

# Living



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Residents share stories about the animals they rescued.

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# TO THE rescue

Some of you have spent a great deal of money on your cat or dog, and you have a wonderful pet. Some of you spent the same or more, and you have a lousy pet. I am convinced that getting a good pet is often the luck of the draw. Much like with children, genetics and upbringing are important, but they don't help explain how one from the same litter can be so drastically different from the next one.



Jolene and I have had six pets during our time together — two cats and four dogs. We reluctantly inherited the first cat, D.C., from Jolene's parents who went south for the winter. The other cat, Reggie, was adopted from the Animal Rescue League. Both were good cats, as far as cats go.

Our first dog, Roxy, was from a rescue league specific to the breed. It was delivered to us from Missouri, and the dog that showed up didn't look anything like the one on the website. But, that was OK, as we loved that little, chubby, tail-less dog anyway.

We adopted the next dog, Max, from a neighbor's friend who was moving out of the country. It was a purebred that he wrote a big check for. Our third and fourth dogs, Kobie and Layla, came from rescue leagues again.

These were all adult dogs when we got them, and all but one have since died. Jolene called them "short-term investments." Her words, not mine. The lone survivor is not fond of babies, so it was shipped off to Jolene's brother in Washington state for a simpler life once our grandson was born.

We didn't pay more than \$40 for any pet we had, including adoption fees. We may have paid more for the right pet, but we simply didn't see the need to do so, and we were happy to adopt rescue animals that needed a home. They certainly all had their quirks. In my experience, every pet does. For that matter, every human does, too.

Meanwhile, rescue animals have warmed the hearts of many pet-owners, and they continue to do so. We share a few of their stories in this issue in hopes that you may be inspired to open your home to a rescue pet as well.

Have a great month and thanks for reading. ■

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# A forever HOME

Residents share stories about the animals they rescued.

By Rachel Harrington

Abandoned. Abused. Neglected. The world is full of animals — big and small — that don't know the comfort of a full belly, a warm place to sleep, and the love of a caring owner. Some people seek out these needy animals when looking to add a pet to their family. Others come across them unexpectedly and are moved to rescue them. Whatever the case, rescued pets often give their humans as much love as they receive.

Tom Koehler has rescued four horses and taught a couple of them dressage. He brought home his most recent rescue, Rowdy, after his wife saw how neglected he was.



Ron Shaffer adopted Lady Hawkeye and her colt, Arizona, from the ARL, which has rescued farm animals available for adoption.

## A rescue instead of an auction

Ron Shaffer is a lover of horses, and he and his girlfriend often ride on local trails, as well as travel to various locations around the country to camp and trail ride. He was in the market for a young foal about three years ago. In a conversation with the Iowa Animal Rescue League at the Iowa Horse Fair, Shaffer learned that the ARL had recently received 40 horses from an owner who had let her herd fall into neglect. The horses were of good stock, as their previous owner at one time was a reputable breeder. Some of the horses were pregnant, so he asked them to let him know when the foals were born.

“Normally, I just buy colts,” Shaffer says. “Since I learned about the ARL horses, I decided to give a rescue a try.”

When he received the call from the ARL that foals were born, he made the trip up to the Des Moines ARL location on the northeast side of Des Moines. He found a colt that was the buckskin color he wanted, born from a mare that was a buckskin and white paint.

“Since the ARL had so many horses they needed to adopt out, they wanted quite a bit for just the colt,” Shaffer shares, “and it ended up being cheaper to get the mom, too. The ARL would have two less horses to care for, then, and I wouldn’t have to wait until the colt was weaned to take him home.”

Shaffer says the process of adopting horses from the ARL was fairly simple. He had to provide his information and references, as well as proof that he had the facilities, space and resources to take proper care of them. The colt

was only a few weeks old when Shaffer brought him and his mother home.

“They were vaccinated and halter broken with all of their health needs taken care of,” Shaffer says. “It was nice to work with the ARL because the animals have been neglected and abused, and you can give them a better life. They’ve also done all the necessary things to bring the animals to a good state of health via vaccinations, dental, physiological care and training.”

He says that, contrary to what some may think, the ARL handles more than just dogs and cats. Farm animals of all kinds can be adopted, including chickens, goats and horses.

Shaffer kept the mare, named Lady Hawkeye, until the colt was weaned. He then rehomed Lady Hawkeye to someone who was looking for a mare. He named his new colt Arizona.

“In a few months, Arizona will be turning 2 years old, and I will break him to ride,” Shaffer says. “I plan on him becoming my main riding horse as my girlfriend has taken over my other horse, America. Arizona has turned out to be a really nice horse. I got very lucky.”

## Worth the effort

Sheena Bedford is the proud pet mom of two male cats, Coconut and Cy, and one dog, Tink. Each is a rescue animal, though they were brought into the Bedford home at different times. The cats’ story began when one of Sheena’s friends found them in a box of kittens in Missouri.

“She called and told me about them, and she wondered what she was going to do with six kittens,” Bedford says. “I told her that I would



Sheena Bedford is the proud pet mom of two male cats, Coconut and Cy, and one dog, Tink, all of which were rescue animals.

take two of them that were orange short-haired kittens. My friend’s mom lives in Des Moines. She had already planned to come home for a while to visit her mother, so she brought them to me.”

The kittens had eye infections, so Bedford took them for a vet visit and got them dewormed and neutered.

“At that time, I also had three rescue dogs (that have since passed on). They didn’t like the newcomers, and it took about six months before I could have them all in the house together,” Bedford shares. “Now both cats are great, and they get along well with my new dog, Tinkerbell.



Tom Koehler has participated in dressage competitions with some of his horses, including Rowdy, who was rescued.

It took time, but they tolerate each other well. They mostly stay inside, but they love to go outdoors. They are good mousers.”

Tinkerbelle (“Tink”), a border collie, showed up at Bedford’s neighbor’s house in 2024.

“We didn’t know where she came from,” Bedford recalls. “I took her home and posted all over social media about her, and I checked and posted on local lost and found pages, but there were no responses.”

Bedford then took Tink to a vet to get checked out. She did not have a chip in her, so Bedford had her “all vetted up” while she continued to search for a possible owner. A week later, since no one came forward to claim her, Bedford had to decide between adopting Tink or finding someone who would. Though Bedford had not been looking to get a dog, her husband told her he could see a sparkle in her eye every time she looked at the dog, and that she should keep her. Bedford chose to adopt her.

Tink seemed to have had some long-lasting medical issues to care for, but she is better now. In the beginning, she hid when she heard loud sounds, but, after two months or so, she relaxed and her breed characteristics began to show. The Bedfords had a lot of hard times with Tink at first, complicated by the fact that Bedford had a toddler and was expecting again. So, they hired a trainer who gave them breed-specific tips for working dogs.

“It turned out she was easy to train, and she is very smart and loyal,” Bedford states. “We didn’t give up on her, and I am so glad she found us.”

Bedford says people often cannot know a rescue animal’s full background, so the animals require lots of love and energy to form a

relationship and build trust.

“It is definitely worth the effort, though,” she says.

### A tough beginning

Tom Koehler has long been a friend of horses. When he moved to Winterset, he opened Blue Horse Enterprises. Koehler participated in dressage (an equestrian sport that judges how well the horse works with its rider) for many years, and he has rescued four horses. Each one had a different background. He taught a couple of them dressage and rode on a regular basis. He brought home his most recent rescue, Rowdy, after a trip his wife took to Missouri.

“I had been looking for another buckskin for a long time since I lost my first one, Buck,” he said. “My wife was going to St. Louis, and I asked her to go look at a horse I had found online. I didn’t really expect him to be what I was looking for. My wife called me after she looked at him and said that, though he wasn’t what I was looking for, I needed to get everything ready because we were going to get him.”

After his wife returned home, the couple headed back to Missouri and called Rowdy’s veterinarian to obtain his health records and papers since they would need them to bring him across the state line. They were initially told that, since they were not the current owners, they would be denied the paperwork. However, after explaining the living conditions of the horse and improper feeding practices over winter, they were able to pick them up and bring Rowdy to their Winterset farm.

“I named him Rowdy because he had a

Clint Eastwood-type character,” Koehler shares. “He was so skinny but had a tough exterior. His mistreatment hadn’t been from cruelty but from ignorance. The former owner thought that one large round of hay was enough winter food to feed two horses and a pony. Because he remembers the food scarcity, Rowdy will still bully other horses if they get near his hay, but he has come such a long way since then.”

Koehler trained Rowdy in Western dressage, and the pair became well known for it.

“Rowdy liked the attention,” Koehler says. “He had just started second-level movements when he came down with a nerve issue and developed headshaking. He finished his season, then we had to retire him. He is just a pet now, and he receives regular medication for his health needs.”

Koehler believes Rowdy was approximately 13 years old when he adopted him and that he is now somewhere in his 20s. He still rides him occasionally, but they cannot go very far.

“If we don’t go riding, Rowdy seems to get depressed about not having his job,” he shares. “He always makes sure to come watch when other horses are being schooled, almost like he’s a supervisor. I have appreciated his companionship. It isn’t the same as what I had with Buck, but it is close. Buck didn’t have the young life disadvantage that Rowdy did, but Rowdy overcame those disadvantages.”

Koehler believes that, whether it is a horse, cat or dog, if a person works at building a bond, a rescue animal will return more to his or her new owner than one that has not had a harder past.

“They appreciate you a lot more,” he says. ■

# OPTIMISTS support Post Prom

The Winterset Optimist Club presented a \$1,000 donation to the Winterset Post-Prom Committee. Accepting the funds on their behalf was Chad Nordstrom and his daughter, Maddie. The Optimist Club welcomes new members and guests at their weekly meeting. Members start arriving at 6:15 a.m. for breakfast, the business meeting starts at 6:45 a.m. and the meeting is done by 7:15 a.m. Enter from the back door at Montross café. ■



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## BEAUTY

By Annie Wiseman

# HOW LONG should I wait?

Chemical services are a staple in salons. While hair color is the more prevalent service, perms have made a comeback in recent years. The thing to know about chemical services is that they alter the physical properties of the entire hair shaft. This gives us desired results but causes damage. So what do we do?



Let's talk hair color. Coloring your hair is the process of swelling the outer cuticle layers, allowing the color molecules to penetrate into the hair strand. Swelling that cuticle layer is what damages the hair. We remove hair color with pH balancing shampoos that help close the cuticle and lock in the color. But the truth is, it takes time for that cuticle to close completely. It is suggested that you wait 72 hours to wash your hair after a color service. This ensures longer lasting color.

And then there is the permanent wave. This chemical service happens by breaking down the disulfide bond, causing it to reshape into the curl size of the rod. Once complete, we use a chemical solution to "glue" the bonds back together. It is suggested you wait a full 48 hours before shampooing the hair after a perm. Shampooing prematurely interrupts the re-bonding process.

It's important to follow suggested guidelines after chemically altering your hair. Your stylist will have the perfect recommendation. ■

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



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## HEALTH

By Dr. Amanda Queck

# CHIROPRACTIC care and heart rate variability

Many people can attest to the benefits of chiropractic care for pain relief. But, did you know that the reason chiropractors work so closely with the spine is because of its direct impact on the nervous system? Chiropractors see "pain" and "symptoms" as "check engine lights." When the "check engine light" turns on, it's our job to detect what triggered that signal and help the body function at its best.



One of the tools we use is a technology called Heart Rate Variability (HRV). Your HRV helps to determine how your nervous system is able to adapt and recover from the various stressors that life brings on. Whether it is mental or emotional stressors, physical stressors, or environmental stressors, your body is constantly working to adapt. Your HRV helps determine how well your body can make those adaptations, and it is controlled by two parts of your nervous system that we know as your Sympathetic Nervous System (like the gas pedal in your car) and the Parasympathetic Nervous System (your body's brake pedal). We need both systems to function. If your nervous system is out of balance, your body sends a message that is most noticeable to you as pain. This is why HRV helps determine how well your body will respond to chiropractic care. ■

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

# ORAL cancer

Oral cancer involves the lips, gums, cheek lining, front two-thirds of the tongue, the area under the tongue as well as the hard part of the roof of the mouth. Oropharyngeal cancer can develop on the back part or base of the tongue, the soft part of the roof of the mouth, and the back of the throat. They are different cancers, but they share many symptoms and risk factors. Knowing what to watch for and taking steps to reduce your risk can help protect you from developing these cancers.



Cancers in the mouth and back of the throat tend to develop and spread to other parts of the body slowly. But, if they go unnoticed, cancer may advance. Symptoms to watch for include a sore or rough area (especially on the lips) that does not heal; a white, red or dark coloration of the soft tissues in your mouth; a lump, hard spot, or growth; or any spot in the mouth that bleeds easily (although gums that bleed during brushing or flossing could suggest gum disease rather than cancer).

Some risk factors for these cancers cannot be changed, but many are lifestyle choices that can be controlled. Risk factors for these cancers include age (more than two-thirds of people are older than 55 years), sex (twice as common in men as in women), tobacco and alcohol use (risk is increased further when tobacco is combined with high levels of alcohol consumption), human papillomavirus (HPV) infection, and sun exposure (lip balms and sunscreens that offer protection against ultraviolet rays should be worn).

In conclusion, avoiding all tobacco products, limiting alcohol consumption, getting the HPV vaccine, and using lip balms with sun protection factor on lips may help protect against cancers of the mouth and throat. In addition, see your dentist regularly. Your dentist can look for signs suggestive of cancer like sores that will not heal, discoloration of the soft tissues, or lumps to help catch cancer before it spreads. ■

Information provided by Dr. Jason Phelps, Winterset Dental, 225 Wambold Drive, Winterset, 515-462-5755, Instagram: dr\_jason\_phelps. Source: Journal of the American Dental Association.

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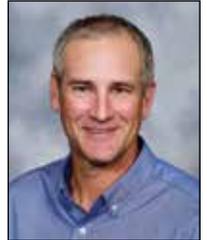
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# THE ADVANTAGES of working with an independent insurance agent

When it comes to insurance, many people assume all policies are basically the same. But how you buy insurance can be just as important as the coverage itself. One option many Iowans choose is working with an independent insurance agent — and there are some clear advantages to that approach.



An independent agent does not work for just one insurance company. Instead, they represent multiple carriers, which allows them to shop coverage options on your behalf. This means your insurance can be tailored to your specific situation rather than fitting you into a one-size-fits-all policy. Whether you own a newer home, an older farmhouse, multiple vehicles or recreational equipment, having options matters.

Another key benefit is advocacy. When you work with an independent agent, you have a local professional who helps you not only when you buy a policy, but also when you have questions or need to file a claim. If something goes wrong, you are not navigating the process alone or dealing with a call center that doesn't know you. Your agent understands your history and can help guide you through what can be a stressful situation.

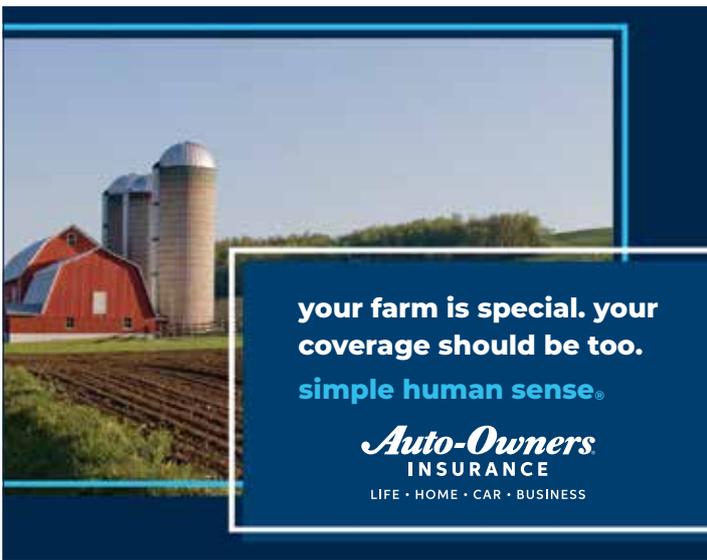
Independent agents also bring experience and perspective. Because they work with many insurance companies, they see how different carriers perform — especially when it comes to claims handling. That insight can be invaluable. Price matters, but so does how a company responds when you actually need them.

There's also flexibility over time. Life changes — kids start driving, homes are remodeled, businesses grow or retirement approaches. An independent agent can reassess your coverage and move you to a different carrier if your needs change, without your having to start over with a new agency relationship.

Finally, independent agents are typically rooted in the communities they serve. They live where you live, understand local risks, like Iowa weather patterns, and build long-term relationships with their clients. That local connection often translates into better service and better advice.

Insurance isn't just about buying a policy — it's about managing risk over time. Working with an independent agent gives you choice, guidance and a trusted resource who is on your side. In a world where insurance can feel increasingly complicated, having someone local who understands your needs can make all the difference. ■

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



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# ONE YEAR in and Hoeyes feel at home

Enjoying all there is to do in the community

It's been just one year since John and Nichelle Hoey moved to Winterset, but they have no regrets. Part of what makes it so special is their home.

"We loved the character, and the living space was exactly what we were looking for for our growing family," Hoey explains. "We looked at newer houses all over the area, and none of them had any character or charm. Sure, having a home built a little over 100 years ago has its own things, but it's one of a kind and well built with craftsmanship."

The home features a wood-burning fireplace, real hardwood floors and original oak trim — details that are increasingly rare in newer construction.

The couple also appreciates that their home is within walking distance of the town square and the library.

"Growing up, we used to walk everywhere," Hoey says. "And, at our previous homes, we were at the edge of a suburb where you have to drive 10 to 20 minutes to do anything. So, being right in the heart of a thriving community is great."

They have also come to appreciate the quiet neighborhood, friendly neighbors and the sight of kids playing outside, which is something they didn't often see when living in the city.

"As a family with young kids, it brought us comfort knowing this was a community that welcomed outdoor time for children," Hoey



Nichelle and John Hoey enjoy the Winterset community as well as their 100-year-old home.

says. "It has been a very quiet and friendly community so far, and we love that there are always things to do."

From the farmers market in the summer to Frostees and Tiki Treats, the local theater, the Covered Bridge Festival and nearby parks, the Hoeyes say there's always something happening in town.

"I have a friend in Norway who is obsessed

with our covered bridges since they don't have them there," Hoey adds. "I've sent him pictures of all of them."

"It's just an amazing community full of amazing people and what this country and state is all about," Hoey says. "We've lived in towns barely holding on and bigger cities, but Winterset is the first place where we've really been home with our little growing family." ■



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## REAL ESTATE

By Jennifer Stover

### PRE-LISTING appointments

If you are thinking about selling in 2026, March is a great month for a pre-listing appointment — a strategy session before a house officially goes on the market. This is a great time to ask questions and really understand how the listing/selling process works. Following the process of a pre-listing appointment:



- **Walk through the property** — Review the condition of the property, make note of what buyers will love and easy fixes.
- **Market analysis** — Review a competitive market analysis, recent sales in community, market trends, realistic price range and strategy.
- **Selling strategy and timeline** — Discuss best time to list; ideal target buyer; are we aiming for speed, top dollar or a balance.
- **Prep recommendations** — Make plans for decluttering, repairs or cosmetic upgrades, cleaning, staging and curb appeal.
- **Marketing plan overview** — Determine professional photos/video, online listings, open house versus private showings, social media strategy.
- **Seller question and expectations** — Discuss commission, communication style, negotiation approach, what the process is really like.
- **Next steps** — Suggest a timeline, leave prep notes, schedule photography and listing appointment. ■

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

### MAINTAIN your brakes

Maintaining your vehicle's brakes is crucial for both safety and performance on the road. To help you navigate this aspect of car care, here's a comprehensive guide to answer common questions about automotive brake maintenance.



Understanding when to replace brake pads is essential. Generally, they should be replaced every 30,000 to 70,000 miles, but this can vary depending on driving habits and the type of pads used. Keep an eye out for signs of wear such as squealing or grinding noises, vibration or reduced stopping power.

Regularly checking and replacing brake fluid is equally important. Aim to inspect the fluid every 20,000 miles and replace it every two years or as recommended by your vehicle's manufacturer.

Costs for brake maintenance vary depending on factors like vehicle make and model, type of brake components and labor rates. Professional technicians can provide accurate estimates based on your specific vehicle's needs.

Lastly, prioritize brake maintenance not only for your safety but also to potentially preserve warranty coverage and ensure optimal vehicle performance for years to come. By entrusting your brake maintenance to local experts, you can rest assured that your brakes are in top condition and enjoy peace of mind on the road. ■

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

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# EIGHT mistakes that can upend your retirement

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

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



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

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

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

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

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

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

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

1. The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation and diversification are approaches to help manage investment risk. Asset allocation and diversification do not guarantee against investment loss. Past performance does not guarantee future results. 2. Under the SECURE Act, in most circumstances, you must begin taking required minimum distributions from your 401(k) or other defined contribution plan in the year you turn 73. Withdrawals from your 401(k) or other defined contribution plans are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty.” 3. The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss. Past performance does not guarantee future results. 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 Suite is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright FMG Suite.

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# WINTERS

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## V GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 30	4:15PM	Bondurant COED Meet	Bondurant-Farrar High School
Apr 2	4:30PM	Ogden Early Bird	Ogden High School
Apr 7	4:30PM	Multiple Schools	ADM High School
Apr 9	4:30PM	Bill Miller Invite	Van Meter School
Apr 11	8:30AM	Jim Duncan Invitational	Drake Stadium Track
Apr 13	4:30PM	Panther Invitational	Creston High School
Apr 16	4:30PM	Ogden Girls Meet	Ogden High School
Apr 20	4:30PM	Bondurant-Farrar Invite	Bondurant-Farrar High School
Apr 23	4:30PM	Winterset Coed	Winterset High School
Apr 27	4:30PM	Multiple Schools	Winterset High School
Apr 30	4:15PM	Carlisle Invite	Carlisle High School

## V GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 7	4:00PM	Van Meter	Lakeview Country Club
Apr 13	4:00PM	Multiple Schools	River Valley Golf Course
Apr 14	9:00AM	Southwest Iowa Cup	Pine Valley Golf Course
Apr 16	4:00PM	Multiple Schools	
Apr 20	1:00PM	Winterset Invitational	Lakeview Country Club
Apr 23	1:00PM	Oskaloosa Girls Inv.	Edmundson Golf Course
Apr 27	4:00PM	Multiple Schools	Lakeview Country Club
May 1	1:00PM	PCM Girls Golf Invite	Gateway Recreation
May 5	10:00AM	Multiple Schools	Nishna Hills Golf Club
May 11	9:00AM	RRC Girls Golf Meet	Breda Golf Club
May 14	4:00PM	Girls Golf Meet	Perry Golf & Country Club

## V BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 9	2:00PM	Multiple Schools	UNI-Dome
Mar 30	4:15PM	Multiple Schools	Bondurant-Farrar High School
Apr 2	4:30PM	Ogden Early Bird Coed	Ogden High School
Apr 3	4:30PM	Winterset Husky Invite	Winterset High School
Apr 7	4:30PM	Hugh Norman Relays	ADM High School
Apr 9	4:30PM	Bill Miller Invite	Van Meter School
Apr 11	8:30AM	Jim Duncan Invitational	Drake Stadium Track
Apr 16	4:30PM	ADM Boys Invitational	ADM High School
Apr 21	4:30PM	Madrid Boys Track Invite	Madrid High School
Apr 23	4:30PM	Winterset Coed	Winterset High School
Apr 28	4:15PM	Carlisle Invite	Carlisle High School
Apr 30	4:30PM	Multiple Schools	Bondurant-Farrar High School

## V BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 9	12:00PM	Pella Invite	Bos Landen Golf Club
Apr 13	4:00PM	Boys Golf Triangular	Pleasantville Golf & Country
Apr 14	9:00AM	Southwest Iowa Cup	Pine Valley Golf Course
Apr 16	4:00PM	Multiple Schools	Breda Golf Club
Apr 27	4:00PM	Multiple Schools	Ballard High School
Apr 28	1:00PM	Oskaloosa Invite	Edmundson Golf Course
Apr 30	4:00PM	Multiple Schools	Lakeview Country Club
May 1	12:00PM	Winterset Invite	Lakeview Country Club
May 5	10:00AM	Atlantic Invite	Atlantic Golf & Country Club
May 9	9:00AM	Gilbert Invite	Ames Golf & Country Club

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# WINTERSSET HUSKIES

## SPRING SCHEDULE 2026

### V GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 6	7:00PM	North Polk	Winterset High School
Apr 9	5:30PM	Centerville	Winterset High School
Apr 10	7:00PM	Indianola	Winterset High School
Apr 13	7:00PM	Carroll	Winterset High School
Apr 14	7:00PM	Perry	Perry High School
Apr 16	4:30PM	Van Meter	Van Meter School
Apr 17	6:30PM	Creston	Creston High School
Apr 20	7:00PM	Ballard	Winterset High School
Apr 21	5:30PM	Greene County	Winterset High School
Apr 24	6:00PM	Gilbert	Gilbert High School Tiger Stadium
Apr 28	5:30PM	Clarke Community	Clarke Athletic Complex
Apr 30	6:00PM	ADM	Winterset High School
May 4	7:00PM	Des Moines Christian	Des Moines Christian School
May 8	7:00PM	Boone	Goepfing Field Soccer Field
May 11	6:15PM	Des Moines East	DM East Williams Stadium
May 12	7:00PM	Bondurant-Farrar	Winterset High School
May 18	7:00PM	Carlisle	Winterset High School

### V BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 30	7:00PM	Creston	Creston High School
Apr 2	7:00PM	Underwood	Underwood High School
Apr 3	7:00PM	Harlan Community	Earlham High School
Apr 6	7:00PM	North Polk	North Polk High School
Apr 7	7:00PM	Carlisle	Carlisle High School
Apr 9	7:15PM	Centerville	Winterset High School
Apr 14	7:00PM	Perry	Winterset High School
Apr 16	6:00PM	Van Meter	Van Meter School
Apr 17	7:00PM	Carroll	Carroll Athletic Stadium
Apr 20	7:00PM	Ballard	Ballard High School
Apr 21	7:00PM	Greene County	Winterset High School
Apr 24	7:30PM	Gilbert	Gilbert High School Tiger Stadium
Apr 28	7:15PM	Clarke Community	Clarke Athletic Complex
Apr 30	7:30PM	ADM	Winterset High School
May 4	7:00PM	Des Moines Christian	Winterset High School
May 5	7:00PM	Boone	Winterset High School
May 12	7:00PM	Bondurant-Farrar	Bondurant-Farrar High School



### FOR ALL HUSKIES SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.

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Photos by BK Creations

**‘Queen of Faces’**

Books with layers are always going to draw me in. This delightfully dark and gritty fantasy explores identity, power, resilience and the madness of survival all packaged in a riveting, magical story.

Set in a politically charged world where appearance and perception can be as dangerous as any weapon, we follow Ana, a girl on the brink of some terrible choices. She is stuck in a dying body with no real way out. Desperate, she lies her way into an even more perilous situation where she must navigate court intrigue, shifting loyalties and threats from every side.

Ana’s journey is as much internal as it is external, grappling with who she is and what authenticity means in a world where people shift bodies as easily as outfits. She has to maneuver through complex political dynamics, learn how to find allies, build relationships and survive the unsurvivable.

This is a gritty, morally gray story with perfect pacing. Lord’s prose is accessible and vivid — sometimes so sharp I felt torn to shreds by the end. I can’t wait for the next one. ■ — Review by Julie Goodrich



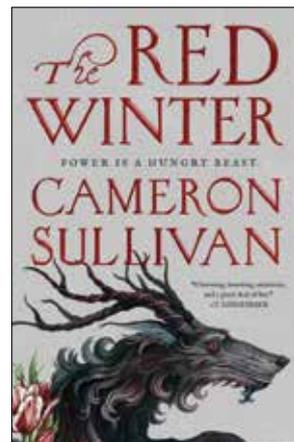
By Petra Lord  
2/3/26  
432 pages  
\$22.99  
Henry Holt & Co.

**‘The Red Winter’**

Perhaps I am a bit jaded, but I wasn’t sure I could take another werewolf story. I am delighted to say that I was very wrong in judging it so harshly. I know it is winter in Iowa, and we are all sick of it, but Sullivan plunges us into a frost-bitten landscape full of mysteries that is far more enchanting than any snow-bound story ought to be. This is a story within a story, within a story. It even has a fourth story in the footnotes, one of my very favorite tropes.

We open in the modern world with the immortal wizard Sebastian being reminded of an adventure from long ago. Ably abetted by his pet succubus, Livia, we learn of his sweet romance with a nobleman, their terrifying adventure in the French countryside, and how Joan of Arc really happened. Despite the gore and humorous asides peppered throughout, this really is an epic fantasy tale with enough romance to make all the BookTok people swoon.

Fast-paced, well-written and awash with magic, this book absolutely swept me away. If you are the audiobook type, I can’t recommend the narrators highly enough. They were perfect. ■ — Review by Julie Goodrich



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# STOP the sniffles with Sick Day Soup

(Feature Impact) Coughs and sniffles don't have to derail you for long – not with a fresh, homemade stockpot full of Sick Day Chicken Noodle Soup. Loaded with rotisserie chicken, celery and carrots, it's sure to warm you from the inside-out as a warm, comforting meal. Plus, with eight servings, this dish can help solve dinnertime dilemmas throughout the week by storing leftovers in the refrigerator and reheating on the stove.

Warm up your winter meals with more comforting ideas available at [Culinary.net](http://Culinary.net). ■

## Sick Day Chicken Noodle Soup

Recipe adapted from Tastes

Better from Scratch

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 8

### INGREDIENTS

- 1/2 tablespoon butter
- 2 ribs celery, diced
- 3-4 large carrots, diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1/8 teaspoon crushed red pepper flakes
- salt, to taste
- pepper, to taste
- chicken bouillon cubes (optional)
- 4 cups dry egg noodles
- 3 cups cooked rotisserie chicken



Photo courtesy of Shutterstock

### DIRECTIONS

- In large stockpot over medium-high heat, saute butter, celery and carrots 3 minutes. Add garlic and cook 30 seconds.
- Add chicken stock or broth and season with rosemary, thyme and crushed red pepper. Add salt and pepper, to taste. Taste and add chicken bouillon cubes, if desired, for flavor.
- Bring to boil. Add noodles and cook until al dente. Remove from heat once noodles are tender.
- Add chicken. Taste and adjust seasoning as desired.

## EVENTS IN THE AREA

Be sure to check for cancelations

### Iowa Home Expo

Friday, March 13 to Sunday, March 15  
Iowa State Fairgrounds Jacobson Center,  
3000 E. Grand Ave., Des Moines

Whether you're planning on upgrading your home or need a reliable contractor to fix your leaking roof, the Iowa Home Expo is the spot to find all local remodeling experts. The Iowa Home Expo hosts local and national exhibitors offering exclusive deals and discounts. You'll save both time and money attending the Iowa Home Expo. Hours are: Friday, March 13, noon to 6 p.m.; Saturday, March 14, 10 a.m. to 5 p.m.; and Sunday, March 15, 11 a.m. to 4 p.m. More information available at <https://iowahomeexpo.com/>.

### Capital City Card Convention

Friday, March 27 to Sunday, March 29  
Iowa Events Center, 730 Third St.,  
Des Moines

Iowa's largest sports card show features 240-plus tables of action. More information available at [www.iowaeventcenter.com/events/detail/capital-city-card-convention-8](http://www.iowaeventcenter.com/events/detail/capital-city-card-convention-8).

### St. Paddy's Marathon, Half Marathon, and 5K

Saturday, March 14  
Iowa State Capitol, East Locust Street  
and Pennsylvania Avenue, Des Moines

Celebrate 10 years of the Des Moines St. Paddy's Race. A new 2026 finisher pint glass will be waiting at the finish line. Finisher medal provided for all marathon and half marathon runners. More information: <https://iowaruns.com/desmoinesstpaddys5k#acc-rqya205-0>.

### Give Life 5K

Saturday, May 2, 8:30 a.m.  
Raccoon River Park, West Des Moines

Iowa Donor Network honors those who have given the gift of life, celebrates the lives of organ and tissue recipients, and recognizes those who continue to wait for a life-saving transplant at the annual Give Life 5K. This is a family-friendly event so, no matter your skill level, the event is open to everyone. Join us to honor and support those who have been impacted by organ and tissue donation and celebrate the gift of life by registering for the Give Life 5K today. Visit [GiveLife5K.com](http://GiveLife5K.com).

### Unmasking the Singer

Saturday, March 28  
Val Air Ballroom, 301 Ashworth  
Road, West Des Moines

The Salvation Army's Unmasking the Singer, sponsored by KDSM FOX 17 and Prairie Meadows, is already ramping up the excitement for 2026.

This year, the event will be held on March 28, and there will be several audience-friendly changes to its format. The event is moving to the iconic Val Air Ballroom and will feature round-table seating for the main area — offering a more sociable atmosphere for the audience. Val Air also has a main stage as well as the old side stage, allowing for a set-up more similar to that of The Masked Singer on FOX.

Tables of eight start at \$250 and up. Individual table seats are \$50 and general admission is \$35. Light snacks will be provided, and beverages will be available for purchase. For more information or to buy tickets, visit [www.bit.ly/UMTS2026](http://www.bit.ly/UMTS2026).



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**Now scheduling new patients!**

We will be closed March 16-20 while we move to our new clinic space.

# EVENTS IN THE AREA

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

Be sure to check for cancelations

## Upcoming in Winterset Living magazine:

**Celebrating heritage:** What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

**Farmers market vendors:** Do you enjoy selling your products at local farmers market. Tell us how you benefit from farmers markets and what tips you can share with others wanting to get involved. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

## 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 in 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.



## Fish Fry Fridays

Fridays, 5:30-7 p.m.  
Saint Joseph Catholic Church,  
1026 N. Eighth Ave., Winterset

Enjoy Fish Fridays. On the menu: Golden fried and baked fish, bakes potatoes and fries, beans and coleslaw, kids menu, and homemade desserts. Free will donation.

## Madison County Farmers Market

Saturday, March 14,  
8 a.m. to noon  
The Warehouse on 2nd, 231  
N. Second Ave., Winterset

Come to the Madison County Farmers Market. More information: [madisoncofarmersmarket.com](http://madisoncofarmersmarket.com).



## Friendly Sons of St. Patrick Pre-Party and Parade

March 14 and March 17  
The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 14, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Fat Tuesday, a live auction, food trucks and cash bar for an at-will donation. The parade is on Tuesday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.

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# EVENTS IN THE AREA

Be sure to check for cancellations

## Winterset Public Library programs

123 N. Second St.

[www.wintersetlibrary.org](http://www.wintersetlibrary.org)

- Friday Flicks, March 27, May 29, 1:30 p.m., free popcorn, family-friendly movie.
- Mah Jongg, every Saturday, 9:30 a.m. Learn to play this ancient, intriguing and challenging tile game. All necessary items will be provided free; all you need is a desire to learn. Registration required.
- Story Time, Wednesdays, 10-10:30 a.m. During this 30-minute program, children will discover books, songs, rhymes and movement activities while building language and literacy skills. Ages 3 and older.
- Let's Play Cribbage, Wednesdays, 2-4 p.m.
- Adult Game Day, Tuesdays at 1:30 p.m. Many games to choose from or bring your own. Snacks are welcome. Free and no registration required.
- Messy Munchkins, Thursdays, 10:15 a.m. to noon. Children 0-5 with an adult. No registration required.
- Lego Club, ages 8-12, third Thursday of the month, 3:30-4:30 p.m.. Dates are March 19, April 16 and May 21. Legos provided. Do not bring your own. No registration required.
- Get Fit with Geri-Fit, Tuesdays and Fridays, no registration required. A strength-training class for older adults.
- Acoustic Jam, first Friday of the month, 1-4 p.m.
- Game On! Mondays, 3-5 p.m., ages 10 and older. No registration required. Behavior policies must be followed.
- Chess Club, Tuesdays, 5-7 p.m. All ages welcome. No experience necessary. Boards and sets available.
- Morning Tai Chi, Tuesdays, Wednesdays and Thursdays, 9 a.m. Follow Dr. Paul Lam's DVDs with stretching followed by the 12 forms and cool down exercises. Sessions are 30-45 minutes.

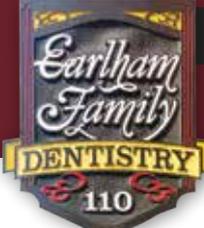


## Events at The Winery

Covered Bridges Winery, 2207 170th Trail, Winterset

See website for times and to purchase tickets: [Coveredbridgeswinery.com](http://Coveredbridgeswinery.com)

- Chunky Blanket Class: Saturday, March 7
- Devon Miller: Sunday, March 8, 2-4 p.m.
- Looking4Luke: Saturday, March 28, 6:30-9:30 p.m.
- Aaron Simmons: Sunday, March 29, 2-4 p.m.
- Craft Class with Mandy Walters: Sunday, March 29
- Blues & BBQ Central Iowa Blues Society Benefit Dinner: Saturday, April 11
- Ryne Doughty: Sunday, April 12, 2-4 p.m.
- Craft Class with Mandy Walters: Sunday, April 19
- Moors & McCumber: Sunday, April 19, 2-4 p.m.
- Velvet Band: Saturday, April 25, 6:30-9:30 p.m.



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## EVENTS IN THE AREA

Be sure to check for cancelations

### Madison County Conservation Center events

Madison County Conservation Center, 2508 Pammel Park Road, Winterset

Enjoy these exciting events at the new Madison County Conservation Center in Pammel Park. All events open to the public.

- Live Wild 2026 Speaker Series.

Tuesday, April 14: Wildlife Rescue with Jenni Boonjakaukul

Tuesday, May 5: Taxidermy with Remington Hutton

Tuesday, June 2: Rattlesnakes with Paul Frese

Tuesday, July 7: Barn Owls with Tanner Donovan and Jessie Lowry

Tuesday, Aug. 4: Dog Training with Angela Tague

Tuesday, Sept. 1: Lead-Free Hunt with Adam Janke

Tuesday, Oct. 6: Madison County Hunt with Catherine Cummings

Tuesday, Nov. 3: Basket Weaving with Amy Warnke

Tuesday, Dec. 1: Northern Lights with Jess Lancial

First Tuesdays of the month, free will donation, Proceeds will be equally shared between Madison County Foundation for Environmental Education and an organization of the speaker's choice.

### Wine, Food and Beer Showcase

Friday, March 6, 6-9 p.m.

Des Moines Marriott Downtown, 700 Grand Ave., Des Moines

Sample the night away. The Wine, Food & Beer Showcase is one of the oldest food and beverage events in the area and has become a yearly favorite for foodies, wine lovers and beer enthusiasts alike. Featuring 30-40 of the finest restaurants, caterers, wineries, breweries and distilleries in the area, the event is the Des Moines Metro Opera's signature fundraiser. All proceeds raised throughout the evening support Des Moines Metro Opera's award-winning education and community engagement programs. Learn more at <https://desmoinesmetroopera.org/showcase/>.



### The Iowa Files: A History Series

Various dates, 3 p.m.

Online and in-person at the Community Room of the West Des Moines Public Library, 4000 Mills Civic Parkway

This joint West Des Moines Historical Society and West Des Moines Public Library program is free and open to the public, thanks to the generosity of West Des Moines Historical Society members, Bravo Greater Des Moines and the Friends Foundation of the West Des Moines Library. All programs are streamed on the WDMHS Facebook page and YouTube channel.

- March 15: The Monuments Men and the Saving of Culture. The Monuments Men (and Women) had a seemingly impossible job: save some of the world's most precious cultural artifacts and art from the Nazis, who treated Europe as their private looting grounds. Presenter Ruth Ehler's grandfather, Ralph Hammett, was one of the men. Ruth will recount stories of the amazing and frantic work that saved and returned treasures to their rightful owners and institutions.

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## EVENTS IN THE AREA

Be sure to check for cancellations

### Bright Nights and Green Sights

Various dates

Greater Des Moines Botanical Garden,  
909 Robert D. Ray Drive, Des Moines

Explore ways to “find your true nature” at the Greater Des Moines Botanical Garden. For tickets visit <https://dmbotanicalgarden.com>.

• **Dome After Dark:** Friday evenings through March 27, 6-10 p.m. Extra evening Saturday, March 14, and Tuesday through Thursday, March 17-19. Experience the Botanical Garden in a whole new light. Explore the warm tropical conservatory and renovated Gardeners Show House, illuminated for a magical after-hours escape.

• **NEW to Dome After Dark: Igloo Experience:** Cozy up with up to five guests for an enchanting igloo experience, complete with admission to the event and Flora concessions. Perfect for friends, family or date night. Visit <https://dmbotanicalgarden.com> to reserve an igloo.

• **Friday Dinner at Flora:** Fridays, 6-7:30 p.m. Reserve your spot now for a delicious three-course dinner at Flora, including admission to Dome After Dark. Each week a new, enticing menu showcases a variety of cuisines. Reserve a table online, <https://dmbotanicalgarden.com>.

• **Botanical Blues:** Sundays through March 29, noon to 4 p.m. Performances begin at 1 p.m. and 3 p.m. Your favorite Sunday Blues in Des Moines is here to keep away your winter blues every week. Each set lasts one hour, with a one-hour intermission in between. Settle in, grab a drink, and soak up the sound in Iowa's only tropical music venue. Flora serves Sunday brunch beginning at 10 a.m. — perfect before the music starts. Concerts are held live in the conservatory, and guests are welcome to wander the indoor gardens during the show. Ticket info and lineups available at <https://dmbotanicalgarden.com>.

### The Ingersoll Shows

The Ingersoll, 3711 Ingersoll Ave., Des Moines

The Ingersoll announces some exciting additions to its spring performance lineup. Spanning world-class traditional music and beloved musical theater, these new shows promise unforgettable moments of live entertainment in the heart of the community.



• **Altan - 40th Anniversary Tour:** March 8. Dining at 4:30 p.m., Show at 6:30 p.m.

• Acclaimed singer-songwriter **Courtney Patton joins Jason Walsmith** for a heartfelt evening of song, story, and shared experience on Thursday, March 12. Walsmith, longtime frontman of The Nadas and now performing as Jason Walsmith Storyteller, brings decades of travel, adventure, and narrative songwriting to the stage. Together, the pair create a performance that feels less like a concert and more like a musical journey among friends. Dining begins at 5:30 p.m. with the show at 7:30 p.m.

• **Church Basement Ladies:** March 26–29, April 2–5 and April 9–12. Matinee performances will have dining at 11 a.m., and the show beginning at 1 p.m. Evening performances will have dining at 5:30 p.m., and the show beginning at 7:30 p.m.

Tickets are on sale at [www.theingersoll.com/events](http://www.theingersoll.com/events) or at [Ticketmaster.com/TheIngersoll](http://Ticketmaster.com/TheIngersoll). ■



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# OUT & ABOUT



Jackson Baer at the boys basketball game on Feb. 2. Photo by Katie Cooke



Jake Hall at the boys basketball game on Feb. 2. Photo by Katie Cooke



Cam Sheffield at the boys basketball game on Feb. 2. Photo by Katie Cooke



Josh Henry at the boys basketball game on Feb. 2. Photo by Katie Cooke



Jace Bellamy at the boys basketball game on Feb. 2. Photo by Katie Cooke



Abby Hoefing at the girls basketball game against Harlan on Feb. 2. Photo by Katie Cooke



Maddy Nordstrom at the girls basketball game against Harlan on Feb. 2. Photo by Katie Cooke



Macy Landers at the girls basketball game against Harlan on Feb. 2. Photo by Katie Cooke



Coaches Jack West and Ryan Jensen on Jan. 31 at the Raccoon River Conference Wrestling Tournament at Ballard High School. Photo by Katie Cooke



Natalie Smith at the girls basketball game against Harlan on Feb. 2. Photo by Katie Cooke



Macy Olson at the girls basketball game against Harlan on Feb. 2. Photo by Katie Cooke



Wrestling cheerleaders Jayde Whickman, Halle Whickman, Elizabeth Kephart, Maggie Reynolds, and Madey Boehm on Jan. 31 at the Raccoon River Conference Wrestling Tournament at Ballard High School. Photo by Katie Cooke

# OUT & ABOUT



Sarah Pugh and Rachel Eller at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



Susan McDonald and Catherine Stetzel at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



Diane Fitch and Brenden Pugh at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



Stephanie Gerleman and Leslie Allen at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



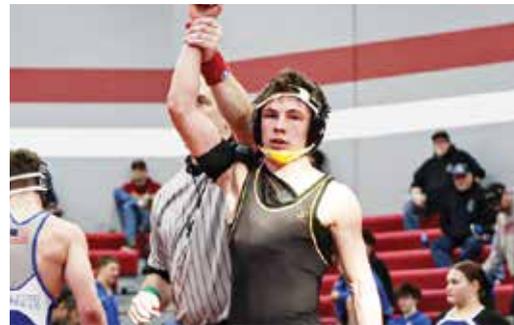
Connie Ryan and Pam Ticknor at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



Tracy Schroder and Cleota Tapken at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



Jayse Jensen on Jan. 31 at the Raccoon River Conference Wrestling Tournament at Ballard High School. Photo by Katie Cooke



Judah Gurwell on Jan. 31 at the Raccoon River Conference Wrestling Tournament at Ballard High School. Photo by Katie Cooke



Amy and Anthony Durnan and Kevin Fifo at the chamber banquet held at the Jackson building on Thursday, Jan. 22.



A ribbon cutting was held for The Photocian on Friday, Feb. 6, at 107 N. Second Ave., Winterset. Photo courtesy of Vicki Minor, The Madisonian



A ribbon cutting was held for Frost Wolf Designs on Friday, Jan. 23. Photo courtesy of Vicki Minor, The Madisonian.

# CLASSIFIEDS

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