobbing and  
everything in-between, Living History Farms hosts  
this quintessential fall-themed festival. [www.lhf.org](http://www.lhf.org)

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## MEET Michael Hornback

Winterset grad returns home.

Michael Hornback graduated from Winterset schools and went on to study music and education at Northwestern College. He has held positions as the high school band director at Knoxville High School and as the 5-12 band director at Boyden-Hull School District, and he returns home to Winterset as the director of bands this year.

"I pursued this line of work because of my passion for music and teaching. One of my mentors told me, during my time

at Northwestern, that, to find purpose in life, I should figure out where my greatest passions connect with what I perceive is the world's greatest need. I believe one of those needs is providing high school students with a sense of value and a supportive environment to learn and grow."

Hornback chose to come to Winterset for two reasons. First, it's home. He's excited to be a part of the program that helped make high school enjoyable and inspired him to pursue a musical career. Winterset also has a reputation of greatness in the band world, so, to have the chance to keep building on that excellence is a welcome challenge.

One of the primary challenges Hornback faces is effectively organizing and coordinating a group of 90 high school students to move toward a common objective.

"However, the most rewarding aspect of my role is witnessing these 90 students excel and witnessing their self-confidence and abilities flourish as a result. Watching them realize their potential to achieve great things motivates them to strive for excellence with increased fervor, leading to even greater accomplishments."

When he's not with students, you can find Hornback on the golf course, fishing, or performing in musical groups. He enjoys watching football and rooting for the Hawkeyes and the Dallas Cowboys, as well as keeping up with the Star Wars franchise and watching all the new series and movies coming out.

"I'm excited for this new opportunity and fortunate to have found a role that allows me to combine my passions with motivating our young people, and I am grateful for the opportunity to make a positive impact in this position," he says. ■



Michael Hornback returns to Winterset as director of bands.

## SUMMER weight training program a success

Strength training coach encourages students.

This summer, more than 100 students took part in the summer strength training program at Winterset High School.

For four days a week in June, July and August, participants took part in activities centered around improving speed, agility and strength.

Kyle DeBerg, who helped lead the program, says he and his fellow coaches, Trey Bunting and Zach Sweeney, focused on hitting a wide variety of movements to prepare the athletes for their sports/activities.

"Our lifting programs focused on full-body strength every day they came into the weight room," he explains. "We used a wide variety of lifts and jumps. We also ran two max-out weeks to get numbers on all of our students so they could see the progress they made throughout the summer."

DeBerg, who also serves as Winterset High School PE teacher, strength coach and seventh-grade girls' basketball coach, was instrumental in getting students excited about the program this year. One thing that interested them was a new lifting app that allowed them to track their progress and see how they stacked up against their classmates.

The program also offered a Husky Strength and Speed shirt with the husky dog logo over the top of a barbell as a reward for students who hit a certain number of lifts throughout the summer.

"There were a lot of students excited to get one of the shirts," DeBerg says. "It's really awesome walking the hall and seeing students rep the shirt, knowing that they earned it."

DeBerg says bringing positive energy to the weight room and making the environment enjoyable helped students buy into the program as well.

Ultimately, he hopes students learned that showing up and putting in their best effort pays off.

"The goal is always to help our students/athletes become the best version of themselves," he says. "I think the weight room is a huge part of that."

The plan is to continue offering strength training programs throughout the school year and expand the summer program to include junior high students.

"This gives them an advantage for when they come to high school and can hit the ground running," DeBerg says. "We plan to also keep expanding our speed and agility work to help our athletes become faster."

For DeBerg, who was inspired to become a teacher and coach by his dad, the best part of being in those same roles is connecting with his students.

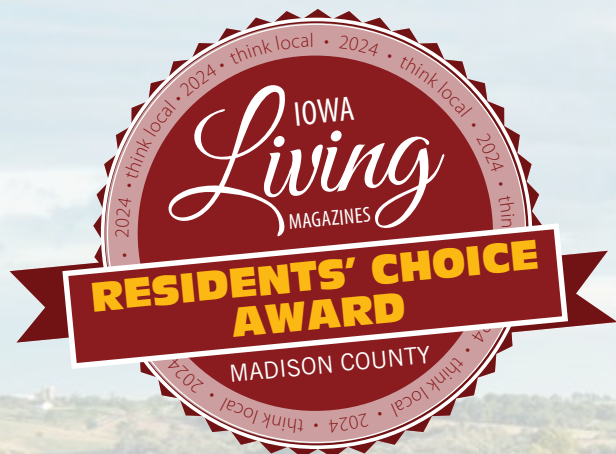
"I watched my dad enjoy what he did every day and make an impact on people's lives, and I always thought that would be something that would be a rewarding career," he says. ■



Kyle DeBerg says, during the summer strength training program at Winterset High School, he and his fellow coaches, Trey Bunting and Zach Sweeney, focused on hitting a wide variety of movements to prepare the athletes for their sports/activities.



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# IT'S BACK!

Who will be voted favorite in Madison County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2024 Madison County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Winterset November edition. You can vote in one or every category, or anywhere in between.

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See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll).  
One vote per resident, please.

## FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Brewery/Distillery/Winery
- Server/Bartender

## AUTO BODY

- Auto Service
- Auto Body Shop

## COMMUNITY

- Preschool/Daycare
- Park
- Community Festival or Event
- Church
- Pastor
- Place for a Field Trip
- Picnic Spot

## SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Florist
- Home Improvement Retail Store
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

## ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Summer Camp
- Camping Spot

## HEALTH/BEAUTY

- Hair Salon
- Dental Office
- Chiropractor
- Health Club or Gym
- Doctor
- Pharmacy

## OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Lawn Care Business
- Nursery or Landscaping Company
- Heating and Cooling Business
- Electrician (business)
- Plumbing Company
- Senior Living Facility
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Painting Company
- Home Builder
- Home Improvement Contractor
- Accounting Firm

## CRISPY grilled chicken with a kick

### *(Family Features)*

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

### Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

#### DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



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## Scot and Kim Clark

Scot and Kim Clark both attended the University of Iowa, majoring in Communications, Marketing, and Finance. Kim began her career with Farm Bureau in 2002 specializing in home, auto, and health insurance. Scot began in 2008 focusing on home, auto, business, farm, and life insurance, and The Clark Agency was formed. The Agency takes great pride in carrying on the tradition started by Kim's father, Denny Weeks. Denny was a Farm Bureau agent from 1979 to 2014. In The Clark Agency, you get many years of experience, and can expect the same Best in Class Service for years to come.



## Kristina Benshoof

Kristina began her career in insurance in 1997 working in claims and accounting for GuideOne. She joined The Clark Agency in 2008 and is the first face you will see when you visit, Kristina specializes in making each and every client feel welcome and at ease with the service she provides!



## Felicia Weeks

Felicia earned a degree in Finance and Economics from Grandview University, 2008. Her career started as a Financial Advisor with Edward Jones in 2008. She joined The Clark Agency in 2015 where she continues to specialize in Life Insurance and Investment strategies as well as home, auto, and farm insurance.



## Brittany Hilsabeck

Brittany studied business management at the University of Northern Iowa, and began work for The Clark Agency shortly after graduation in 2019. Her combined experiences at Holmes Murphy and Farm Bureau have given her the means to serve our clients in a variety of ways, focusing primarily on health and commercial insurance.



## Candice Dole

Candi started her career 25 years ago in the finance and accounting industry, with a New York brokerage firm. When she returned to Iowa she worked as the Human Resource Director at the Winterset School administration office followed by 8 years with Edward Jones. She has been with The Clark Agency since November of 2022, assisting clients with a variety of insurance needs.



## Alexa Clark

Alexa joined The Clark Agency in November of 2023. She began her career in nursing earning a BSN from Saint Luke's College of Health Science in 2020 before transitioning to the insurance industry. Alexa loves meeting new people, creating relationships, and making a difference in the community.

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## INVESTMENT

By Jason Kleemeier

# NAVIGATING retirement pitfalls

Much is written about the classic financial mistakes that plague startups, family businesses, corporations and charities. Some classic financial missteps have been known to plague retirees, too.

Calling them “missteps” may be a bit harsh, as not all of them represent errors in judgment. Either way, becoming aware of these potential pitfalls may help you to avoid falling into them in the future.



**Managing Social Security.** Social Security benefits are structured to rise about 8% for every year you delay receiving them after your full retirement age. Is waiting a few years to apply for benefits an idea you might consider? Filing for your monthly benefits before you reach your full retirement age can mean comparatively smaller monthly payments.<sup>1</sup>

**Managing medical costs.** One report estimates that a healthy couple retiring at age 65 can expect nearly \$208,000 in out-of-pocket medical expenses during the course of their retirement, even with additional coverage such as Medicare Part D, Medigap and dental insurance. Having a strategy can help you be better prepared for medical costs.<sup>2</sup>

**Understanding longevity.** Actuaries at the Social Security Administration project that around a third of today's 65-year-olds will live to age 90, with about one in seven living 95 years or longer. The prospect of a 20- or 30-year retirement is not only reasonable, but it should be expected.<sup>3</sup>

**Managing withdrawals.** You may have heard of the “4% rule,” a guideline stating that you should take out only about 4% of your retirement savings annually. Each person's situation is unique, but having some guidelines can help you prepare.

**Managing taxes.** Some people enter retirement with investments in both taxable and tax-advantaged accounts. Which accounts should you draw money from first? To answer the question, a qualified financial professional would need to review your financial situation so they can better understand your goals and risk tolerance.

This article is for informational purposes only and is not a replacement for real-life advice, so make sure to consult your tax, legal, and accounting professionals before modifying your investment strategy for tax considerations.

Managing other costs, like college. There is no “financial aid” program for retirement. There are no “retirement loans.” A financial professional can help you review your anticipated income and costs before you commit to a long-term strategy and help you make a balanced decision between retirement and helping with the cost of college for your children or grandchildren. ■

1. Social Security Administration, 2021. 2. HealthView Services, 2021. 3. LongevityIllustrator.org, 2021. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG, LLC, is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright FMG Suite.

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## BEAUTY

By Annie Wiseman

# HAIR prep rules

With weddings and homecoming right around the corner, I thought it would be great to let you all know how us professionals want your hair to be when you come in for your special occasion appointment. Please come with your hair clean and dry. I know you've all been told to come with your hair dirty, but I disagree. Our ideas of "dirty" can be very different. As an example: I once did a bridesmaid who hadn't washed her hair in five days after using dark dry shampoo. It was almost impossible to manipulate her hair, and my hands were black after working on her hair. It was gross. We have many products that we can use to add texture to the hair. So please allow us to create your look starting on a clean canvas.



Now let me tell you about how we'd prefer your hair for color services. We understand that color services happen throughout your busy day/schedule, so I'm letting you know it's perfectly fine to bring us slightly dirty hair. The only thing we don't love are those sprays used to cover grays temporarily. But it's an easy fix. We just shampoo the hair before the color service. All other products, like hairsprays and dry shampoos, don't have any effect on how the color deposits on the hair.

These are just little tips that help all of us (client and hair designer) reach the optimal desired result for your hair. ■

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.

## HEALTH

By Dr. Amanda Queck

# NO 'pop' required

Mythbuster: Hearing your bones "pop" is not a requirement for a chiropractic adjustment.

One of the most common statements I receive as a chiropractor is something along the lines of "I just need a good pop in my neck," or, "I used to be able to pop my back on my own, but now I can't." On the flip side, some people have even steered away from chiropractic because they do not like the popping sound or are afraid when they feel a slight "pop" when they stretch. Here is the thing — the "popping" noise you are hearing is nothing more than gases being released from joint spaces — similar to the "pop" that happens when you open up a bottle of champagne. In fact, there have been many studies done to determine if adjustments with the "popping" sounds meant better outcomes than adjustments where the patient does not feel the "pop." What they found was that the outcome of the adjustment was no different whether there was a "pop" or not — as long as we reach the end goal of better spinal function.



Maybe you're somebody who is obsessed with that feeling after the release of those gases (endorphins are released). Or maybe you are one who has shied away from chiropractic. In either scenario, be sure to talk with your chiropractor about what technique and style you prefer. It might just take some time before you truly receive that adjustment that is "just right" for you. ■

Information provided by Dr. Amanda Queck, D.C. Flourish Chiropractic & Wellness, 108 W. Court Ave., Winterset, 515-384-0360, www.flourishchiro.life. Source: The Reality Check by Dr. Heidi Havoc, PhD

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## OUT & ABOUT



Jessica and Tate Heath at the County Fair on July 19.



Chris, Angie, Lane, Cade and Mike Hobart at the County Fair on July 19.



Candice Honnold and Sue Wilson at the County Fair on July 19.



Emily and Campbell Rethmeier at the County Fair on July 19.



Vera and Sam Hollingsworth at the County Fair on July 19.



Logan and Jenni Waltz at the County Fair on July 19.



Abilene Peiffer and Maddie Berry at the County Fair on July 19.



Hazel, Arthur and Clara Vanderveer; Emily Haines; and Chris Penisten at the County Fair on July 19.



Rose, Maggie and John Llewellyn at the County Fair on July 19.



Dawnita and Rich Anderson at The Talk Shop Lounge July 19.



Brian Murphy and Chad Walker at The Talk Shop Lounge July 19.



Nicole and Jason Darling at The Talk Shop Lounge July 19.



## OUT & ABOUT



A ribbon cutting was held Aug. 16 for Iris Aisle, 2352 Holliwell Bridge Road.



A ribbon cutting was held for Amber's Place, 723 W. Summit St., on July 29.



The family of Randy McDonald at his retirement party at Madison County Winery July 19.



A ribbon cutting was held Aug. 2 at Village Bootery, 66 E. Court Ave.



Brad Hessenius and Jeston Jobe at the retirement party for Randy McDonald held at Madison County Winery on July 19.



Jared and Ryan Abel at the retirement party for Randy McDonald held at Madison County Winery on July 19.



Corbin Miller and Ellie McDonald at the retirement party for Randy McDonald held at Madison County Winery on July 19.



Shannon and Shawn Corkrean at the retirement party for Randy McDonald held at Madison County Winery on July 19.



Mary Eyerly and Brandon Paulsen at the Chamber Golf Outing held at Lakeview Country Club on July 26.



Erin Harman, Maria Forgy and Janet Williams at the Chamber Golf Outing held at Lakeview Country Club on July 26.



Sarah Cowman and Sandy Kordick at the Chamber Golf Outing held at Lakeview Country Club on July 26.



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