

WINTERSET *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN AROUND TOWN

THE CHAMBER COFFEE WAS HOSTED BY EVERY STEP HOSPICE ON NOV. 19 AT UNION STATE BANK.



Allissa Johnson, Nina Lorimor-Easley and Angie Kinsey



Tom Leners and Marianne Fons



Terri Kuhns, Jodi Lake and Erin Harmon



Brittany Hillsabeck, Kristina Benshoof and Sarah Nigg

5-DAY FORECAST

WEDNESDAY HIGH 10 | LOW -6
Breezy and much colder



THURSDAY HIGH 1 | LOW -19
Sunny and bitterly cold



FRIDAY HIGH 11 | LOW 5
Mostly sunny and cold



SATURDAY HIGH 21 | LOW 5
Mostly cloudy, not as cold



SUNDAY HIGH 24 | LOW 11
Periods of sun



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CHAMBER AWARDS NIGHT

Join the Madison County Chamber of Commerce membership to celebrate the achievements of 2021 and look ahead to an exciting year in 2022. The 2022 Chamber annual meeting and awards night is Friday, Jan. 21, 5-8 p.m. with social hour at 5 p.m. (wine and beer available for purchase), dinner at 6 p.m. and program at approximately 7 p.m. The event will be at the Jackson Community Building located on the Madison County Fairgrounds. Cost is \$30 in advance and \$40 at the door. Purchase tickets online at <https://madisoncounty.chambermaster.com/eventregistration/register/2110>. For more information, contact Amara Huffine by emailing exec.dir@madisoncounty.com. ■

IOWA WATERCOLOR SOCIETY TRAVELING SHOW

View the Iowa Watercolor Society traveling show free of charge through January at the Winterset Art Center. The Art Center is open Wednesday through Saturday, 11 a.m. to 3 p.m. The Iowa Watercolor Society is a statewide organization that was founded in 1977 by a group of watercolor artists. Each year, IWS sponsors an annual meeting with a juried exhibition for its members. Award winners are recognized and the traveling show is defined. The mission of the IWS is to support and encourage advancement of watercolor media and to foster the appreciation and interest of both the artist and the public. ■

WINTERSET EDUCATION FOUNDATION TRIVIA NIGHT

The Winterset Education Foundation Trivia Night will be Saturday, Feb. 12 at the Jackson Building. Doors open at 6 p.m. for this fundraising trivia night. Cost is \$150 per table for teams up to eight members or \$25 for an individual to be added to a team. Snacks and drinks will be available for a freewill donation. Contact Jennifer Jackson for more information or to sign up, 515-462-7777 or Jjackson@madisonhealth.com. Register your team at tinyurl.com/WCSDrivia. Pay via Venmo, WintersetCEF Code 4341 or send checks to Education Foundation, PO Box 30, Winterset, IA 50273. ■

WHS SPORTS SCHEDULES



Thursday, Jan. 20

5:30 p.m. **Wrestling:** JV @ Carlisle
5:30 p.m. **Wrestling:** Varsity @ Carlisle

Friday, Jan. 21

4:00 p.m. **Wrestling:** Varsity Tournament @ Corning
4:30 p.m. **Basketball:** Girls JV @ Carlisle
4:30 p.m. **Basketball:** Boys JV @ Carlisle
6:00 p.m. **Basketball:** Boys 9th @ Carlisle
6:00 p.m. **Basketball:** Girls Varsity @ Carlisle
7:30 p.m. **Basketball:** Boys Varsity @ Carlisle

Saturday, Jan. 22

10:00 a.m. **Wrestling:** Varsity Tournament @ Corning

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FROM THE PUBLISHER

MILK AND HONEY

Nothing seems to warm a person up on a cold day like a hot cup of coffee, or at least that's what my dad said when he filled up his Thermos each morning. But each time I tried a cup of his coffee, it tasted like dirty water.

I never understood the attraction, and whenever a friend or customer wanted to meet for coffee, I would embarrassingly order a hot chocolate — until my friend and CITYVIEW columnist Joe Weeg convinced me to slowly wade into this ocean of java. Yes, Joe is a pusher.

Joe introduced me to cappuccinos, lattes, macchiatos, mochas and more, and I learned that these things are sinful. After taking out a small loan and going to the next notch on my belt, I decided maybe these cousins of coffee were not such a good idea. So I took a necessary hiatus — until my daughter Samantha

familiarized me with dairy creamer. Not the basic stuff, mind you. French vanilla. Italian sweet cream. I was hooked again.

While at an industry conference, my Tennessean friend Will Thomas watched me pour a cement truck load of creamer into my coffee. Will, a definite coffee snob, helped me come to the realization that I didn't like coffee at all and that what I really liked was coffee creamer. He was right. If you have done any research on this, you know that coffee creamer is awful for you, but the addiction is real.

So I tried going cold turkey with the creamer, but I was instantly reminded of the dirty water taste of Dad's coffee. I tried cutting back on creamer, which



isn't easy to do when it pours out so quickly and easily from that perfectly contoured 32-ounce bottle. Then my wife encouraged me to try almond milk and a bit of honey in my coffee. So I tried almond milk and more than a bit of honey — and it was delicious. I am working on reducing the honey, but she tells me that it is better for me than dairy creamer, so I am going with the lesser of two evils.

Now, nothing seems to warm me up on a cold day like a hot cup of coffee — with almond milk and honey.

Have a great week, and thanks for reading. ■

Shane Goodman
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 Publisher
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CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

PARTICIPATING ESTABLISHMENTS: THE HALL • FOUNDRY DISTILLING CO. • THE TAVERN
 G MIG'S 5TH STREET PUB • MITZI'S • THE LONGEST YARD • SULLY'S IRISH PUB • GILROY'S

SAT., JAN. 22
 1-4 P.M. • \$20 \$30 AT THE DOOR

YOU GET 10 TICKETS TO SAMPLE WINTER SPECIALTY DRINKS!

GET YOUR TICKETS TODAY AT FIRE-AND-ICE.DMCITYVIEW.COM



SNOWMAN BUILDING CONTEST

While you are outside enjoying the snow this winter, build a snowman and send the photo to the Winterset Parks and Recreation Department for a chance to win a 2022 Winterset Aquatic Center family pool pass. Deadline is March 13. Photos can be emailed to WPRD@CWMU.net or shared through the department's social media sites. ■

FATHER/DAUGHTER DANCE

Fathers and daughters, grandfathers and granddaughters, uncles and nieces are invited for an evening of music, dancing and fun on Feb. 11 from 6-8 p.m. at the Jackson Building. Cost is \$30 per pair and \$10 additional child. This event is for girls fourth grade and younger. Register by Jan. 31 online at <https://secure.rec1.com/IA/winterset-ia/catalog>. ■

IOWA QUILT MUSEUM EXHIBIT

Iowa Quilt Museum, 68 E. Court Ave., Winterset, welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. The exhibit shows through Jan. 23. For more information, visit www.iowaquiltmuseum.org. ■

FROSTY BALLS KICKBALL TOURNAMENT

Embrace winter! This event is Saturday, Jan. 29, 9 a.m. to 5 p.m. for adults ages 18 and older. Register by Jan. 16 at <https://secure.rec1.com/IA/winterset-ia/catalog>. First Down Brewing will give participants B.O.G.O. beer that can be redeemed between games. This is a double elimination tournament. Cost is \$50 per team with eight to 10 players (half men and half women) in the field. ■

MOTHER/SON NERF WAR

Battle it out with your little Rambo in this nerfocalypse event, featuring an all-out Nerf war and Nerf games. Participants need to bring their own Nerf gun (bullet style — no ballistic rapid fire guns). Nerf bullets are provided. Protective goggles are required. The event is Feb. 5 at the Elementary School with kids kindergarten through second grade from 1-2:30 p.m. and grades third through sixth from 2:30-4 p.m. Cost is \$20 per pair and \$10 for additional child. Register online at <https://secure.rec1.com/IA/winterset-ia/catalog>. ■

WINTERSET COMMUNITY SCHOOLS NOTES

Feb. 14: No school, professional development day.

Feb. 23: High School Conferences, 3:30-7:30 p.m. ■

EVENTS IN THE AREA

'THAT GOLDEN GIRLS SHOW! A PUPPET PARODY'

Jan. 25-30

The Temple Theater, 1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit www.desmoinesperformingarts.org.

'IMMORTAL BELOVED' BY THE DES MOINES SYMPHONY

Saturday, Jan. 29, 7:30 p.m.

and Sunday, Jan. 30, 2:30 p.m.

Des Moines Civic Center, 221 Walnut St.

Des Moines

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremiski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit www.dmsymphony.org.

IOWA WILD HOCKEY HOME GAMES

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.

Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

EXHIBIT: DOUBLE EXPOSURE

Jan. 17 - Feb. 25

Polk County Heritage Gallery, 111 Court Ave.

Des Moines

This year's photo show features still photography shot exclusively with film cameras and with camera phones. www.polkcountyheritagegallery.org

AGATHA CHRISTIE'S 'MURDER ON THE ORIENT EXPRESS'

Feb. 4-20

Des Moines Community Playhouse, 831 42nd St.

Des Moines

It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. www.dmplyhouse.com

VARIOUS SHOWS

February dates

Hoyt Sherman Place, 1501 Woodland Ave.

Des Moines

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit www.hoytsherman.org.

Feb. 5: "Brooklyn Rider: Healing Modes" at 7:30 p.m.

Feb. 11: "Chris Janson: Halfway To Crazy Tour" at 7:30 p.m.

Feb. 15: "Des Moines Storytellers Project: Love" at 7 p.m.

Feb. 16: "An Evening With Bruce Dickinson" at 7:30 p.m.

Feb. 18: "The Mavericks: 'En Español' World Tour" at 7:30 p.m.

Feb. 19: "Yola: Stand For Myself Tour" at 8 p.m. ■

RECIPE

POSITIVE CHANGES TO MAKE IN 2022

(Family Features) Before you completely overhaul the way you live, keep in mind making positive changes may just be a few simple steps away. Starting small with attainable goals can help keep you on the right track throughout the year.

Drink more water

Preventing dehydration, keeping a normal body temperature and lubricating joints are all benefits of drinking enough water daily. Try carrying a reusable bottle as a reminder, choosing water over sugary drinks and opting for water when dining out.

Learn to cook

If you're not comfortable in the kitchen, start with simple recipes that don't force you to sacrifice flavor. After all, an eating plan is easier to stick to when you enjoy the foods you're making. For example, baja fish taco bowls take just 20 minutes for a spicy, fresh-flavored family dinner.

Eat more whole grains

Skip refined grains and instead opt for whole grains like brown rice and quinoa, which offer a more complete package of health benefits. You can be confident in options like Boil-in-Bag Brown Rice and Tri-Color Boil-in-Bag Quinoa from Success Rice, which are ready in just 10 minutes to help remove the guesswork in cooking while giving home cooks more time to focus on elevating dishes for loved ones.

Find more delicious recipe inspiration at SuccessRice.com. ■

BAJA FISH TACO BOWLS

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

2 bags Success Tri-Color Quinoa
 2 tablespoons olive oil
 4 white-fleshed fish fillets (5-6 ounces each)
 1 teaspoon Cajun seasoning
 1/2 teaspoon salt
 3/4 cup plain Greek yogurt
 1 tablespoon lime zest
 1 teaspoon lime juice
 1/4 teaspoon ground cumin
 4 cups packed baby kale
 1 ripe avocado, halved, pitted, peeled and thinly sliced

Directions

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Taco seasoning or chili powder can be used in place of Cajun seasoning. Arugula or baby spinach may be used instead of kale.

FILM REVIEWS By Michael C. Woody

As I write this, we are digging out of the end of the year and the end of the holiday movie season. Here's a quick (but large) list of what's out there. Some of them are easy to find (i.e.: wide release or streaming) and some not so much (art house). Several of these will be on my top 10 list for 2021 for sure.

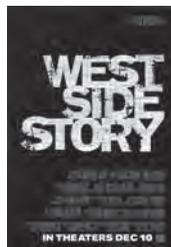
“BEING THE RICARDOS”: “I Love Lucy” fans will love writer/director Aaron Sorkin’s look at this television legend. I grew up watching Lucy but didn’t know much of the backstory. Crazy to think that CBS would balk at showing a pregnant woman on television. Nicole Kidman is near perfect as Lucy, and so is Javier Barmé as her husband Desi Arnaz. Easily one of the year’s best. **Grade: A-**



“THE BEATLES: GET BACK”: Stay at home for this one and watch it on Disney+. “The Beatles: Get Back” is filmmaker Peter Jackson’s (“Lord of the Rings” trilogy) transformation of all the video that was shot around the making of their last album. Allegedly there was backbiting and fighting amongst the Fab Four as they were about to split. To everyone’s surprise, the lads were in good spirits and, for the most part, friendly with each other. I found watching their creative process to be fascinating, and the music is outstanding. You will want to break it into pieces, as the total is in the eight-hour range. **Grade: A**



“WEST SIDE STORY”: Who am I to question the great Steven Spielberg and his remake of the 1961 classic? The new film is tremendous — the voices, the dancing and everything else. My fear is that no one will see it. (The opening weekend was way soft at only \$10 million). Spielberg has remade the original almost exactly. Same dancing, same songs, storyline and setting. If you’ve seen the original, why bother? If you are younger than 25 (most movie-goers), do you want to see a movie set in the late 1950s and early 1960s about competing gangs in New York? My guess is no. Why not update it with the same issues and songs to bring more people into the theater? We might never know. A great try but it could have been more. **Grade: A ■**



Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.

CLASSIFIED ADS

FOR SALE: Heavyweight Ashley dining table: Dark distressed wood and bronze, seats 8, 4 matching chairs and 2 bench seats. **London brand queen-size sleeper sofa:** Upholstered fabric. **Jacoby lawn furniture:** 2 chairs, 2 side tables, purchased from Home Depot, powder-coated steel, slatted back and seat w/ red, white and blue pattern on beige cushions. Call 515-478-4594. Please leave a message.

PUPPY: 5-month-old Yorkie puppy for adoption. Up to date on shots and gets along with other pets. New job leaves me with little to no time to take care of puppy. Call 626-226-0049.

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

FOR SALE: Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

BABY BED FOR SALE: Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

SEND IN YOUR FREE CLASSIFIED AD BY TUESDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

JOKE OF THE WEEK



Did you know your pupils are the last part to stop working when you die?

They dilate!