

Living

# Pampered Pets

Residents share how they go the extra mile to spoil their critters

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WELCOME

# A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■

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# Pampered Pets

**Residents share how they go the extra mile to spoil their critters**

**By Rachel Harrington**

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Josh and Jen Dieter take their dog, Cricket, with them on most of their outings and spoil him with toys.



## On the go

Josh and Jen Dieter have spent more than 30 years as pet owners. In the fall of 2023, the couple lost their 13-year-old dog, Maple.

"I made it about three days before I began looking for another," Joshua says. "I started looking online, and we found out that both Jen and I were looking at the same website, and from the 100 dogs on the site, seven out of 10 that we each looked at were the same ones."

Jen says they looked at other breeds but both like labradors the best, so they chose their black lab, Cricket, from a breeder in Osceola.

The Dieters have had Cricket for about a year and a half, and they agree that she is absolutely spoiled. Josh has trained dogs for some time, so when they adopted Cricket, he really dove deep into training because he wanted her to be a public dog. When they discovered the therapy dog reading program at the Winterset Library, Josh changed up Cricket's training to work toward a therapy dog certification.

"We plan on doing that later this year or next year," he says.

Cricket is mostly off-leash trained, and Josh says she is the smartest dog he has ever had, understanding concepts like "sooner" and "later."

Cricket has training sessions one to two times a day every day. All her food is hand fed. She has joined Josh and Jen on outings and trips such as exploring at Maquoketa Caves, swimming at the city pool on doggie days, attending several music shows, and going to Iowa Wild games.

"Cricket goes to the coffee shop a couple of times per week with us," Jen shares. "She gets a pup cup there, and a lot of people know her. She's famous at the coffee shop."

She has gone on vacation with her humans to Kansas City and visited dog-friendly establishments. Joshua says she loves to go on pack walks in Des Moines with him.

"Recently, I stopped at Jester Park to go on a walk with Cricket. Someone stopped us and asked if my dog was Cricket," he says. "I didn't even know the person."

They live near Winterset City Park, and Cricket spends a lot of time there getting exercise.

Cricket gets to go to Bomgaars regularly to pick out new toys.

"She loves the color yellow," Jen says.

However, toys aren't the only thing she spends time with. The Dieters have a Fluent



Ann Sneller enjoys spoiling her miniature pinscher, Boston.

Pet Pad (a pet-communication tool) for her to communicate with them. So far, they are working on six words with her on the pad out of the 70 different unique words to choose from.

"She learns things so fast," Jen states.

Cricket enjoys sleeping on her own couch upstairs, and she carries her buffalo stuffed animal to bed with her. She also gets spa days that include filing her nails, brushing her teeth, and receiving Epsom salt paw soaks. Joshua even learned to sew to patch up Cricket's favorite toys, though the ones she likes to destroy he leaves alone.

"Cricket keeps us active," Josh says. "I really enjoy doing smart puppy things with her, a combination of play and training."

"I love having her as a real companion and can take her just about anywhere," Jen says.

## Rules the house

No matter how big or small, dogs can be a large part of their owners' lives. Boston, a miniature pinscher, has been a part of Anne Sneller's life since he was 6 months old. He is now 17 years old, a healthy 12 pounds, and an active part of Anne's life.

Anne says Boston came along before her husband and her son, and he knows it.

"He prefers me and will pass on most other people," she says. "He will ignore my family and walk past them to come to me. He rules the house."

Boston has a birthday party every year. It's one of Anne's favorite ways to pamper



Anne Sneller throws a birthday party for her dog, Boston, each year. This year, Boston turned 17.

him. Anne invites family and friends over to celebrate with them.

"There is often about 20 people or so that come over," she shares. "He gets all his favorite treats. I get a custom cake made, and each party has a theme. For Boston's 17th birthday, the theme was pup cups."

During one of his birthday parties, one of Anne's friends, an ordained minister, even spoke a few words over Boston and baptized him.

"It was silly, but it was fun," she says.

Boston may not be able to see or hear very



well anymore, but that doesn't stop him from enjoying his favorite things.

"He recognizes everything by smell," Anne says. "He loves going to drive-thrus because he knows he'll get a treat or pup cup. He walks about two or three miles a day in dog parks and on trails. I don't know how he does the walks so well. He must have memorized the whole town. He likes to go everywhere possible with me and be part of the action."

Anne has even taken Boston for professional photos several times over his lifetime. Unlike many other pampered pets, Boston doesn't appreciate spa days.

"He doesn't like his paws touched, so I have to trick him to trim his nails," Anne shares. "However, his nails do wear down quite well in warm weather from all our walks together."

Anne enjoys taking Boston into stores that allow dogs, such as Tractor Supply, where he loves to watch the baby chicks and pick out his own treats. During cold weather, Boston dons one of the items from his large doggie wardrobe.

"He likes to be warm and today is wearing a sweater made for him by my mom," she says.

His collar is personalized with his name. At home, Boston has his own miniature couch that Anne will scoot in one of his favorite spots in front of the fireplace. He also has a bed on every floor of their home and blankets that he likes to burrow into. During the Christmas holidays, Boston is included as a member of the family with his own Christmas stocking and gifts.

Above all, Anne loves Boston, and she loves exploring with him.

"He keeps both of us active, and I believe that's why he's stayed so healthy for so long."

## A family's cat-dog

Krystal Bell and her family adopted a 4-month-old kitten last year from a woman who was in nursing school and didn't have enough time to devote to him. Though it took him a little time to adjust to his new surroundings, their kitty soon made himself at home.

"He had a different name when we got him, but he had a personality like Ted from 'Ted' the movie," Krystal shares.

Though Ted is a cat, Krystal says he acts more like a dog.



Ted makes himself comfy.

"We call him our cat-dog. Ted has a giant tote of cat toys. My 2-year-old likes to grab Ted's toys and carry them around the house as if they are his," Krystal laughs. "They will go back and forth with the toys together."

Ted likes to play with cat toys with bells in them, and the Bell family likes to throw balls for him and watch him chase a laser light. Son, John, especially likes to watch Ted when he gets the zoomies and runs around the house bouncing off the walls and up and down their



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## FEATURE

stairs. Just like a dog might, Ted will wait expectantly for his family to drop crumbs on the floor.

"When the baby is in his highchair, Ted will wait just under him for scraps to fall," Krystal says. "He'll beat the dogs to them. I've never seen any other cat do that."

Despite his tiny stature, Ted takes a commanding position in the house. He loves to lounge on John's gaming chair, and when Ted's sitting in it, John sits on the floor. "He acts like King Tut," Krystal remarks.

"When I get up to turn out the light at night to get in bed, Ted comes and lays on my chest," John says.

"He will often stay there all night. When I do kick him off me, he goes to my gaming chair."

Occasionally, Ted will take up residence on John's bed and stretch out in the middle instead of on an edge.

"I have to sit on the floor and wait for Ted to move," John says.

Krystal and her family like to get large, tower-style scratching posts for Ted to sharpen his claws on.

"He goes through a lot of them because he tears them up," she says.

Ted's palate isn't limited to just kitty kibbles. The family tries out new food for Ted, varying up the flavors. They also will bring home shredded cuts of wet food.

"Ted likes the tender shredded cuts and seems to prefer the salmon flavors," Krystal says. "We'll mix the wet cuts with his dry food, then he'll go and find a place to take a nap, just like Garfield."

He has his own cabinet in the kitchen full of his food and treats.

"He knows which cabinet is his, and any time someone walks past it, he will sit under it and whine to get a treat," Krystal laughs.



Ted enjoys a nice nap after eating his favorite foods.

During a recent blizzard, Ted got out of the house. For five days, he was missing, only returning after Krystal put food outside to lure him back.

"We're so glad he's back," she says. "When he was missing, we realized just how attached we've become to him." ■

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# MEET Kacia Cain

Bringing real-world science to the classroom

At Winterset High School, science teacher Kacia Cain is preparing students for the next stage of life.

Cain teaches college anatomy and physiology, as well as college biogenetics, where students can earn college credit while diving into advanced scientific topics. As part of these courses, students get to work directly with medical professionals through partnerships with places like Madison County Hospital, Des Moines University, Iowa State University and Grand View University.

“We try to get them to see what life will be like at the next level and beyond,” Cain says.

At the end of April, students in the college anatomy and physiology course will present research on global crises at the prestigious World Food Prize Youth Institute. The opportunity highlights one of Cain’s key goals: connecting classroom learning with the real world.

She is also committed to authentic



Kacia Cain teaches advanced scientific topics at Winterset High School.

experiences across every class she teaches, even those that don’t offer college credit. In her crime scene investigation course, students collect and analyze evidence in mock crime scenes. At the end of the term, they create their own detailed crime scenes, which are evaluated by local law enforcement and presented in front of a panel of experts.

Another course focused on the human body offers foundational knowledge and unique experiences. During the digestive system unit, students visit DMACC’s culinary arts program. EMS professionals also visit to teach students how to measure blood pressure and pulse.

“I’m trying to get as much real-world and authentic learning as I can for all the different levels of classes,” Cain says.

In her Opportunities in Biology class, students begin to explore science beyond the classroom walls. Some students work with the Madison County Historical Society cataloging specimens, while others partner with Des Moines University on neurobiology projects. This fall, a few students will observe every department at the local hospital on a weekly basis, building relationships and gaining exposure to a variety of medical careers.

“It allows them to see that what we’re doing in the classroom has relevance,” Cain explains.

Cain credits her administration for supporting these meaningful experiences. With their help, the district was able to purchase an anatomage table for use in anatomy classes. This cutting-edge piece of technology is a fully digitized 3D table that displays detailed human anatomy, allowing students to explore the body layer by layer. They even use it in presentations to diagnose what went wrong and where in the body an issue occurred.

“Our students will have a real advantage when they go to college because, when they go into those labs, they’ll already feel comfortable using the equipment and knowing what it can do,” Cain says. ■

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## IS IT SAFE to color your hair while pregnant?

Many expecting mothers wonder whether it's safe to color their hair during pregnancy. Well, good news, it is considered safe. Research suggests that the chemicals in both permanent and semi-permanent hair dyes aren't highly toxic and are only absorbed in very minimal amounts through the scalp. This means that the potential risk to a developing baby is extremely low.

However, if you feel the need to be extra cautious, many healthcare professionals recommend waiting until after the first trimester to color your hair. During this time, some women opt for less frequent coloring or use methods that reduce skin contact with the dye — such as highlights, balayage or foils — since these techniques are off-scalp options. Choosing natural or ammonia-free dyes can also offer peace of mind.

If you have concerns, consult your healthcare provider before coloring your hair. Every pregnancy is different, and it's always best to get personalized advice. This is your pregnancy, and it's important to have an educated opinion so you can choose what's best for you.

Ultimately, you can still enjoy fresh hair color and feel like yourself while keeping your pregnancy safe. With a few precautions, hair coloring can be a safe part of your beauty routine. ■

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](mailto:salon107style@gmail.com).



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Chiropractic care is designed to help kids have a better quality of life to help them through these day-to-day stressors and set them up for success as they mature into adulthood. Starting at birth, our body works to help us thrive. If it is bombarded with additional stressors, it confuses our nervous system, so to speak. As chiropractors, this is exactly what we do. We evaluate how the nervous system is working through primary reflexes, neurological checks, the condition of the musculoskeletal system and developmental milestones and help reduce the body's response to these stressors through gentle chiropractic adjustments. ■

Information provided by Dr. Amanda Queck, D.C. Flourish Chiropractic & Wellness, 108 W. Court Ave., Winterset, 515-384-0360, [www.flourishchiro.life](http://www.flourishchiro.life).



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## REAL ESTATE

By Jennifer Stover

## IT'S OUTDOOR season

Revamping your outdoor patio can breathe new life into your living space and provide a tranquil haven for relaxation and entertainment. Here's a concise guide on staging your outdoor patio makeover:

**Purposeful design:** Start by identifying the primary purpose of your patio, whether it's intended for dining, relaxation or social gatherings. This will shape your design choices.

**Space assessment:** Measure your patio's dimensions and take note of existing features. Consider sun exposure, shade and privacy when arranging your layout.

**Furniture selection:** Choose weather-resistant and comfortable outdoor furniture that aligns with your intended use. Ensure it complements your style and is appropriately sized for the available space.

**Define zones:** Organize your patio into seating, dining or relaxation zones. Use rugs, planters or screens to separate these areas.

**Accessorize:** Add cushions, throw pillows and outdoor rugs to enhance comfort and style. Incorporate lighting, plants and decorations to establish a warm and inviting ambiance.

**Shade solutions:** Incorporate shade options like umbrellas, pergolas or shade sails for relief from the sun's intensity.

When staging your outdoor patio, decluttering and thorough cleaning are essential. Clear away broken or outdated furniture, decorations and plants. ■



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.

## AUTOMOTIVE

By Dawn Lauer

## DON'T overlook your cabin air filter

When it comes to vehicle maintenance, the cabin air filter doesn't get much attention — but it should. Tucked behind the glove box or under the hood, this small filter plays a big role in keeping the air inside your car clean and breathable.

The cabin air filter traps dust, pollen, mold spores and other airborne debris before it enters your car's ventilation system. If you have allergies or drive in areas with a lot of pollution or construction, a clean filter can make a noticeable difference in air quality. It's basically your car's first line of defense against breathing in the stuff you would rather not.

Over time, though, the filter gets clogged. When that happens, airflow through your vents is reduced, which can put extra strain on your heating and air conditioning systems. You might notice weaker airflow, a musty smell, or windows that fog up more easily. These are signs it's time for a replacement.

Most manufacturers recommend changing the cabin air filter every 15,000 to 30,000 miles, but it can vary depending on where and how you drive. If you're often on dirt roads or in heavy traffic, you might need to change it more often.

It's an easy, inexpensive service that is often overlooked but has a real impact on your comfort and your car's HVAC health. A fresh filter doesn't just help your car breathe easier — it helps you breathe easier, too. ■



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



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# PLAY it safe: Wear a mouthguard

Athletes who don't wear a mouthguard when playing team sports, like soccer, football and basketball, are twice as likely to suffer a mouth or face injury than those who wear one. But injuries do not only occur in team sports. Many individual sports and activities carry the risk of injury to the face or mouth. That is why mouthguards should be worn by athletes whether they are playing contact sports, team sports or individual sports.



A mouthguard should cover all your teeth, including the back ones. It should separate the cheeks, tongue and lips from the teeth. A well-fitted mouthguard should stay in place during use, and you should be able to breathe and speak with the mouthguard in place.

## There are three types of mouthguards:

**1. Stock mouthguards** can be bought in many drug stores and athletic supply stores. They are inexpensive but may not fit as well as more expensive mouthguards. Stock mouthguards may require that the athlete's mouth be closed to hold the mouthguard in place. This can interfere with speaking and breathing.

**2. Boil-and-bite mouthguards** are also available in many stores. To achieve a better fit than stock mouthguards, boil-and-bite mouthguards are fitted by softening them in boiling water, placing them over the upper teeth and biting down until the mouthguard cools (always follow directions on the package). You should look over the mouthguard after you have fitted it to ensure that it has not become too thin, especially where the teeth come together.

**3. Custom-made mouthguards** are made for you specifically by your dentist. They are more expensive than the other types, but since they are individually crafted for you, they offer a better fit. Custom-made mouthguards also are more durable than store-bought ones and generally last longer.

Regardless of the mouthguard you choose, you should wear one during all athletic activities, including playtime, practices and games. ■

Information provided by Dr. Jason Phelps, Winterset Dental, 225 Wambold Drive, Winterset, 515-462-5755, Instagram: dr\_jason\_phelps

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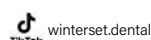
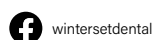


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## INSURANCE

By Eric Johnson

# GAP and new car replacement coverage

## Protecting your new ride

Buying a brand-new car is exciting, but it also comes with financial risks — especially in the event of an accident. Two popular insurance endorsements — GAP coverage and new car replacement coverage — can help protect your investment when standard auto insurance falls short.



### What is GAP coverage?

GAP stands for Guaranteed Asset Protection. This coverage helps if your car is totaled or stolen, and the insurance payout doesn't fully cover what you still owe on your auto loan or lease.

Here's how it works: Suppose you buy a car for \$30,000 and still owe \$28,000 on your loan when the car is totaled. Your insurance might only pay the car's actual cash value — say, \$24,000 — due to depreciation. Without GAP insurance, you'd still owe the lender \$4,000 out of pocket. GAP coverage bridges that gap by covering the difference.

This coverage is especially valuable for new car buyers who:

- Made a small down payment
- Chose a long-term loan (60 months or more)
- Bought a vehicle that depreciates quickly

### What is new car replacement coverage?

New car replacement coverage is another optional endorsement, and it offers broader protection than a standard policy. Instead of paying your vehicle's depreciated value, it helps pay to replace your car with a brand-new model of the same make and model — typically if the car is totaled within the first one or two years of ownership.

This can save you thousands, as cars lose a significant portion of their value within the first year. Some insurers even offer enhanced versions of this coverage, such as "better car replacement," which replaces your totaled car with a newer model or one with fewer miles.

### Should you add these coverages?

Both endorsements are relatively affordable and can offer peace of mind. GAP coverage is often available through your insurance company or directly from the dealership, but it's usually cheaper through your insurer. New car replacement is usually available if your car is under a certain age and mileage limit.

If you're financing or leasing a new vehicle, or just want full protection for your recent purchase, these two coverages are well worth considering. ■

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



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# OPTIMIST CLUB helps youth in many ways

Hold variety of events and fundraisers

It's a safe bet that the Winterset Optimist Club is doing more in the community than readers probably realize. Club President Darrell Vossekuil sheds light on many of the ways the club serves the public good.

"The Optimist Club is an organization of civic-minded men and women who work together for community service. Our main focus is helping youth," Vossekuil says.

To that end, the club holds many events.

"We do Family Night, boys and girls basketball tournaments, fishing derbies, our annual turkey dinner, Toys for Tots, Youth Appreciation Week, a food bank drive; we help fund the post-prom party; we help fund the local Boy Scouts and Little League; and we have a scholarship program and Youth of the Month for high school students," Vossekuil says.

In recent years, the Winterset Optimists have hit upon a fundraiser that is successful and visible in the community.

"Our biggest fundraiser is our flag service. We set out American flags five times a year, on major holidays, and it's on a subscription basis," Vossekuil says. "That's been a real success for us. I think it's around 1,100 flags that we put out. People really appreciate that."

When asked for a particularly memorable way the club helped someone, Vossekuil tells of an individual need the club was happy to respond to.

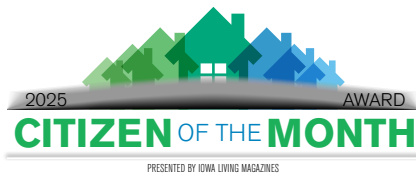
"We had a young lady that was a high school sophomore, and she was very interested in journalism. She's a very bright, articulate young lady," Vossekuil says. "There was a big journalism conference in Washington, D.C., and we donated money for her expenses to go and attend that conference. We covered her travel and lodging costs."

Currently, the local club has 44 members and welcomes anyone to come to a weekly meeting and free breakfast to learn more. The group meets every Friday at 6:45 a.m. at Montross Pharmacy in Winterset for breakfast. Vossekuil points out, there is no requirement for members to attend each week; it's simply a tradition that many members enjoy.

Vossekuil has been a member of the Winterset Optimists for six years and stepped into his current one-year term as club president in September 2024. He adds that his wife recently joined the club, too. Vossekuil also mentions that the local club is part of the national and international Optimist Club organization.

As the name suggests, the Optimist Club believes in maintaining a positive outlook, and Vossekuil shared the Optimist Creed, which includes: "Promise yourself to look at the sunny side of everything and make your optimism come true. Promise yourself to be just as enthusiastic about the success of others as you are about your own."

Anyone interested in learning more or joining is invited to speak with a club member or simply show up for breakfast some Friday morning. ■



Felicia Weeks and Candice Dole present the Citizen of the Month certificate to Optimist Club President Darrell Vossekuil.

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# WINTERS

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## VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 27	7:00PM	Valley	Winterset
May 28	7:15PM	Carroll	Carroll High School
May 31	8:00AM	Multiple Schools	Winterset
Jun 3	6:00PM	Urbandale	Urbandale High School
Jun 4	7:15PM	Ballard	Winterset
Jun 5	7:30PM	Dallas Center-Grimes	Dallas Center-Grimes
Jun 7	9:00AM	Multiple Schools	Greater DM Softball Complex
Jun 9	5:00PM	Gilbert	Gilbert High School
Jun 10	7:00PM	Clarke	Winterset
Jun 11	7:15PM	ADM CSD	Adel DeSoto High School
Jun 12	7:15PM	Carroll	Winterset
Jun 13	10:00AM	Creston Community	TBA
Jun 14	10:00AM	Creston Community	TBA
Jun 16	5:00PM	Carlisle	Winterset
Jun 18	7:15PM	Boone	Winterset
Jun 19	7:00PM	Saydel	Winterset
Jun 20	9:00AM	Fort Dodge	Fort Dodge
Jun 21	9:00AM	Fort Dodge	Fort Dodge
Jun 23	5:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Jun 24	7:00PM	Dowling Catholic	Winterset
Jun 25	7:15PM	Ballard	Ballard High School
Jun 26	7:15PM	ADM CSD	Winterset
Jun 27	7:00PM	Waukee	Waukee High School
Jun 28	10:00AM	Multiple Schools	Indianola High School
Jun 30	5:00PM	North Polk	Winterset
Jul 1	7:00PM	Norwalk	Winterset
Jul 7	7:15PM	Boone	Winterset



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Schedules are subject to change.  
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# HUSKIES

## SUMMER SCHEDULE 2025

### VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 19	7:00PM	Chariton	Winterset
May 20	5:30PM	Creston Community	Creston High School
May 28	7:00PM	Carroll	Carroll High School
May 29	5:00PM	Des Moines North	Winterset High School.
May 30	7:00PM	Van Meter	Winterset High School.
Jun 2	7:00PM	Perry	Winterset
Jun 4	7:00PM	Ballard	Winterset
Jun 5	7:00PM	Knoxville	Knoxville High School
Jun 6	7:00PM	Des Moines Lincoln	Winterset
Jun 9	5:00PM	Gilbert	Gilbert High School
Jun 10	7:00PM	Greene County	Winterset
Jun 11	7:00PM	ADM CSD	ADM High School
Jun 12	7:00PM	Carroll	Winterset
Jun 16	5:00PM	Carlisle	Winterset
Jun 18	7:00PM	Boone	Boone Memorial Park
Jun 19	7:00PM	Norwalk	Winterset
Jun 23	5:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Jun 25	7:00PM	Ballard	Ballard High School
Jun 26	4:00PM	ADM CSD	Winterset
Jun 27	7:30PM	Newton	Winterset
Jun 30	5:00PM	North Polk	Winterset
Jul 3	5:00PM	Saydel	Winterset
Jul 7	7:00PM	Boone	Winterset
Jul 8,	7:00PM	Clarke	Winterset



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# THE WHY and how of deadheading

Keep your flowers blooming longer and your garden a bit tidier with deadheading. Removing faded flowers can promote repeat bloom on some plants, encourage fuller, more compact growth, and tidy up the garden.

Use a bypass hand pruner, garden snips or other dead-heading tool to remove faded flowers. Bypass tools have two sharp blades like scissors, resulting in a clean cut that closes quickly, leaving your plant looking its best. Corona Tool's Ergocut dead header has a finger loop that provides better control and an ergonomic design for less stress on your hands and wrist.

The type of flower will influence how and where to make the cut. In general, remove the stem of faded blooms back to the first set



A gardener uses an Ergocut dead header in the garden. Photo courtesy of Corona Tools

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## GARDENING

of healthy leaves or nearby flower buds.

Remove the flower stem of salvias, speedwells (Veronicas), and snapdragons as the blooms begin to fade. Cut below the spike of flowers just above the first set of leaves or the side shoots where the new flower buds are forming.

Encourage additional blossoms and improve Shasta daisy's appearance by removing faded flowers. Prune back just above a set of healthy leaves.

Cut the flowers of plants like Armeria and coral bells back to the base of the flower stems that arise from the foliage. This improves the appearance and encourages more blooms on some of this type of flowering perennial.

Plants like daylilies and balloon flowers require a bit different care. Remove the individual blooms as they fade if you don't like looking at the faded flowers. Once all the individual flowers have bloomed out, you can cut the flower stem back at the base.

Removing fading flowers of fuchsia and lantana will prevent the plants from going to seed and encourage more blooms. Remove any berries that do form to keep these plants flowering throughout the growing season.

Deadheading peonies is strictly for aesthetics and won't extend the bloom time. Remove the faded flowers or seedpods as they form. Cut just above a healthy set of leaves to keep the stems more upright and create a tidier appearance in your garden.

Prevent some flowers, like columbine, Amsonia and Alliums from reseeding and spreading throughout the garden by removing the faded flowers. Even though it won't promote additional blooms, it will help eliminate unwanted seedlings in next year's garden.

Remove flowers as they appear on coleus, grown for its colorful foliage, to promote more compact growth. Late blooming, flowerless varieties and self-branching coleus hybrids reduce or eliminate time spent on this task.

Reduce time spent deadheading by including some self-cleaning, also called free-flowering plants, like impatiens, fibrous begonias, Calibrachoa and moss rose. Lobelia, many of the newer petunias and verbenas are also self-cleaning but may benefit from a bit of grooming. Prune back heat-stressed lobelia and verbena that get leggy and petunia stems that need to be kept in bounds.

Allow seedheads to develop on coneflowers, rudbeckias and other plants that provide winter interest and food for the birds. And consider skipping the deadheading of late blooming perennials. This allows them to prepare for winter and form seedpods for additional winter interest.

And while you are out in the garden deadheading, pick a few flowers at their peak to enjoy in a summer bouquet indoors. ■

*Melinda Myers has written more than 20 gardening books, including the recently released "Midwest Gardener's Handbook, 2nd Edition" and "Small Space Gardening." She is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Corona Tools for her expertise to write this article. Myers' website is [www.MelindaMyers.com](http://www.MelindaMyers.com).*



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# WHERE roots run deep

Eller helps Winterset thrive.



Rachel Eller likes the open floor plan of her home, which is ideal for hosting family gatherings.

Rachel Eller has lived in Madison County her whole life and Winterset, specifically, for the past 31 years.

It all started with her parents, who lived in Saint Charles. Later, Eller's dad moved the family to Winterset, a place that quickly became home.

What Eller likes about her current home is that all five bedrooms are on the main level, which gives each of her four kids a space of their own. She also enjoys the large formal dining room and sunk-in living room with an original wood fireplace, especially because she hosts family holiday gatherings at her house. Additionally, the spacious corner lot and large yard are ideal for gatherings and kids running around outside.

The neighborhood is idyllic, too — both charming and quiet. Eller believes hers is just one of two homes with kids on the street.

The town of Winterset brings Eller great joy as well.

"I love that Winterset is such a close-knit community," she says. "The support, the smiles and the friendliness are all amazing."

Eller says Winterset is the best town to be in. And, as a Realtor and broker at Summerset Realty, she gets to help other families find their place in the community.

She also gives back to the community by serving as a board member on the Madison County Chamber of Commerce Board of



Rachel Eller says Winterset has been a great place to raise her kids.

Directors. In that role, she collaborates with other local leaders to promote small businesses, plan community events and help ensure Winterset continues to thrive for future generations. It is one more way she invests in the place she is proud to call home.

"Winterset has been a wonderful place to do business, raise kids and enjoy small-town living," she says.

For Eller, it's about more than real estate. It is about helping people feel at home, both in their house and in their community. ■



# RETIREMENT questions that have nothing to do with money

Preparing for retirement is not entirely financial. Your degree of happiness in your “second act” may depend on some factors that don’t come with an obvious price tag. Here are some non-monetary factors to consider as you prepare for your retirement.

**What will you do with your time?** Too many people retire without any idea of what their retirement will look like. They leave work, and they cannot figure out what to do with themselves, so they grow restless. It’s important to identify what you want your retirement to look like and what you see yourself doing. Maybe you love your career and can’t imagine not working during your retirement. There’s no hard and fast rule to your dream retirement, so it’s important to be honest with yourself. A recent Employee Benefit Research Institute Retirement Confidence Survey shows that 73% of workers expect to work for pay in retirement, whereas just 25% of retirees report that they’ve actually worked for pay.<sup>1</sup>

Having a clear vision for your retirement may help you align your financial goals. It’s important to remember that your vision for retirement may change — like deciding you don’t want to continue working after all.

**Where will you live?** This is another factor in retirement happiness. If you can surround yourself with family members and friends whose company you enjoy, in a community where you can maintain old friendships and meet new people with similar interests or life experiences, that may be a plus. If all this can occur in a walkable community with good mass transit and senior services, all the better.

**How are you preparing to get around in your 80s and 90s?** The actuaries at Social Security project that the average life expectancy for men turning 67 is 84.8 years old, and the life expectancy for women turning 67 is 87.2 years. Some will live longer. Say you find yourself in that group. What kind of car would you want to drive at 85 or 90? At what age would you cease driving? Lastly, if you do stop driving, who would you count on to help you go where you want to go and get out in the world?<sup>2</sup>

**How will you keep up your home?** At 45, you can tackle that bathroom remodel or backyard upgrade yourself. At 75, you will probably outsource projects of that sort, whether or not you stay in your current home. You may want to move out of a single-family home and into a townhome or condo for retirement. Regardless of the size of your retirement residence, you should expect to fund minor or major repairs, and you may need to find reliable and affordable sources for gardening or landscaping. ■

1. These are the non-financial retirement questions that no pre-retiree should dismiss. Think about them as you prepare and invest for the future. 1. EBRI.org, 2025. 2. SSA.gov, 2025. 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 2025FMG Suite.



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Be sure to check for cancelations

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## Upcoming in Winterset Living magazine:

**Cancer Survivors:** In June, we will be sharing the stories of cancer survivors. If you would be willing to share your experiences about how overcoming cancer has impacted your life, please email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

**Yards: Enjoying the green spaces around your home:** Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space for our July issue. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your experiences enjoying the cool feeling of grass beneath your feet.

## Grillin for the Farm

Saturday, May 3, 4-8 p.m.  
McFable Farm, 2695 Carver Road,  
Winterset

Enjoy a picnic-style meal at this fundraiser in support of McFable Farm, "where animal hugs help build stronger lives." Hamburgers provided by Madison County Cattlemen, along with chips, baked beans, a sweet treat and a drink. Entertainment is planned.



## Winterset Wine Walk

Saturday, May 10, 1-6 p.m.

Join the Madison County Chamber of Commerce, downtown Winterset merchants and area wineries for shopping, wine sampling, music and more. Must be 21 years of age or older to participate. Cost is \$27.50 or \$25 by check or cash, which includes a commemorative wine glass, plus \$5 coupon toward the purchase of a bottle of wine (that night only). Register at <https://business.madisoncounty.com/events/details/winterset-wine-walk-2802?calendarMonth=2025-05-01>.



## Dinner and Bingo

Tuesday, May 6  
Jackson Building, Madison County  
Fairgrounds

Join the Madison County Fair Board for an evening filled with delicious food, community fun and plenty of chances to win. Dinner begins at 5 p.m. Enjoy a meal prepared by one of the area 4-H and FFA youth groups who are creating amazing opportunities for the community. Freewill donations welcomed. Bingo kicks off at 6 p.m. Cost is 11 games, six plays per game, \$10; 11 games, three plays per game, \$5; one game, six plays, \$1.50; or one game, three plays, \$1. Stampers available for purchase or bring your own.

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Be sure to check for cancellations

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### John Wayne Birthday Celebration May 23-24

The John Wayne Birthday Celebration will feature musical headliner Riders In The Sky, 40-year veterans of Nashville's Grand Ole Opry. Tickets are on sale for the Friday Night VIP event and the Saturday Night Benefit Dinner and Auction. Seating will be limited for each event. Barry Corbin, a Hollywood legend, will perform a one-man show on May 23. Also returning will be the popular Fly-In Breakfast at the Winterset Municipal Airport, the Winterset Rotary's 5K Run/Walk, and John Wayne in "Chisum" on the big screen at the Iowa Theater. Visit the John Wayne Birthplace & Museum website for tickets and more information, [www.johnwaynebirthplace.museum](http://www.johnwaynebirthplace.museum).

### Wednesday Winterset Wellness Support

Second and fourth Wednesdays,  
5:30 p.m.

Winterset Public Library, 23 N.  
Second St.

A healthy lifestyle is easier to achieve when you have support. This group meets every two weeks, which gives each person enough time to work on their goals between meetings and discover what obstacles or achievements they encounter. Participants can share what has worked for them and find ways to get active and eat healthy together.

### Messy Munchkins

Thursdays, 10:15 a.m. to noon  
Winterset Public Library, 23 N.  
Second St.



Children ages 0-5, with  
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explore, play and create.  
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### Women's Giving Circle Quarterly meetings

June 24 and Sept. 23, 6:30-7:30 p.m.  
Union State Bank's Community Room, 611  
West Highway 92, Winterset

The next Madison County Women's Giving Circle's next quarterly meeting is June 24. Arrive at 5:30 p.m. if you wish to socialize before the meeting. Local charitable 501(c)(3) tax-exempt nonprofits or other qualifying tax-exempt organizations that wish to present information about their projects for supporting women and children in Madison County should arrive by 6:15 p.m. to register to present. Each applicant is asked to 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 vote after the presentations to receive the quarter's donations. If more than three nonprofits wish to present, the rest will each have two minutes to talk about their project. Contact Kristie Hirschman, [MadisonCOWomensGivingCircle@gmail.com](mailto:MadisonCOWomensGivingCircle@gmail.com), with any questions.

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## May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

### Hepatitis A

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

### Hepatitis B

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

### Hepatitis C

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

## Help Protect Your Liver From Hepatitis



Ask your healthcare provider about hepatitis vaccines and testing.

Source: cdc.gov 4/25

## EVENTS IN THE AREA

Be sure to check for cancellations

### Zenith Chamber Music Festival

Tuesday, June 3, through Saturday, June 7

Various locations

The Zenith Chamber Music Festival will return this June for its 11th season, presenting a week-long festival packed with an outstanding lineup of musicians in venues across Central Iowa. Concerts are free of charge.

- **June 3, 7 p.m.**, Violin and piano duo, Yang and Olivia, Willow on Grand, 6011 Grand Ave., Des Moines
- **June 4, 7 p.m.**, Oleg Timofeyev and Dan Caraway, "Seven-String Guitar Museum on Wheels," Mainframe Studios, 900 Keosauqua Way, Des Moines
- **June 5, 7 p.m.**, saxophonist Damani Phillips, The Simpson Barn, 6169 Northglenn Drive, Johnston
- **June 6, 7 p.m.**, Indianapolis Quartet, Iowa Theater, 121 N. John Wayne Drive, Winterset
- **June 7, 7 p.m.**, Indianapolis Quartet joined by students from the Zenith Virtuosi Young Artist Festival, Sheslow Auditorium, 2507 University Ave., Des Moines



### Cinco De Mayo

Monday, May 5, noon to 5 p.m.

Madison County Winery, 3021 St. Charles Road, St. Charles

Enjoy home-made salsa, guacamole and chips. Music by Drew Brumbaugh from 1-3 p.m.

### Emerald City Make A Wish Gala

Saturday, May 17, 5:30 p.m.

Iowa Events Center, 730 Third St., Des Moines

Experience the magic of a wish. Currently more than 300 wishes are waiting to be granted — and you can help ensure these children receive their wish when they need it most. Bring hope and joy to Iowa kids waiting for their wish. Guests will enjoy dinner, live and silent auctions, after party, plus wish stories that will touch your heart and inspire you. Tickets are available at <https://wish.org/iowa/32nd-annual-des-moines-gala>.

### DMPA Free Outdoor Family Events

Various dates and parks

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost.

- **May 2-26:** OPTIK, Cowles Commons
- **June 14-17:** Bindlestiff Family Circus, parks across the metro
- **July 21-22:** Dupont Brass, parks across the metro
- **June 11, July 9, Aug. 13:** Storytime Under the Green Umbrella, Cowles Commons
- **June 21, July 12, Aug. 23:** Dancing on Cowles Commons

For more information including times and park locations, visit [www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events](http://www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events). ■



# ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■



## Asian ground turkey bowl

### Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

### Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.



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## OUT & ABOUT



A ribbon cutting was held at Madison County Winery on March 28.



Ashleigh Rinkert and Jean Thompson at the Chamber Coffee April 4 at Urban on the Square.



Drew Barden and Melody Reels at the Chamber Coffee April 4 at Urban on the Square.



Nicole Kems and Billy Moody at the Chamber Coffee April 4 at Urban on the Square.



Michaela and Journey Allsup at the Chamber Coffee April 4 at Urban on the Square.



Tara Kasen and Sarah Pugh at the Chamber Coffee April 4 at Urban on the Square.



Anita Smuck and Deb Towne at the Chamber Coffee April 4 at Urban on the Square.



Teddi Yeager and Maria Forgy at the Chamber Coffee April 4 at Urban on the Square.



Brian Downes and Brady Pugh at the Chamber Coffee April 4 at Urban on the Square.



Ian Sparks and Matt Olson at the Chamber Coffee April 4 at Urban on the Square.



# OPENING night

April 12 was opening night  
at Lakeview Country Club.



Jim Joel and Trey Jackson



Henry and Alex Putney and Raegan Coobs



Jason and Jess Kleemeier and Ben and  
Amanda Earwood



Chad and Kaylie Hein



Jon, Gavin and Beth Milledge



Derek and Nicole McChurch



Kim and Scott Gray



Dana and Scott Hurst



Nicole and Jason Darling



Betsy and Greg Breeding



Jennifer and Scott Stover



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