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A WALK through TIME

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Covered Bridge Festival
Oct. 12-13

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WELCOME

IT'S WHAT we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about the Covered Bridge Festival.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■



SHANE GOODMAN
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305

DO YOU HAVE A HOLIDAY RECIPE THAT HAS SPECIAL MEANING TO YOU? Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Kristine McDonald
Advertising Account Executive
515-975-3543
kristine@iowalivingmagazines.com

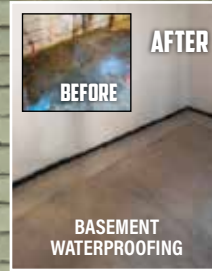


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A WALK through TIME

**Celebrate the past at the
Covered Bridge Festival
Oct. 12-13**

By Rachel Harrington

Since 1970, the Madison County Covered Bridge Festival has brought fun and entertainment to the community, and it will do so again this year, Oct. 12-13. Over the years, many of the people and events have changed and evolved with the times. However, the Madison County Chamber of Commerce strives to keep their memories alive.

Enjoy the Covered Bridge Festival and its many vendors.

“We are focusing on nostalgia this year,” Chamber Tourism and Marketing Manager Teddi Yaeger says. “Many people have fond memories of how everything once was at the festival. We spread the word that we wanted to find out what the community misses.”

Yaeger says the responses they received included pioneer displays, old skills demonstrations and events on the courthouse steps. While some of those wishes may be difficult to fulfill, the Chamber is looking to incorporate as many suggestions as possible.

“We’re having an autumn display contest for our vendors,” she shares. “We will also have a window display contest that will be judged by our festival royalty. There will be over 140 vendors, even expanding into The Livery. We’ve listened to the community about the products offered during the festival. Approximately 50% of products our vendors will sell must be handmade. The one exception are vendors in The Livery.”

A touch of history will be seen throughout the festival.

“We will have actors walking around in time period dress,” Yaeger says. “There will be wood turners, weavers, sewing with the quilt museum, and a chainsaw carver who is pretty popular.”

She adds that skills that were once a part of the festival would be welcomed with open arms if willing demonstrators would sign up.

“We would love to find a blacksmith, sheepshearers and those who card wool, someone with a cider press, candlemakers, and folks who cane chairs,” Yaeger shares.

She encourages younger generations to connect with friends and family members who possess such skills and learn them so they can keep such skills alive for future generations.

Events returning this year include the junior spelling bee on the courthouse steps, the car show near the elementary school on Sunday only, and Rotary tours of three to four covered bridges. The farmers market will be on Court Avenue instead of at Monumental Park. The annual official festival coin will honor the Iowa Quilt Museum. A second coin will celebrate the 40th anniversary of the apple fritter, and The Bakery Unlimited will be giving away 300 of these coins on a first-come, first-served basis at the start of the festival. On Saturday morning, a horseshoe tournament and antique tractor rides will be held at the fairgrounds and a 5K run at City Park.



Brenden Pugh has spearheaded all things entertainment this season.

Volunteers are key

Many hours go into putting on the Covered Bridge Festival each year, and volunteers make all the difference in a successful outcome.

“The festival is the Chamber’s main fundraiser of the year. A lot of our volunteers are chamber staff and members, those who don’t have a business to run during the festival,” Yaeger remarks. “We rely heavily on the community for volunteers. A natural aging out process happens for many of our local organizations that help out such as the VFW, American Legion, Optimist Club and museums. We need younger people to get involved with these and others.”

History comes alive

One of the hotspots of the 2024 Madison County Covered Bridge Festival will be the Madison County Historical Complex, 815 S. Second Ave., Winterset. For the last 20 years, the Historical Complex has participated in the Covered Bridge Festival by bringing to life the things of yesteryear. Entrance to the complex is, as has been tradition, free of charge, and activities will take place from 10 a.m. to 4 p.m. on Saturday and Sunday.

Jared McDonald, director of the Historical Society Complex, shares that, throughout its 15 buildings and 25 acres, festival attendees will find items from the society’s collection from A to Z.



Chamber Tourism and Marketing Manager Teddi Yaeger says this year’s Covered Bridge Festival will focus on nostalgia.

“What we share with the community has been an ongoing tradition. Really, our mission is to engage the public about Madison County history. The festival activities are one way for us to engage the people and educate them on what Madison County was once like. Our new thing this year is the Madison County Alphabet Soup. For instance, for the letter W, you might see a wagon, and for H, a hair wreath,” McDonald says. “There will also be interactive opportunities with the Civil War Camp on the north lawn of the museum. There will be the old town setup with the 1886 Bevington Mansion as a focal point.”

Returning events at the complex include favorites such as horse and wagon rides offered by Lonnie Douglas in his restored wagon, a Civil War camp skirmish and night cannon firing, and s’mores and popcorn shortly before the night cannon firing.

“My favorite part of the festival at the Historical Society Complex is the s’mores event and the night firing of the cannon,” McDonald states. “You can hear it all across town several times throughout the weekend as well.”

He says the Civil War reenactors mix up what they bring from year to year.

“You never know what the Civil War guys will do,” he chuckles. “Different men do different demonstrations from year to year. After the skirmish, the camp disbands.”

He suggests those who are interested come check it out either to enjoy returning activities



Some good, old-fashioned fun will be held at the Covered Bridge Festival.



The car show will be near the elementary school on Sunday only.



Vendors will offer food and drinks.

or to learn from, and be entertained by, new ones.

McDonald shares that attendance at the complex varies year to year, typically depending on weather conditions, but tends to be pretty good during the festival.

"I am always optimistic," he says. "We try to plan accordingly and pivot or adapt if we need so. Even this need for adaptability showcases that Madison County grit. We're here rain, snow, sleet or shine, kind of like the post office."

McDonald was born and raised in Madison County and has been a part of the festival for years.

"I've been the director of the Historical Society for 11 years. Before that, I helped as a board member for four years, and two years as a chamber member before that," he shares. "I've been a part of it for a long time."

Music and dance for the ages

Entertainment seems to be part and parcel of any festival or fair. The Covered Bridge Festival of Madison County is no stranger to bringing enjoyable entertainment to attendees of all ages. This year, like the many years before, the leadership in charge of entertainment has done its best to bring in a great mix.

To kick things off Saturday morning of the festival, Brady Pugh will take the stage to perform the National Anthem.

"We have a few returning groups this year, to include a festival favorite, the Benges family," Brenden Pugh shares.

Brenden Pugh has spearheaded all things entertainment this season. Local talent will be featured when Liv McNair, a Madison County resident, will take the stage, and Day's Live Music, a regional group performs.

"There will be some blues, rock, jazz and country vibes," Pugh shares. "We try to have a little bit of everything and keep the music diverse so there's a little bit of something for everyone."

The headliner this year is The Bird Hunters. "I'm really excited about The Bird Hunters," Pugh says. "They are a local Iowa blues/rock group. I think they'll be great. They were with us last year, but they hadn't hit that headliner level yet. We're glad to have them back again."

All performers will be on the Benges stage near Farmers and Merchants Bank. The dance teams will perform on Sunday. Sunday will boast six performers and will wrap up around 2:45 p.m., just before the parade.

Other bands offering their music include the Abe Miller Band, Chris Powell, and Emma Butterworth (Des Moines). However, music isn't the only form of entertainment to look

forward to. Dancers from the Winterset High School dance team and Southwest Community College will showcase their talent as well.

"I like adding the dance teams to the lineup because it brings in a totally different crowd," Pugh states.

Pugh says that the hunt for festival entertainment usually begins in January or February.

"I don't start looking directly after the previous festival, but I usually get started at the first of the year," he says.

Some groups, such as the Benges family, plan on performing every year, so there isn't too much planning involved from Pugh. However, some groups take a while to negotiate simply because they have a busy schedule. For potential non-local artists coming into town, Pugh likes to see that they have a following.

The musical entertainment can be enjoyed most everywhere across the festival. Attendees can walk the grounds, visit vendors and munch on local fare all while being entertained by the music.

"There is no additional cost for the entertainment once you've bought your festival tickets, so feel free to stop in and listen as you enjoy the rest of the festival," Pugh encourages.

The full entertainment line-up and schedule and all things festival related can be found on the Madison Chamber of Commerce website, www.exploremadisoncounty.com/covered_bridge_festival. See more on pages 14-16. ■



Jared McDonald, director of the Historical Society Complex

WELCOME Center staff member plants roots

Stetzel is sharing her love for Winterset.

Simply put, Catherine Stetzel loves Winterset.

She and her husband, Jon, have lived in town just five years but say that's been long enough to build a real connection with the community.

The couple previously lived in Panora. When Jon took a job as an insurance agent with Integrity Financial Group in town, they decided living in the same area where Jon worked was a wise decision.

The Stetzels were already empty nesters when they moved, so they decided to find a place that would downsize them from their previous five-bedroom, three-and-a-half bath home. They settled on an older two-bedroom, one-bath home with the help of their Realtor, Jennifer Corkrean.

"Our 'new' home needed a lot of love and elbow grease," Stetzel explains. "The first two years saw many hours spent working on the house. In fact, Jon became a regular at Breeding's Ace Hardware."

When they first got to town, Stetzel worked for Union State Bank, which gave her the opportunity to meet many people from around Winterset.

She also came to appreciate the community through some challenging times it faced after they moved in.

"First through COVID and later through the horror of the tornado, we really found out how amazing and wonderful Winterset truly is," she says. "That's really when I fell in love with the people of this community."

Stetzel was with the bank for a couple years before semi-retiring. For the past two years, she has worked in a part-time capacity for the Madison County Chamber of Commerce as a Welcome Center staff member. The

center is a place where visitors to the area can stop by for free information, maps and directions, travel guides, as well as souvenirs and locally made items.

Stetzel's job requires her to welcome guests and ensure they have what they need to enjoy the community to the fullest extent — just as she does.

This role has also enabled Stetzel to be involved in numerous Chamber activities, including the Covered Bridge Festival, Festival of Lights on the Square, Paint Madison County (A Plein Air Festival) and the Winter Solstice Market.

"When you hear visitors talk about how special our town is — the friendliness of our citizens and shop owners, the pride in the beauty of our whole community — you know what an extraordinary place we live in," Stetzel says. "Winterset is truly our own special 'Hallmark' story."

Ultimately, the Stetzels have found a place where they just might remain forever.

"We feel so blessed to live and be a part of this beautiful town," she says. "We are home." ■



Jon and Catherine Stetzel moved to Winterset five years ago and say it has become home to them.

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BEAUTY

By Annie Wiseman

TRENDING for fall

The look this fall is all about casual comfort. While fashion is seeing lots of wide-leg bottoms and oversized tops, hair is enhancing that vibe with natural looking waves and lived-in color.

Hair color is filled with butter creme blondes, caramel ribbons and hazelnut lowlights. Keeping colors closer to your natural hair color is allowing a “lived-in” look and gives off a low-maintenance vibe. This is mostly being achieved with the balayage technique and baby lights.

A soft fringe with lots of layers is also a big look for fall. This look is best executed with a middle part showcasing a curtain bang. And we’re seeing a more natural wave look, similar to a beach wave only looser. So, keep your irons ready for use.

I can’t fail to mention that there is still a place for the side part (maybe more off center) and the flat iron (give it a little bend at the bottom though) for those of us who struggle to change our hairstyling ways. And, as long as you can execute the look with the right amount of confidence, you’ll be on trend.

This season’s looks will emphasize the cozy feels of fall and focus on our natural beauty while emphasizing simplicity. I’m most excited to try some of the new soft color trends. So, contact your trusted stylist and get ready to experiment. ■



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

SIMPLE eating hacks for success

(Part 1) When I ask people about their health goals, the three main categories I hear are: weight loss, mental health and energy levels. What if all three of these health conditions are related? And what if you actually could have better control of these conditions by simply controlling your blood sugar levels throughout the day? You see, your body works as a system. If one system cannot break down the carbs and burn the fat you just loaded into your body, it will affect other systems as well (including your heart, hormones and even brain functions).

Let’s be real. When was the last time you completely eliminated carbs from your diet to try to lose a few pounds? Or how about binge ate ice cream after a long and stressful week at the office? Or pounded down a third coffee drink just to get you through the rest of your day? You are not alone. There are simple ways to control the cravings and support your energy and mental health levels rather than deplete them.

Hack 1: Eat your foods in the right order. Fiber first, then protein, and starch/sugary food last. You don’t have to completely cut carbs from your diet. But a simple hack to avoid a sugar spike is to frontload your carbs with fiber (aka veggies). Want to go above and beyond? Start your meal with a salad topped with a vinaigrette dressing. ■



Information provided by Dr. Amanda Queck, D.C. Flourish Chiropractic & Wellness, 108 W. Court Ave., Winterset, 515-384-0360, www.flourishchiro.life. Source: Glucose Revolution by Jessie Inchauspé

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REAL ESTATE

By Jennifer Stover

WHAT IS underwriting?

Underwriting is the process mortgage lenders use to analyze a loan application and determine the amount of risk involved. It includes a review of the potential borrower's credit history and an assessment of the property's value. The borrower will never talk to the underwriter.



What does an underwriter do? An underwriter's job is to thoroughly review your loan application, verify financial documents, fill qualification gaps and then approve or deny you for a mortgage. During underwriting, they will flag any missing information. The underwriter will:

Review application: The underwriter reviews your application, credit report, tax returns, pay stubs and proof of funds.

Flag missing information: Your underwriter will flag anything that requires additional documentation or clarification.

Verify income: The underwriter will review 30 to 60 days of pay stubs, as well as your bank statements, to ensure you have the amount of steady income required to make your monthly mortgage payments.

Review appraisal: If your loan requires an appraisal to confirm the property's value, the requirement is established during automated underwriting then ordered by the loan processor. The underwriter reviews the appraisal.

Determine loan approval: Most importantly, the underwriter determines if your loan is approved. ■

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

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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.



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SELF-control

We all need self-control. Webster's dictionary says self-control is "restraint exercised over one's own impulses, emotions or desires." You could say it is the ability to say no to desires that do not honor God. Galatians



5:22-23 lists the fruit of the spirit. These are qualities that the Holy Spirit brings about in the lives of Christians. Self-control is the last one mentioned in that passage. 2 Timothy 3:1-3 describes what people will be like in the last days. One thing it says is that people will be without self-control. Self-control is a big deal to God, and we need God's help to grow in self-control.

Some people struggle with self-control in obvious ways, but what about the socially acceptable ways we struggle? Overspending,

oversleeping, staying up too late, binge-watching TV... the list could go on.

How can we grow in self-control?

- Be honest about areas where you need to grow. You can't change things that you won't admit are a problem. Most people can pinpoint the areas where they lack self-control quickly but it is easy to ignore them.

- Ask God for help. As I mentioned, Galatians 5:22-23 tells us self-control is a fruit of the Spirit. That means that we can't grow in self-control on our own. It's a work that God does in us.

- Say no to the fleeting pleasures of sin because greater pleasure is found in obeying God.

- Get help from other people. Tell a close friend or mentor about the areas you struggle with self-control. You need to be held accountable. A great place to find

accountability is in a good Bible-believing church.

The ultimate example of self-control is Jesus Christ. Hebrews 4:15 tells us that Jesus was tempted in every way like we are, but He never sinned. That's incredible, and it's the reason Jesus is the sinless Savior for all who trust in Him. Jesus showed ultimate self-control on the cross. He is the all-powerful Creator who became man and allowed the men He created to put Him to death. He could have stopped it, but He was committed to the plan of salvation. Have you trusted in Jesus to be your Savior? Self-control flows out of a personal relationship with Jesus. ■

Written by Ben Funkhouser. Ben serves as one of the directors at The Refuge and serves on staff at Redeemer Church. Ben is an ACBC-certified counselor and is a commissioned addictions biblical counselor by The Addiction Connection.

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DELIVERING care along with meals

Volunteers active in Lions Club as well.

AdultLife (formerly Madison County Elderly Services) provides a variety of services, including senior meal delivery, a senior meal site and public transportation. The meal

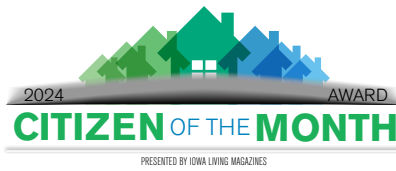
delivery system uses many volunteers to get the fresh, hot meals to the homes of the local recipients. Bob Rhoads and Beverly Bircher-Rhoads are two of those volunteering to do the deliveries.

Despite their frequent deliveries, Bob and Bev find time to serve the community in other ways, as well. The couple is active in the local Lions Club. Bob is the club president, and Bev serves as the membership chairperson.

Regarding the meal delivery, Bob points out he and Bev are just a part of a much larger team.

“There are a lot of people that donate their time and their vehicle and their gas to deliver these meals,” Bob says. “Not just here in Winterset, but there are people that run the meals to Earlham and other places, also. It’s quite large.”

The couple has been delivering for a few years, and they enjoy it. “We started right after COVID opened up again,” Bev says.



Felicia Weeks and Kristina Benshoof of Scot Clark Farm Bureau present the Citizen of the Month certificate to Beverly and Bobby Rhoads.

Bob and Bev are often called to fill in, and they generally say yes. “Our normal route is Wednesdays at noon, although we sub at other times if somebody can’t show up,” Bob says. “Everybody pitches in when it needs to get done.”

“There have been some times when we’ve done it every day of the week,” Bev says. “Sometimes we get a call at the last minute, so we’re kind of used to that.”

The couple’s route usually includes delivery to between 12 and 18 homes and takes a little under an hour. They’ve developed a routine in which Bev does the driving and checks off each delivery as it is completed, while Bob carries meals to the door. Because of this, Bob gets to visit with each recipient, and he finds that to be an enjoyable and important part of the process. He adds that he’s gotten to know the usual recipients well enough to joke around.

“For a lot of the people, it’s a social thing. They’ll wait for us to get there, and I get to pick on them a little bit,” Bob says. “Sometimes I’ll stand there for 10 minutes, and then she starts honking the horn.”

Bev explains there’s another benefit to seeing the meal recipients regularly, as she and Bob are able to identify when someone may need additional help or services.

“If something’s going on that’s out of the ordinary, we report it, and then they do a welfare check on them,” Bev says.

Bob has been soaked with rain on occasion while delivering meals, but he doesn’t let the weather dampen his spirits.

“We’re like the mailman. Rain or shine. Unless school closes, then we’re not delivering,” Bev says.

AdultLife makes the meals that are delivered and runs a meal site for those able to come join in person. Bob encourages seniors in the community to give it a try.

“Anybody that is alone and could use a good meal, come out and make some friends and have a meal together,” Bob says. “It’s for anybody that’s 60 or older. It is a very social environment.” ■



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HEALTH insurance open enrollment

There are two upcoming open enrollment periods for health insurance. The first is the Medicare annual enrollment period from Oct. 7 to Dec. 15, typically for those 65 and older. The second is the open enrollment period for marketplace insurance, which is Nov. 1 to Jan. 15, for individual health insurance for those under 66. It is important to note that, for any changes to be effective Jan. 1, the deadline is Dec. 15.



Medicare annual enrollment period

The specific actions you can take during AEP depend on your current coverage.

If you currently have just Original Medicare (Parts A&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, IFG Insurance, 224 E. Highway 92, Suite B, Winterset, 515-462-4553.

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 2025, **contact me today!**



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MADISON COUNTY COVERED BRIDGE FESTIVAL

SCHEDULE OF EVENTS — OCTOBER 11-13, 2024

FRIDAY, OCTOBER 11, 2024

8:30 am — 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 Saveraid, 515-210-7806

SATURDAY, OCTOBER 12, 2024

6:00-11:00 am Winterset Firefighters Association Pancake Breakfast, Winterset Fire Station (corner of Court Ave and 2nd Street); \$8/adults, free for children 3 and under)

8:30 am 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 Saveraid, 515-210-7806

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

9:00 am Covered Bridge Race 5K Walk/Run, Cutler-Donahoe Covered Bridge in Winterset City Park (8:45 am Children's Event; 9 am 5K.) *Sponsored by the Winterset Rotary Club.*

9:00 am - 5:00 pm 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 11 & under free. Activities from 9:00 am - 5:00 pm include:

- Kids' Activities
- Live Entertainment (See stage schedule)
- Farmers Market (located along W. Court Ave)
- 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 under

10 am Junior Spelling Bee, South Courthouse Steps (Rain location: First United Methodist Church)

10:00 am to 3:00 pm 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 Street)

10:00 am to 4:00 pm Passport to the Past at the Madison County Historical Complex (915 S. 2nd Avenue). Activities include blacksmith demonstrations, horse-drawn wagon rides around the complex, penny candy at the Field Mercantile, historical Bevington mansion tours, as well as museum tours.

4:00 pm A Civil War Skirmish takes place on the north side of the Madison County Historical Complex.

5:00-8:30 pm WHS Alumni All-Class Reunion at the Madison County Fairgrounds

6:45 pm Join the Madison County Historical Complex and popcorn. Lawn chairs from home are encouraged

7:15 pm Nighttime Civil War cannon firing at the Historical Complex (Free)

SUNDAY, OCTOBER 13, 2024

6:00 to 11:00 am Winterset Firefighters Association Pancake Breakfast, Winterset Fire Station (corner of Court Ave and 2nd Street); \$8/adults, free for children 3 and under)

8:00 am to 12:00 pm Registration for the Annual Madison County Covered Bridge Festival Show, 110 W. Washington Street. Hosted by the Centennial Commission. Judging begins at 1:30 pm and awards are presented at 2:00 pm

9:00 am to 5:00 pm 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 9:00 am - 5:00 pm include:

- Kids' Activities
- Live Entertainment (See Bengé schedule)
- Farmers Market (located along Court Ave at the SW side of the Courthouse 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 under

10:00 am to 12:00 pm 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 Street)

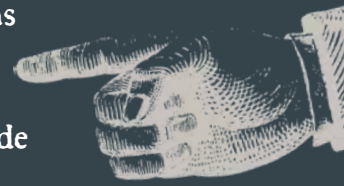
10:00 am to 4:00 pm Passport to the Past at the Madison County Historical Complex (915 S. 2nd Avenue). Activities include blacksmith demonstrations, horse-drawn wagon rides around the complex, penny candy at the Field Mercantile, historical Bevington mansion tours, as well as museum tours.

3:00 pm Covered Bridge Festival Parade. Lineup begins at 2:00 pm at Winterset High School parking lot. The parade route starts at Winterset High School where it heads north on 8th Avenue, then east on 10th Avenue to 2nd Ave for one block before turning south on 2nd Avenue onto Washington Street, makes a left onto 4th Street and ends on Court Street just past 10th Street.

FESTIVAL

October 12-13, 2024

- Live Music & Entertainment
- Old-Time Demonstrations
- Covered Bridge Tours
- Kids Activities
- Over 140 Arts, Craft & Food Vendors
- Classic Car Show & Parade (Sunday)



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STAGE SCHEDULE

SATURDAY, OCTOBER 12

- 9:00-9:05 am: National Anthem
- 9:05-9:15 am: Madison Co. Chamber of Commerce
- 9:30-10:15 am: Tutor 3
- 10:30-11:15 am: Day's Live Music
- 11:30 am-12:15 pm: Liv McNair
- 12:30-1:15 pm: The Benge Family
- 1:30-2:00 pm: Spotlight Dance Legacy
- 3:30-5:00 pm: The Bird Hunters

SUNDAY, OCTOBER 13

- 9:00-9:45 am: David Hargrove
- 10:00-10:45 am: WHS Express Dance Team
- 11:00-11:45 am: The Abe Miller Band
- 12:00-12:45 pm: Chris Powell
- 1:00-1:45 pm: Emma Butterworth
- 2:00-2:45 pm: Maxwell Aden



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- DAVID HARGROVE
- SPOTLIGHT DANCE
- ABE MILLER BAND
- DAY'S LIVE MUSIC
- EMMA BUTTERWORTH

OCT. 12 & 13



History on The Hill 2024 Madison County Historical Complex



Saturday, October 12th • 10am - 4pm
Sunday, October 13th • 10am - 4pm



★ “Madison County Alphabet Soup” ★

Each artifact in this exhibit relates to a letter of the alphabet. Many of these objects do not fit in traditional thematic exhibits so this is a unique way to showcase awesome pieces of Madison County history. There are even flashcards to help visitors identify some of the more unusual pieces.



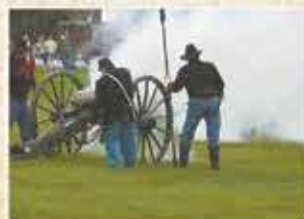
★ Horse and Wagon Rides ★

Once again, Lonnie Douglas will provide his restored wagon and beautiful horses to take you and your family on a wagon ride over the beautiful 25 acres of the Historical Complex. Enjoy looking over the grounds and Winterset from History on the Hill.



★ Civil War Camp ★

Saturday, 4pm • Skirmish - Saturday, 7:45pm Night Cannon Firing
Sunday, Noon • Skirmish, then camp disbands
Civil War Camp located on the North Lawn! • Talk with Soldiers and see the cannon!



★ S'mores & Popcorn Saturday ★

Saturday, October 13th at 7:00pm
Join us for free s'mores making and popcorn
Enjoy the night time cannon firing that follows (approx. 7:45 pm)
Limited bleacher space is available, lawn chairs from home are encouraged!



FREE ADMISSION

• Tour museum and Bevington Mansion • Free shuttle bus rides from Courthouse Square
Parking is limited • www.HistoryontheHill.com

815 South 2nd Avenue
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MEET Andrea Brown

New FCS teacher brings excitement to classroom.



Andrea and Zach Brown and their two Australian shepherd pups, Hank and Gus, moved to the community this year.

Andrea Brown is one of Winterset’s new teachers.

She moved to the community just this year with her husband, Zach, and their two Australian Shepherd pups, Hank and Gus.

Brown serves as the family and consumer sciences (FCS) teacher for both Winterset High School and Winterset Junior High School. She previously worked for East Sac County schools and then spent two years at Ottumwa High School. In total, Brown, who earned her bachelor’s degree in family and consumer sciences educational studies with a coaching endorsement from Iowa State University in 2020, has taught FCS for five years.

Brown was attracted to the teaching role at Winterset because she wanted to be back in a school that offered a small-town feel after working at a larger school for the past two years.

“I was also looking forward to being able to bring in new ideas and classes to get students some different experiences,” she says. “The administration team has been super supportive with all of my new ideas, and I am super thankful for that.”

Brown was inspired to go into teaching after growing up with a mom who was an industrial technology teacher — one who inspired many students.

“When I was struggling to decide what career path I wanted to take (elementary education, culinary, fashion design or interior design), my mom and a good family friend sat me down and asked why I didn’t think about teaching these subjects,” she shares. “I was always in the FCS classes in high school, but I never thought about that being a perfect career opportunity for me.”

After that conversation, Brown fully committed to becoming an FCS teacher.

“I was so excited to be able to give back to students the same opportunities I was given and hopefully inspire a few here and there within my own classroom,” she says.

What she enjoys most about teaching is the chance to work with students every day and teach them life skills they’ll likely use the rest of their lives.

“I love watching them get excited about trying new things within the classroom and taking risks with possibly a good outcome or one that we can learn from,” Brown says.

One of the biggest challenges Brown faces within the FCS classroom is staying on top of all the new information that comes out, whether it’s new parenting styles, safety and sanitation regulations, or trends within fashion and interior design.

“Everything is continually changing, and sometimes it’s so quick that it can become hard to keep up,” she says.

On the flip side, Brown’s favorite memories within the classroom stem from her culinary class competitions, like the Chili Cook Off, Cupcake Wars, Fry Competitions and more.

“Kids get so excited for them, and it’s always awesome to see what ideas they come up with,” Brown says. “Students get super competitive and always want to know who won the competition — sometimes before it is even over.”

Since she’s still new to the district, Brown is looking forward to better getting to know students and staff at both the Winterset High School and Winterset Junior High School. ■

**Suggest
a teacher**

for an *Iowa Living* education column!

Send an email to
tammy@iowalivingmagazines.com

Iowa Living
MAGAZINES

EVENTS IN THE AREA

Be sure to check for cancelations

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



Upcoming in Winterset Living magazine:
Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live. Thank you!



Share Your Stash Quilting Sale

Nov. 2, 9:30 a.m. to 4 p.m.
Iowa Quilt Museum, 1305 W. Jefferson St.

The Iowa Quilt Museum holds the Share Your Stash Quilting Sale to raise funds. By generously donating high-quality quilting fabrics, notions, tools and related supplies from your personal collections, you'll help create an exciting shopping experience for fellow quilting enthusiasts eager to expand their fabric collections. For more information, visit www.iowaquiltmuseum.org/gallery-walk.

Final month of Farmers Market

Saturdays through October, 8 a.m. to noon
Monumental 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.



Music at the Winery

Oct. 5, 6:30-9:30 p.m.
Covered Bridges Winery, 2207 170th Trail, Winterset

Velvet Band will perform. The event will be outdoors, weather permitting. Bring lawn chairs or blankets.



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Sunday Wine Downs

Covered Bridges Winery, 2207 170th Trail, Winterset

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: Oct. 6, Willie Mac; Oct. 20, Days Live Music. Visit Facebook for more details.



Des Moines Performing Arts shows

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines www.desmoinesperformingarts.org



- Oct. 5: Consider it Coral
- Oct. 5: Santino Fontana
- Oct. 11-12: Taylor Tomlinson: Save Me Tour
- Oct. 15-20: "Back To The Future: The Musical"
- Oct. 29 - Nov. 3: The Second City 65th Anniversary Tour

Wells Fargo Arena shows

223 Center St., Des Moines iowaeventscenter.com

- Sept. 13: Cage The Elephant at 6:30 p.m.
- Oct. 5: For King + Country. The Unsung Hero Tour at 7 p.m.
- Oct. 19: Alabama Roll on 2 North America Tour at 7 p.m.
- Oct. 24: P!nk Live 2024 at 7 p.m.

Spirit Seekers Fair Oct. 18

Unity of Des Moines, 414 31st St., Des Moines www.unitydesmoines.com

Vendors featuring healing arts, intuitive readers, gifts, stones, jewelry and more. Experience a welcoming environment to sample Iowa's rich spiritual community. For more information, visit www.unitydesmoines.com.

Edgewater Holiday Mart

Nov. 2
9225 Cascade Ave., West Des Moines

Thirty-five local artists and vendors offering their personal creations — carved Santas, wine bottle stoppers, wooden pens, kaleidoscopes, wooden boxes, paintings, fused and stained glass, photographs, cards, fiber arts, pottery, ceramics, clocks, jewelry, decorated felt bags, scarves, cutting boards, woven baskets, embroidered dish towels, knitted socks, crocheted animals, painted rocks, Petosky stones, goat soaps and lotions, candy wreaths, Iowa gouda cheese, fudge and peanut brittle, gourmet popcorn and nuts, jams and jellies, and baked goods.

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Seasonal fun

- **Apple and Pumpkin Festival**, Oct. 5-6, 12-13, 19-20, Wills Family Orchard 33130 Panther Creek Road, Adel. Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturdays and noon to 6 p.m. on Sundays. www.willsfamilyorchard.com/apple-pumpkin-fest
- **Middlebrook Fall Festival**, Oct. 5, Middlebrook Farm, 4300 Cumming Ave., Cumming. Food trucks, free face painting, farmers market and adult beverages.
- **Wauktoberfest**, Oct. 5, Downtown Waukeo Triangle, Ashworth Drive and Sixth Street. Put on by the Waukeo Area Historical Society, this is a day full of fun with live music, German food, beer and an exciting stein-holding contest. Don't forget to wear traditional attire if you can.
- **Phantom Fall Festival**, Weekends through Oct. 27, Adventureland, 3200 Adventureland Drive, Altoona. Adventureland hosts its fall festival with several haunted houses, ghosts, ghouls, goblins and more.
- **Family Halloween**, Oct. 18-20, 25-27, various start times, Living History Farms, 11121 Hickman Road, Urbandale. Enjoy a Halloween event designed for families amid the historical Living History Farms. For more information, visit lhf.org/event/halloween.

OCTOBER HAPPENINGS

- **Oct. 5: Flannel Fest.** Local vendors inside the Dogpatch Urban Gardens will be stocked with all things autumn. Dogpatch Urban Gardens, 4600 N.W. 51st St., Des Moines; www.dogpatchurbangardens.com
- **Oct. 5: Worldwide Food Truck Tour.** This food-filled tour stops in Des Moines with a wide range of food trucks and entertainment for the whole family. Cowles Commons, 221 Walnut St., Des Moines; worldwidefoodtrucktours.com
- **Oct. 7, 14: Zoo Brew.** Have a brew at the zoo. Blank Park Zoo, 7401 S.W. Ninth St., Des Moines; www.blankparkzoo.com
- **Oct. 11-13: Capital City Gaming Con.** Back with a new name is Des Moines' very own board game convention. Buy, play, test and enjoy board games of all types. Hilton Garden Inn, 205 S. 64 St., West Des Moines; www.cardboardcaucus.com
- **Oct. 12: Indigenous Iowans Day.** Explore the early cultures that shaped Iowa. Living History Farms, 11121 Hickman Road, Urbandale; www.lhf.org
- **Oct. 13, 26: 5K Fun Run.** The 2024 Iowa Brewery Running series continues through the fall at various breweries in central Iowa. All beginning at noon; www.breweryrunningseries.com
- **Oct. 19-20: Great Iowa Pet Expo.** Adopt, shop, learn and contests for all pet lovers to enjoy. 10 a.m. to 6 p.m. on Saturday, 10 a.m. to 4 p.m. on Sunday. 2100 N.W. 100th St., Clive; www.greatiowapetexpo.com
- **Oct. 20: IMT Des Moines Marathon.** Since 2002, the annual marathon has been taking participants on a run through Iowa's capital. 1001 Grand Ave., West Des Moines; desmoinesmarathon.com ■



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BREAKING down the parts of Medicare



Generally, the different parts of Medicare help cover specific services. Most beneficiaries choose to receive their Parts A and B benefits through Original Medicare, the traditional fee-for-service program offered directly through the federal government. It is sometimes called **Traditional Medicare** or **Fee-for-Service (FFS) Medicare**. Under Original Medicare, the government pays directly for the health care services you receive. You can see any doctor and hospital that takes Medicare (and most do) anywhere in the country.

In Original Medicare:

- You go directly to the doctor or hospital when you need care. You do not need to get prior permission/authorization from Medicare or your primary care doctor.
 - You are responsible for a monthly premium for Part B. Some also pay a premium for Part A.
 - You typically pay a coinsurance for each service you receive.
 - There are limits on the amounts that doctors and hospitals can charge for your care.
 - If you want prescription drug coverage with Original Medicare, in most cases you will need to actively choose and join a stand-alone Medicare private drug plan (PDP).

Note: There are a number of government programs that may help reduce your health care and prescription drug costs if you meet the eligibility requirements.

Unless you choose otherwise, you will have Original Medicare. Instead of Original Medicare, you can decide to get your Medicare benefits from a Medicare Advantage Plan, also called Part C or Medicare private health plan. Remember, you still have Medicare if you enroll in a Medicare Advantage Plan. This means that you must still pay your monthly Part B premium (and your Part A premium, if you have one). Each Medicare Advantage Plan must provide all Part A and Part B services covered by Original Medicare, but they can do so with different rules, costs and restrictions that can affect how and when you receive care.

It is important to understand your Medicare coverage choices and to pick your coverage carefully. How you choose to get your benefits and who you get them from can affect your out-of-pocket costs and where you can get your care. For instance, in Original Medicare, you are covered to go to nearly all doctors and hospitals in the country. On the other hand, Medicare Advantage Plans typically have network restrictions, meaning you will likely be more limited in your choice of doctors and hospitals. However, Medicare Advantage Plans can also provide additional benefits that Original Medicare does not cover, such as routine vision or dental care. ■

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OUT & ABOUT



Rachel Eller and Janet Haynes at the chamber coffee and ribbon cutting for Pepperharrow Farms.



Brian Downes and Danny Baessler at the chamber coffee and ribbon cutting for Pepperharrow Farms.



Rick Hoenig and Jeff Nolan at the chamber coffee and ribbon cutting for Pepperharrow Farms.



Alexa Clark, Mari Mishler and Kristina Benshoof at the chamber coffee and ribbon cutting for Pepperharrow Farms.



Kathleen Rush and Jennifer Stover at the chamber coffee and ribbon cutting for Pepperharrow Farms.



Owner Jennifer O'Neal talking about her business at the chamber coffee and ribbon cutting for Pepperharrow Farms.



The chamber coffee and ribbon cutting for Pepperharrow Farms was held on Aug. 30.



Mallory Back, Natalie Smith, Morgan Back, Mavin Smith, Ava Hope, Penelope Petsche and Mackenzie Craven at the cross country meet held Sept. 16 at Ballard. Photo by Shantelle Hope



Maven Smith at the cross country meet held Sept. 16 at Ballard. Photo by Nicole Smith



The start of the cross country meet held Sept. 16 at Ballard. Photo by Shantelle Hope



Ava Hope at the cross country meet held Sept. 16 at Ballard. Photo by Shantelle Hope

OUT & ABOUT



Paul Meyer and Curtis Ricketts at the chamber coffee held at Caldwell Parrish Funeral Home.



A ribbon cutting was held for the new ownership of the Judge Lewis House, Time Honored Entities, on Sept. 13.



Caldwell Parrish Winterset staff, John Parrish, Alex Wright, Mark Parrish, PK Christopherson, Tina Thompson, Tom Collins and Darcey Paullin, at the chamber coffee held at the funeral home Aug. 23.



Paul Welch and Howard Harrell at the chamber coffee held at Caldwell Parrish Funeral Home.



Duane Gordon and Wayne Martens at the chamber coffee held at Caldwell Parrish Funeral Home.



Leslie Allen, Danny Baessler and Jodi Lake at the chamber coffee held at Caldwell Parrish Funeral Home.



Zoey Breeding at the volleyball game held Aug. 27. Photo courtesy of Social Media Marketing Team



Ella Hall and McKenna Olson at the volleyball game held Aug. 27. Photo courtesy of Social Media Marketing Team



Callie Welsh at the volleyball game held Aug. 27. Photo courtesy of Social Media Marketing Team



Zoey Breeding, Klaire Seidler, Dottie Reed, Ella Hall, McKenna Olson and Callie Welsh at the volleyball game held Aug. 27. Photo courtesy of Social Media Marketing Team

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