

WINTERSET

MAY 2023

Living

MAGAZINE

Up in the AIR

Residents share their
experiences as pilots

Meet Emma Davis
EDUCATION

El-Awar is the Pet Nanny
CITIZEN OF THE MONTH

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RECIPE

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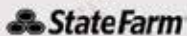
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WELCOME

THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.

I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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

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



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Up in the AIR

Residents share their experiences as pilots

By Chantel Boyd

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.



Robin and Mike Diel at Central Colorado Regional airport.

A family of pilots

Robin Diel, who lives in Winterset and grew up in a family of pilots, was inspired to start flying when her husband, Mike, became a pilot.

Robin grew up in Alaska taking trips with a dad who was a bush pilot (one who flew and landed in areas without landing strips). She says she loved it, as well as the fishing, hunting and more Alaska offered. Robin traveled around North America with her family, but they spent summers at Merrill Field Airport where her father had his business as a pilot.

"I loved watching the planes land and take off," she says.

Robin's first solo flight was in November of 2009, and she flew until she and Mike sold the plane in 2016. She recalls memorable flights including a cross-country flight from Tri-City in Sebring, Ohio, to Finger Lakes in New York, then to Niagara Falls and back.

"I have beautiful photos from circling above the falls," she says.

Robin flew in Ohio until she and Mike moved to Colorado in 2011, where they flew from Front Range Airport near Denver and took mountain flying lessons.

"My favorite route was over Trout Creek Pass, which opened to a majestic view of the Collegiate Peaks in the Rocky Mountains."

Robin and Mike also flew to Santa Fe, New Mexico, over Wyoming to Yellowstone National Park, and finally to Idaho, where they sold their plane.

Robin and Mike belonged to a club for pilots at Tri-City Airport. They had flight instructors who encouraged them to take "back seat lessons" while the other was flying.

"This gave us more experience, but when I was practicing stalling the plane, Mike felt sick in the backseat," she says.

Robin's favorite type of landing were the short field one.

"This is what we did in Alaska. It used to scare Mike."

While learning to fly, she learned precision.

"The flight check list is absolute and should never be cut short. I have carried that into other life experiences," Robin says.

Eventually, flying was no longer feasible for Robin and Mike, and, ultimately, Robin became less sure about piloting. When her pilot brother made her feel like the plane might crash, her confidence was shaken.

"I still loved right seat piloting with Mike, though."

Robin had several close calls flying as a



Robin and Mike Diel found that flying their own plane was the most convenient way to take trips, including to visit their daughter.

child and adult.

One was when Robin and Mike were returning from a sight-seeing venture and nearly collided with a jet upon landing at a small airport that did not have air traffic controllers.

Another close call occurred when her father was flying across an inlet and the engine lost a cylinder, the mount broke, and the plane shuddered.

"We were midway and barely made it to the airport for major repairs."

Another time, Robin accompanied her father on a caribou hunt in bitterly cold weather when one of the guns for the hunt slid on the plane, lodged in the rudder, and caused the huge wind gusts to throw the airplane back and forth. As a result, her dad lost his sense of direction, and they had to land in a lake.

Robin and Mike have enjoyed "hangar flying" with other pilots over the years, where they met up near their hangars to share these and many other aviation stories.

Quick trips

Robin's husband, Mike Diehl, became interested in flying so trips to visit his daughter could be fast and easy when the couple lived in Ohio and his daughter was home in Iowa.

Mike and Robin were members of an Ohio flying club for five years. When training, Mike and Robin discovered they loved "hangar flying" — exchanging stories and enjoying camaraderie with pilot club members in the hangar.

Mike has had many different experiences via aircraft. He's flown around Niagara Falls 3,000 feet above sea level and to locations to visit or have a meal with family and friends.

Mike's longest flight was through a storm on the way from Ohio to Colorado when he and Robin relocated in 2011. The weather was so bad they had to fly commercially on the trip home and return later to retrieve their plane.

Even though Mike had some less-than-memorable long, delayed flights and sleepless nights during weather snafus, he fondly remembers flying.

"Once you were in the plane and doing pre-check items, the cares of the world started to fall off. Especially when you were in the air above it all," he says.

It was a transition going from driving to flying. There were times when Mike, especially as he began to learn to fly, thought to himself, "We are going to run into another plane up here — because you must stay alert about other cars while driving. But there are so few other planes up in the air."

Mike invested funds and time in flight training but says it was worth it.

"There are very few private pilots, so you start to feel like you have accomplished something."

At times, Mike still became nervous about the weather.

"The winds and clouds always play a part in the flight. So my wife, Robin, and I would go places, and the first thing we looked for was the

weather.”

Once, when Mike was flying at an airport without tower support to tell him about the wind, he didn’t set the propeller at the correct angle for conditions and almost drifted off the edge of the runway.

“This was a scary moment for sure,” he says. “I did not make that mistake again.”

One even scarier time, a jet almost hit Mike and Robin head-on on the runway upon landing. Mike announced his landing as he was supposed to, and the jet’s pilot failed to.

“We can only thank God that he gave us the skill and time to get out of the way.”

Once they landed, Mike and Robin spent time in Yellowstone National Park. When they prepared to leave, the smoke from a smoldering forest fire made it difficult to fly by sight, so they had to rely on their instrument readings to guide them.

Eventually, when repairs cost too much, and after these scary encounters, Mike and Robin sold their plane and stopped flying.

“We had enough of the unexpected expenses and the weather-related issues that kept us from flying a lot of the time.”

A record-breaking mom

Randy Williams of Winterset had a record-breaking mother, Ruby Bostic, who piloted a groundbreaking flight of more than 5,600 miles (mostly over water) that was entered into the Guinness Book of World Records in 1985.

Randy shares family stories about his mom and excerpts about her from the book entitled, “Distinguished African Americans in Aviation and Space Science,” by Betty Kaplan Gubert, Miriam Sawyer and Caroline M. Fannin.

Ruby was born to a family of farmers who harvested all types of crops, including strawberries, corn, beans and tobacco. In addition, she helped harvest, feed and water the livestock of horses, cows, pigs and chickens. In high school, Ruby studied French and home economics and played basketball.

Ruby graduated with a bachelor’s degree from St. Augustine College in Raleigh, North Carolina, in 1955. She was a member of the Alpha Kappa Alpha sorority. Ruby was one of the few students to own a typewriter while she studied at college, so she typed up the other students’ papers. She became an entrepreneur in that respect, so much so her teachers saw

how successful she was and, at times, borrowed money from her.

Ruby married Joney Williams the same year she graduated, in 1955. The couple relocated to Long Island, New York, and had two children, Joney Randolph and Philip Jonathan. Ruby stayed home with her children and often heard planes flying nearby. She had hopes of someday traveling.

“I wanted to go everywhere,” she said.

Ruby’s dream came true when her husband’s colleague took her up in his plane, and it thrilled her. As she watched him fly, she thought, “If he can do this, then I can, too.” And that she did.

In 1975, Ruby earned her master’s degree in social work from Adelphi University, located in Garden City, New York. Shortly after that, she earned her private pilot’s license.

After 100 hours of flight training, she received her private pilot’s license in 1978. She flew in the New York area, the Caribbean and over the African plains. In addition, Ruby delivered produce seasonally in and out of Puerto Rico.

Ruby and her friend, Melva Jackman,

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FEATURE

became the first African American woman to fly from New York to Trinidad in a single-engine plane in February of 1985.

“Everywhere we stopped, people could not believe two women were flying an airplane by themselves.”

The plane was a Piper Cherokee Arrow with only enough fuel for five hours. This monumental feat gained worldwide attention, although that was not their intent.

After earning her private pilot's license, Ruby used her background in social work to work tirelessly within African American organizations to introduce youth to the opportunities available in the aviation industry. Ruby went on to become a captain in the Civil Air Patrol.

Ruby pursued a social career for more than 30 years, from 1961 to 1992. Ruby received an award for her outstanding service for her roles in service work in 1999.

Her husband, Joney Williams, died in a car accident in 1969, leaving Ruby a single mother. She married Carl Bostic and was widowed again in 1996.

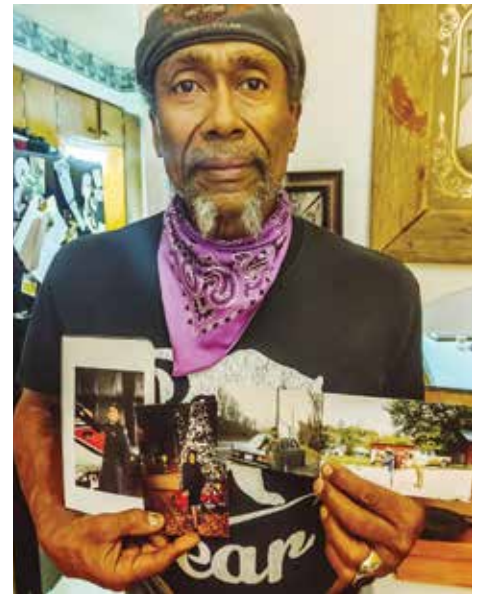
She was a powerful woman who achieved many things worth remembering, her son,



Ruby Bostic was a pioneer in the aviation field. When she and a female copilot few into airports, it was often the first time people there had seen women pilots.

Randy, says.

One of Ruby's most remembered quotes is: “Flying is a sensation you can't describe. It's



Randy Williams' mother, Ruby Bostic, piloted a groundbreaking flight of more than 5,600 miles (mostly over water) that was entered into the Guinness Book of World Records in 1985.

very tranquil — and yet you feel a great sense of power. You have such a feeling of achievement and accomplishment.” ■



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DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly “good for you” can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have “good fats” in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in “Nutrients.”

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado). They are nutrient-dense, making avocados a delicious food with super benefits. Avocados are also free of cholesterol and sodium and have nearly 20 vitamins and minerals.

Dietary fat helps the body absorb vitamins A, D, E, and K. These vitamins are fat soluble, which means they can only be absorbed by the body with the help of fats. Per one-third of a medium avocado (50 grams), avocados contribute 6 grams of unsaturated fats, which are known to be essential for normal growth and development of the central nervous system and brain.

Make good fats a part of your next trip to the grocery store with this avocado-inspired Harvest Bowl Salad with Balsamic Vinaigrette certified by the American Heart Association's Heart-Check Food Certification Program.

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries

- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.



THE BIBLE'S definition and solution for addiction

Addiction. This is one of those words that tends to stir up a lot of ideas and opinions. It is most used in discussions pertaining to drug and alcohol abuse. The most common definition



of addiction is probably this one, "Addiction is a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors or nausea) upon withdrawal or abstinence: the state of being addicted." (Merriam-Webster Dictionary). Another common idea is that addiction is a disease. I'm not writing this article to argue against these ideas, but I am here to tell you what God's Word says about this very

important issue. Most importantly, I want to point you to hope that is found in the gospel of Jesus Christ.

Is the issue of addiction in the Bible? That answer depends on how it's defined. I love my friend and author Mark Shaw's definition of addiction. Here is how he defines it: "Addiction is a sin issue that flows out of the heart. It is primarily a worship disorder, it's idolatry." Based on that definition, we see the problem of addiction all over the pages of the Bible. In Genesis 3:1, Satan (God's fallen angel) tempts Eve to doubt God's authority and goodness. Listen to what he says, "Did God really say, you must not eat from any tree in the garden?" Notice how sin (addiction) starts with a subtle and deceptive appeal to something attractive and seemingly good. I can't remember who said this for sure, but it stuck with me: "Sin will take you farther than you want to go, keep you longer than you want to stay, and cost you more

than you want to pay." Sin is simply rebellion against God, and it will lead us astray in the end.

It would be a hopeless situation if it wasn't for the mercy and grace of our Lord and Savior Jesus Christ. 2 Corinthians 5:21 "For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God." Jesus paid for our sins (addiction issues). He died in our place so that we might live. Not only that, He rose again, conquering sin, death and hell forever. We are called to repent and believe in his finished work on the cross. Addiction has a remedy; his name is Jesus. ■

Information provided by C.J. McMurry, founder and program director of The Refuge, elder of Redeemer Church. He is also a Commissioned Addiction Biblical Counselor through T.A.C. (The Addiction Connection).

TAKING THE LIGHT OF THE GOSPEL INTO THE DARKNESS OF ADDICTION.

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REAL ESTATE

By Jennifer Stover

WHAT IS a contingent offer?

Over the last two years, contingent offers were rare. The market has changed a bit and contingent offers are more common. A contingent offer is a clause(s) in your contract that give you an out if something unforeseen arises from the time you make an offer until you close. Real estate contingencies protect you from losing your earnest money if you walk away from the transaction and can give you leverage when negotiating with the seller.



Pros of a contingent offer: By using a contingent offer, buyers may protect their initial investment of earnest money, reduce the risk of investing in a home with unforeseen issues and avoid financial trouble if they're unable to acquire a loan.

Buyers can draft real estate contingencies for almost anything that would make them not want to buy the home. This includes the functionality of the home systems or aesthetic repairs.

Cons of a contingent offer: In competitive markets where sellers can choose from multiple high-priced offers, those with the fewest contingencies tend to have an edge. Only a seller with limited options would accept an offer with excessive contingencies. Your agent can provide guidance around the most important contingencies to include in your specific offer while remaining competitive.

Common contingencies include: inspection, appraisal, financing and sale of a home contingency. ■

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

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AUTOMOTIVE

By Dawn Lauer

SPRING maintenance

Here are six simple steps to ensure that your vehicle is prepared for road trips and weekend getaways.

1. Thoroughly clean the car, inside and out.

There's nothing like a good spring cleaning. A thorough wash and wax is the most important thing to do with your car once the winter ends.

2. Check your tire pressure. Tire pressure is especially important in the spring. If you added air during the winter, it can lead to overinflation as spring temperatures rise, which can cause premature tire wear.

3. Inspect your wiper blades. As spring starts and temperatures warm up, check your wiper blades for any signs of cracking or wear. You'll need those wipers for spring rains.

4. Check under the hood. Specifically, have belts and hoses checked to ensure they aren't brittle or heavily worn. Check your coolant to make sure it's not too old — an important factor for avoiding overheating as temperatures gradually climb.

5. Check alignment and suspension. Winter is known for being harsh on roads, which can be harsh on your vehicle. If you find yourself frequently traversing roads with huge potholes or rocks that have emerged from the asphalt, it could ruin your car's alignment or damage suspension components.

6. Check the filters. Spring is also known for pollen and allergies. You can keep them out or minimize their presence in the cabin by replacing the filter in your climate control system. ■



Information provided by Dawn Lauer, marketing specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035. Source: www.autotrader.com/best-cars/6-simple-spring-car-care-tips-248694.

PET NANNY of Winterset

El-Award pampers your pet like one of her own.

A study by the American Veterinary Medical Association (AVMA), showed that 76% of cat owners and 85% of dog owners consider their furry companions members of the family.

But what happens when you're traveling on business, taking a vacation, or working late? Knowing that your pet is in caring, loving hands makes all the difference. That's where Cindy El-Awar, the Pet Nanny comes in.

Cindy, a southern girl who grew up on sweet tea and Sunday gatherings, says that Southern values and hospitality were not a choice, but a way of life.

"I've always loved animals," she says, smiling. "Growing up, family pets brought my siblings and I great joy and companionship. They taught us about unconditional love, loss, empathy, compassion, as well as sharing and responsibility."

In 2007, Cindy started a successful business in Virginia called "Second Set of Hands," which offered a variety of services including pet care. When she relocated to Winterset, that same business didn't take off. Not wanting to give up, she shifted her focus.

"I decided to market each individual service on its own and let the community tell me what it needed," she explains. "Pet care services got immediate, positive feedback, so I created a name, business cards, flyers, a Facebook page and went to work."

Cindy knows that her job requires responsibility, accountability and, of course, a lot of love for every pet she cares for. Her day typically starts at 7 a.m. and ends around 9 p.m.

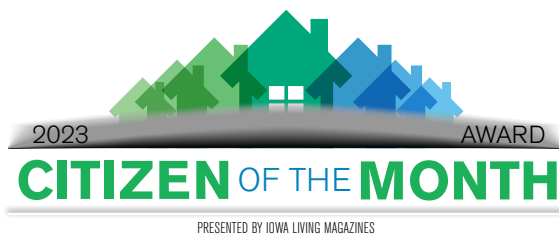
Visits are at 30-minute intervals, and all services are customized by the pet owner. From the time Cindy enters a client's home until she leaves, 100% focus is on the pet, and they are never out of sight. She ensures food/water bowls are clean and ready, litter boxes scooped, and all areas — including the yard — are spotless.

"Pets let me know what they need, whether it's snuggles, playtime with a favorite toy or fetch," she says. "Clients get a report, along with a photo and/or video sent to them within 15 minutes of my visit."

It's not just dogs and cats. Cindy has cared for an English lop rabbit, a ferret, peacock and a talking blue and gold macaw bird. There's also a tale of three donkeys.

"They pushed open a piece of their fence and were missing," Cindy says, laughing. "After calling the owner (who remained calm), my son and I found the three donkeys together in the far corner of the acreage. After gathering them up, I went and purchased supplies to repair the fence."

Cindy considers it a privilege to care for pets and to watch over clients' homes. You can find and follow The Pet Nanny of Winterset on Facebook. ■



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Kristina Benshoof and Brittany Hilsabeck of Scot Clark Farm Bureau present the Citizen of the Month certificate to Cindy El-Awar, the Pet Nanny.



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GETTING the right amount of fluoride

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• **Fluoridated water.** Some water sources have fluoride in them naturally. To help prevent cavities, the level of fluoride in drinking water should be 0.7 parts fluoride per million parts water. To get this level, some towns must adjust how much fluoride is in the water.

Bottled water and well water might not have the right level of fluoride. If you mostly drink water from these sources, your dentist may suggest you use a toothpaste or mouth rinse that has more fluoride than the ones you can buy in the store. To help prevent cavities in children who drink water with low levels of fluoride, your dentist may recommend tablets,

lozenges or drops.

It is especially important that children get the right amount of fluoride. Too much can affect developing teeth, which can become discolored, may have white lines or, in more severe cases, brownish pits.

• **Toothpaste and mouth rinse with fluoride.** One of the easiest ways to help strengthen your enamel is by caring for your teeth at home.

The American Dental Association recommends that everyone brush their teeth for two minutes twice per day using a toothpaste that contains fluoride. Because young children may not be able to spit toothpaste out, they should use a smaller amount than older children and adults. Children 3 years and younger should use a smear of toothpaste the size of a grain of rice. Children older than 3 years and adults should use a drop of toothpaste the size of a pea.

If you need extra help preventing cavities, you might try using a mouth rinse that contains

fluoride. Mouth rinse is intended to be spit out after rinsing. So children younger than 6 years should not use it.

• **Fluoride from your dentist.** Treatments in the dental office may also help prevent cavities. Fluoride varnish can be painted on the teeth and is often applied to children's teeth twice per year. Older adults can develop cavities on the roots of their teeth because their gums may recede. They may also need a fluoride varnish.

Your dentist might provide a fluoride treatment using a gel or foam in a tray that sits in your mouth for one to four minutes.

Sometimes you need more protection than the toothpastes or mouth rinses you buy in the store offer. In these cases, your dentist might prescribe a toothpaste or mouth rinse that has more fluoride in it. ■

Information provided by Dr. James Elliott, Winterset Dental, 301 Wambold Drive, Winterset, 515-462-5755, www.wintersetdentalia.com. Source: Journal of the American Dental Association.

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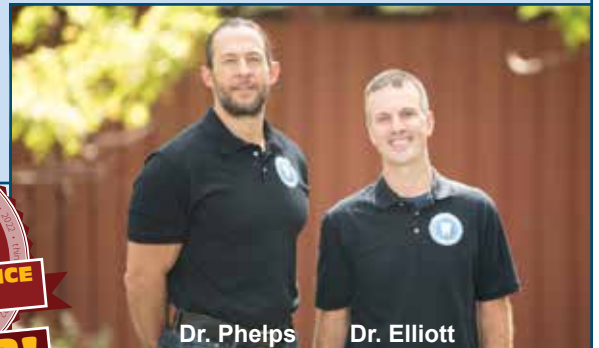
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HEALTH

By Dr. Stuart Hoven

POSTURE and longevity

To live a long, active, energetic life, few things matter more than your posture. Posture is one of the most studied aspects of health. We all know, when we are sick, we get symptoms like upset stomach, headaches, fevers, chills, cough. But how do we measure health? Health is not just the absence of disease, but how well our body adapts and performs the demands of life. How can that be measured? One very observable objective measure of health is posture.



Posture plays an important role in health. Research shows a clear connection between poor posture and diminished longevity and quality of life. Thomas Meyers, author of "Anatomy of Trains," says, "Movement becomes habit, habit becomes posture, and posture becomes structure." How we move and our structure have a great influence on our posture. Chiropractic works to develop the correct structure and the proper functional movement and has a great influence on our posture.

We can all do a self-posture evaluation by simply looking in the mirror or looking at a picture of ourselves. Look at yourself standing tall from the front. The shoulders, eyes and head should all be level. Our shoulders should be back and our chest tall. Our hips should be even and our knees and toes should point straight ahead. From the side, our ankle, knee, hip, shoulder and ear should all be in a straight line. Chiropractic adjustment, coupled with specific exercises, can correct poor posture. If your posture needs work, seek chiropractic first. ■

Information provided by Dr. Stuart Hoven, Chiropractic 1st, 105 E. Madison St., Winterset, 515-462-4644.

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DR. STUART HOVEN

HEALTH

By Shelly Stewart-Sandusky

MANAGING the unmanageable

Life is unpredictable and full of unexpected hurdles and barriers such as financial struggles, job loss, health challenges, loss of a loved one, or life transitions that can feel unmanageable. When this happens, it's easy to feel overwhelmed, hopeless, or even frozen and unable to make a plan to move forward. When life is stressful and unpredictable, it is important to focus on taking one step at a time and slowing down your thinking to be able to make good choices to navigate the stressor. Some unexpected stressors require quick action or reaction. In these cases, it is important to do the best you can to calm your mind to think through the options available at that moment. Good decisions seldom happen when your mind is in a chaotic state. You can do this through deep breathing, grounding strategies, or meditation to try to regain a semblance of calm. Other stressors are not time sensitive but can still be overwhelming. In these situations, it is important to take time to calm your mind, think through your choices and take a reasonable amount of time to make the best decision you can. When time is less of a factor, you can allow yourself space to take a break or distract yourself from the stressor to help gain perspective. Life isn't easy, but it's worth the struggle. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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LAWN CARE By Kevin Johnson

DISPELLING lawn myths

Now that your lawn has come to life, there are some common lawn myths that people still believe that are counterproductive.

Myth No. 1 – Once your dandelions have bloomed, it is too late for effective weed control. Although it might seem like you've lost the battle, dandelions are pretty easy to control using commonly available three way products like Trimec® throughout the year. If you want to get on top of broadleaf weeds, the products available at your garden center or using a lawn care professional can get those pesky weeds under control fairly quickly.

Myth No. 2 – You need to bag your lawn clippings to prevent thatch build-up. Not true. Lawn clippings break down fairly quickly and normally do not increase thatch levels. In fact, removing your clippings takes away and decreases the valuable nutrients available that your lawn needs to be active and healthy. The only time you really need to remove clippings is if you have fallen behind on mowing (usually during extended wet periods). Using a good mulching mower, with a sharp blade, and mowing frequently enough is the best practice to follow to reduce thatch build-up.

A good lawn care professional can provide you with these tips and provide you with the correct lawn information that will help you maximize the beauty of your yard. Take advantage of their knowledge and expertise. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.



BEAUTY By Annie Wiseman

IS YOUR hair thirsty?

As we come out of winter, we're all experiencing dry hair and skin. There are many remedies to hydrate the hair, but which one do we choose? Let's talk about the different kinds of conditioners and what they do. I put conditioners into three categories: Leave In, Detangler and Deep.

We'll start with the Leave In conditioners. These are light weight products that add extra moisture that all types of hair can benefit from. They help with detangling, add shine and help fight frizz.

Next up is the Detangler. This product is used to help close down the cuticle, making it easier to brush out the hair. It also replenishes the hair strands with moisture and oils which are stripped away by the shampoo process. These products can be heavier, which makes the leave in a better choice for some.

Finally is the Deep, my personal favorite. This is the spa treatment for hair. All the repair work is done here. Deep conditioners have the ability to penetrate into the cortex layer of the hair shaft to start repairing the hair from the inside all the way out to each cuticle layer. These are essential to our hair to withstand the abuse from coloring and regular styling.

Your hairstylist's goal is to make your hair healthy and shiny so ask us what is best for you... we know our stuff. ■

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.



NAVIGATING retirement pitfalls

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

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

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

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

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

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

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

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

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



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MEET Emma Davis

Finding a sense of community

Emma Davis attended Clear Creek Amana High School where she participated in band, speech, drama, yearbook and golf. She then received a degree from the University of Northern Iowa where she was also on the speech team. After student teaching, Davis began her search for a job as a high school English teacher. When she interviewed with the Winterset Community School District, she was impressed with the staff, school and community support.



Emma Davis strives to help students relate to the themes in books they read.

"I love working in a district where the staff has a strong sense of community. Everyone here genuinely cares about each other, and I feel as though I'm really seen and valued by our district," she says.

Today, Davis teaches ninth-grade English at Winterset High School. One unit includes reading the play "Romeo and Juliet." Her students then participate in a panel discussion about the themes of the story. For this project, students act as characters from the play and answer questions their peers come up with.

"It's so much fun to help students discover this different type of language and show them the connection between something written so long ago and themselves today," Davis says.

Next school year, Davis is looking forward to implementing even more unique projects in her classroom. She hopes to get more creative about how her students look at the stories they read as well as provide more flexibility to show they have mastered the skills they are learning.

"It is one of the most rewarding things when kids find themselves really enjoying a book. I challenge myself every day to help my students pick out books that talk about things that are really interesting to them so that they can find some joy in what they're reading and relate to the characters in the books," Davis says.

When not teaching, Davis enjoys baking and trying new recipes. She also enjoys running and spending time outdoors. ■

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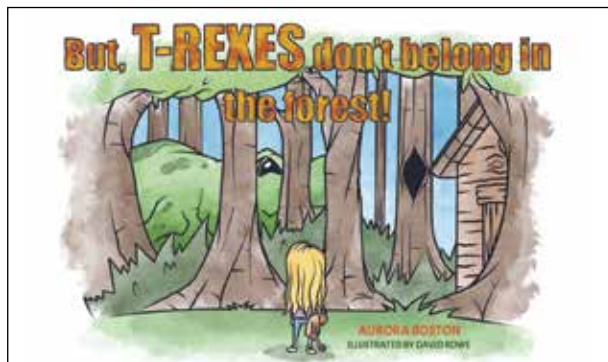
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LOCAL author publishes children's book



"But, T-Rexes Don't Belong in the Forest!" is a new book by Winterset author Aurora Boston released by Dorrance Publishing Co., Inc. Aurora Boston is a mother to two children, ages 5 and 1.

On a bright sunny day, while playing in her backyard, a little girl hears a strange roar coming from the forest. Could it actually be a T-Rex? But T-Rexes don't live in the forest! Or do they? The book is a 36-page hardbound available at online bookstores. dorrancepublishing.com/but-t-rexes-dont-belong-in-the-forest. ■

DUTCH Country General Store to open downtown

A grand opening celebration for the new Dutch Country General Store will be held April 28 and 29. This is the third location of the store.

"We could not be more thrilled to be joining the other businesses gracing Winterset's historic district," said Diana Upton-Hill, a spokesperson for the store. "The welcome we have received thus far in our planning and store preparations has been unbelievably warm. What a fantastic community."

Those who have driven by the recently closed Ben Franklin store over the past few months, may have noticed some minor changes already made to the exterior, but most of the updates have been taking place indoors, where the team has been hard at work — led by the store's founder, Levi Good, and several local tradesmen — preparing the space for Dutch Country.

The store will feature a full-service deli, Piper's Candy Counter, old-fashioned and retro toys, home decor, bulk foods, fresh baked goods, Winterset and Madison County souvenirs, candy, heirloom quilts, candles, jar goods, and more. During the grand opening, the store will be holding its annual Levi's Crazy Days celebration, featuring live music, strolling balloon artists and magicians, a caricature artist, and a sale of 25% off everything.

Dutch Country General Store has locations in Bloomfield and Hannibal, Missouri, as well as an online store. ■

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LOTS of love for old home

Couple enjoys unique features of house



One of the Parkins' favorite features is the home's front staircase.



The Parkins will be painting their home's exterior this spring.

Randall Parkin and her husband, Jerry, moved to Winterset in September 2020.

Prior to that, they lived on an acreage north of town but had tired of the commute to any amenities and all the work that the property required.

When looking for homes in Winterset, they knew they wanted to be close to the square and within walking distance to various activities. They were fond of old homes as well.

Thankfully, they found a place that fulfilled their wish list.

"Those two things came together," Parkin says of finding their home just a few blocks from the square.

She shares that it's a Queen Anne Victorian style home built around 1900. It has all the original woodwork and smaller details like doorknobs.

Parkin loves many things about the home, but especially the "gorgeous front staircase" they had refinished and carpeted, the two-story garage that provides ample storage, and quirky

things like uneven floors. She recalls how, one day, she dropped some marbles on accident and they rolled across her studio floor like they had a destination in mind.

The back staircase of the home is enchanting, and they have a great front porch, she adds.

"It just has a really good feel," Parkin says.

She says she likes the feel of the historic neighborhood, which includes homes of many different styles surrounded by mature trees.

As for Winterset itself, Parkin enjoys the small-town feel and slow pace. It's also convenient that she and Jerry can get most anything they need right in town.

Over the past couple years, they've made some wonderful friends as well.

"It's a community that's really involved," Parkin says. "People just care about each other."

The Parkins themselves are active in town. Jerry is on the board of the John Wayne Birthplace and Museum and once served as interim director of the Winterset Chamber of



Randall Parkin and her husband, Jerry, in Scottsdale, Arizona, at a Giants baseball game, with the Mayor of Scottsdale, "Mayor Dave."

Commerce. Randall is on the board of the Iowa Quilt Museum, where she spends lots of time and helps the part-time director. She also works one day a week at Piece Works Quilt Shop. The couple is part owner of the building on the square that houses The Drift. ■

CYBER insurance endorsement offers protection

In today's digital age, home computers and smartphones are vulnerable to cyber attacks. Hackers can gain access to your sensitive information, steal your identity and cause financial harm. Cyber insurance endorsement on a homeowner policy can provide protection against such risks.

There are many ways that a cyber attack can occur. Malware can infect your computer through a phishing email or a malicious website. A hacker can gain access to your device through a weak password or by exploiting a software vulnerability. Cyber attacks can also occur through public Wi-Fi networks, where hackers can intercept your online activity.

Once a hacker has gained access to your device, they can steal your personal information, such as your name, address, social security number and credit card details. They can use this information to make fraudulent purchases, open new credit accounts, or even sell your data on the dark web.

To protect yourself against cyber attacks, there are several steps you can take. First, make sure your computer and smartphone are up to date with the latest security patches and software updates. This will help to close any vulnerabilities that hackers can exploit.

Secondly, use strong passwords and two-factor authentication for your online accounts. This will make it more difficult for hackers to gain access to your accounts.

Thirdly, be cautious of suspicious emails and messages. Do not click on links or download attachments from unknown senders, and always verify the authenticity of requests for personal information.

Finally, consider purchasing a cyber insurance endorsement on your homeowner policy. This endorsement can provide coverage for expenses related to a cyber attack, such as data recovery, credit monitoring and legal fees.

In the event of a cyber attack, cyber insurance can help you to recover from the financial losses and emotional stress associated with a data breach. Cyber insurance can also provide peace of mind, knowing that you have protection against the risks of a cyber attack.

In conclusion, a cyber attack on a home computer or phone can cause significant financial and emotional harm. However, by taking steps to protect yourself and purchasing a cyber insurance endorsement on your homeowner policy, you can mitigate the risks of a cyber attack and recover from any potential damages. ■



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BOOK REVIEWS

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'Atalanta'

In my head, there's a whole interwoven universe of feminist mythological retellings. Like a Marvel Cinematic Universe, but for ancient stories badly in need of a revival. Next up in this wide and wonderful series of stories is perhaps the greatest heroine in all of Greek mythology, the incredible Atalanta.

Born an unwanted daughter of a king and left to die as a result, the wild and free Atalanta grew up under the care of a mother bear and the goddess Artemis, who gave her the kind of freedom most other women could only dream of — at a price, of course. Atalanta becomes something unique in a world built for men, a woman who embraces her femininity while also going toe to toe with every male hero she meets.

This incredibly beautiful retelling of an ancient, inspiring myth is everything I want in a historical story — action-packed, heartfelt, accurate and startlingly relevant. Jennifer Saint is a master storyteller, and I can't imagine anyone imbuing this tale with more care and precision. Don't let this incredible story stay forgotten; it's too good to miss. ■ — *Review by Julie Goodrich*



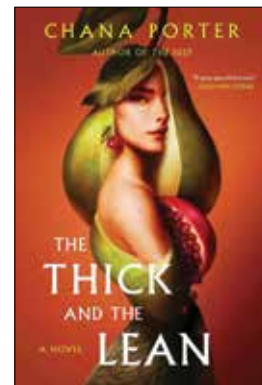
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'The Thick and the Lean'

It used to be that dystopian novels that take things to seemingly fantastical extremes were simply meant as allegories, a lesson and a warning wrapped in the shape of a far-fetched future. And yet these days a future in which a fascist, religious extremist government controls arbitrary aspects of individual lives seems less unrealistic and a little more horrifyingly prescient.

Beatrice grew up in a culture in which pleasure from food was strictly forbidden. Every calorie counted, every bite scrutinized. Her secret love of cooking and her joy in eating threatens to upend her entire life, until she discovers a book that will change everything. Parallel to Beatrice's story, Reiko is a brilliant student caught in a classist net with only a few bad choices left — until she, too, finds the same book and takes control of her life in dramatic fashion.

Issues of class, body-shaming, misogyny, racism and more weave through this thought-provoking and powerful story that ends on an uncertain note, leaving room for interpretation and reflection in the best way. Haunting and exhilarating. ■ — *Review by Julie Goodrich*



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Magnolia Jane, Magnolia Soulangeana, Compact Burning Bush, Miss Kim Dwarf Lilac, Old Fashioned Lilac, Yellow Twig Dogwood, Limelight Hydrangea, Pee Gee Hydrangea, Chantilly Lace Hydrangea, Black Elderberry, Corkscrew Willow, Brandywine Maple, Autumn Flame Maple, Scarlet Red Maple, Sun Valley Maple, Japanese Snowball Viburnum, SPIREA: Shirobana, Triumphans, Flaming Mound, Neon Flash, Snowmound, Fujino, Anthony Waterer, Goldflame, Goldmound, Bridal Veil, Little Princess, Vanhouttei; WEIGELA: Minuet, Pink, Polka, Dwarf Variegated, Rubidor, Weeping Pink, Pink Princess, Java Red, Red Prince

SPECIAL MENTION ROSE BUSHES

Burgandy Iceberg, Joseph's Coat, Sunbelt Soul Sister, Cherry Sunblaze, Blaze Climber, Westerland, Seafoam, Cecil Brunner, New Dawn

KARLA'S HEIRLOOM TOMATOES

Abe Lincoln, Amish Paste, Black Krim, Bread & Salt, Brandy Boy, Dr. Wyche's Yellow, Early Girl, Glacier, German Lunchbox, Juliet, Korean Long, Martino's Roma, Mortgage Lifter (Halladay's), Marglobe, Red Zebra, Speckled Roman, Ukrainian Purple, Whittemore, **CHERY TOMATOES:** Black Strawberry, Chocolate Pear, Igleheart Yellow Cherry, Jelly Bean, Mexico Midget, Sugar Lump, Sweet Million

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EVENTS IN THE AREA

Be sure to check for cancellations

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

2023 John Wayne Birthday Celebration: A Salute to the Armed Forces May 26-27

This year's John Wayne Birthday Celebration will focus on the military movies starring John Wayne and pay tribute to his support of the military.

The John Wayne Birthplace is teaming up with Winterset's Iowa Theater in presenting a selection of Wayne's most memorable military roles. "Sands of Iwo Jima" will play Wednesday, May 24, 7 p.m., and Friday, May 26, 7 p.m. "The Green Berets" is featured Saturday, May 27, 11 a.m. "In Harm's Way" will be played Saturday, May 27, 2 p.m. For reservations visit www.theiowatheater.com.

Guests at this year's John Wayne Birthplace Benefit Dinner & Auction are in for a special treat. Dave Rezek leads the Des Moines Big Band, a storied ensemble that dates back nearly 70 years. The 16-piece orchestra will perform a concert of classic and contemporary jazz, many selections dating back to the 1940s. Benefit Dinner & Auction reservations can be made online at www.johnwaynebirthplace.museum or by calling toll-free 877-462-1044.

A breakfast fly-in, featuring vintage military aircraft, is Saturday, May 27, 8-11 a.m., hosted by the Winterset Municipal Airport, 3405 N. Eighth Ave. Cost is \$10 per person. Aviators and public are welcome. In the event of inclement weather, planes will not fly, but the breakfast will be held indoors.

On Saturday, May 27 from 10 a.m. to 4 p.m., volunteers from the Iowa Gold Star Military Museum will set up a compound at the John Wayne Birthplace Museum featuring a World War II Jeep, tents, equipment, and inert weapons. In addition, costumed living history interpreters will represent figures from several John Wayne movies representing a Flying Tiger pilot, World War II U.S. Army Airborne soldier, a Vietnam-era U.S. Army Special Forces Green Beret, a World War II U.S. Marine, and a U.S. Navy surface fleet officer.

For updated information, visit www.johnwaynebirthplace.museum/2023-birthday-celebration.

May Hill O' Beans Coffee Social Tuesday, May 9, 9 a.m. Madison County Historical Society, 815 S. Second Ave., Winterset

Each month, on the second Tuesday at 9 a.m., a short presentation on a historic topic is presented, followed by a chance to share your insights. This month's topic is "Show and Tell," and you and one item you bring are the stars of the show. We will take turns giving a short explanation of each item as time permits. Even if you don't choose to bring an item, be there to enjoy the stories and share memories of your own. This event is free and open to the public.



Drift Into Fashion

May 9, 5-8 p.m.

The Drift, 112 N. First Ave., Winterset

Sashay on down to The Drift for an evening full of fashion and fun. They've teamed up with Angel Wings & CT to curate a fashion show accompanied by dinner with suggested drink pairings. Models will be showcasing spring trends and new arrivals from their neighboring local boutique. They will talk trends and fashion tips, and present you with an Angel Wings & CT store coupon. The menu includes strawberry chicken salad with homemade focaccia bread and lemon raspberry cheesecake. Guests will be seated four to six to a table. Tip on the meal is included with the ticket price. Drink pairings will be recommended but are not included in the price. Tickets are \$50 and available at www.thedriftia.com/tickets/p/drift-into-fashion.



Live music at Covered Bridges Winery

Covered Bridges Winery, 2207
170th Trail, Winterset

May 6, 6:30-9:30 p.m., Birdchild, Food
Truck TBD

May 12, 5-7 p.m., Wine & Stems (Tulip
Bouquets with Cedar Shake Farms)

May 13, 6:30-9:30 p.m., Danny Grause,
Food Truck Hot Peppers Mexican Grill

May 21, 2-4 p.m., Royce Johns

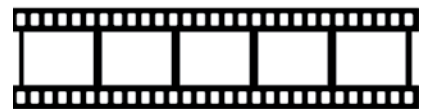


Free Dog Night

May 28

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

Bring your dog out to the winery for an after hours frolic through the vineyard and open pasture. Dogs must be on leash when on the patio area. In celebration of the Memorial Day weekend, a free hot dog is included with your first glass of wine or beer.



Sunday Movie Club

May 21, 5:30 p.m.

The Iowa Theater,
121 John Wayne Drive, Winterset

The Iowa Theater's popular Sunday Movie Club meets for the acclaimed film "ROMA," winner of the Academy Award for Best Picture in 2018. Doors open at 5 p.m., movie starts at 5:30 p.m. Nonmembers' tickets are \$8.

EVENTS IN THE AREA

Be sure to check for cancellations

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



Live music at Winterset Cidery

Winterset Cidery, 1638 US-169, Winterset

Friday, May 5, 5:30-9 p.m., Marichi Los Aguilaries

Sunday, May 7, 2-5 p.m., Adam Whitehead

Saturday May 20, 6-9 p.m., Brick N Bob, food truck provided by Shack

Sunday May 28, 2-5 p.m., Liv MNair

Saturday June 3, 6:30-9:30 p.m., Standing Hampton, food truck provided by Rokin Moroccan

Sunday June 4, 2-5 p.m., Severio Mancieri



Trivia

First and third Thursdays beginning May 18, 7-9 p.m. Winterset Cidery, 1638 US-169, Winterset

Enjoy an evening out and test your trivia knowledge.



The Valley Junction Farmers Market and Music in the Junction

Thursdays May 4-Sept. 28, 4-8:30 p.m.

Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances throughout the season. Music starts at 6 p.m. May 4 features The Unfortunate Sons. Others in May are: May 11, Molly Nova and the Hawks; May 18, Black Diamond Loons; May 25, Dick Danger Band.

June 1, Suede; June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust. ■

Madison County Conservation Board Summer Camps

The summer camp list is available for you to review prior to registration. Camp descriptions can also be found online at mycountyparks.com. Listings are shown on the events tab under Madison County.

These camps feature a variety of activities designed to get your little explorers out into the wilds of Madison County. Camps are filled with a combination of hiking, critter catching, creek stomping, games, crafts and wilderness skills.

A survival-themed family camp is also offered to encourage parents/grandparents to attend and participate in a camp with the kids. A one-day summer celebration for families has also been added. This new family camp will guide the entire family through exploring Middle River while providing the adults a chance to see the park through the children's eyes. The summer celebration will also feature family friendly yoga along the riverbank.

Space is limited. Last year, camps sold out in the first 48 hours. If a camp you are interested in is full, please add your child to the waitlist.

If you would be interested in volunteering during your child's camp, add that to the comment section during registration. For opportunities to sponsor summer camps and increase the capacity to serve the community this summer, contact Amy at awarnke@madisoncounty.iowa.gov.

For camp descriptions and registration, visit <https://www.mycountyparks.com/Event/County/Madison/Default.aspx?action=back>.

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'A NIGHT of Vaudeville'

"A Night of Vaudville" was held at the Iowa Theater March 30 and April 1.



Janelle and Jeremy Goemaat



Lily Thompson and Brooks Nedved



Ronan Farlow, Kristina Farlow and Teagan Lemon



Peter Loiler



Brinley and Heather Neal



Ava and Bernadette Lemon



Jennie and David Hargrove



Paul and Melissa Bentley



The men of the community choir



Delaney Eckles, Madeline Kimball, Alexa Hinrichs and Keira Taylor

OUT & ABOUT



Peter Loiler and Lindsey Young at the chamber coffee at the Madison County Historical Society on April 21.



Tom Sheppard and Mike Murray at the chamber coffee at the Madison County Historical Society on April 21.



Roger Queck and Sarah Bradley at the chamber coffee at the Madison County Historical Society on April 21.



Clay Lowe, Ashton McKeever, Amara Huffine and Jared McDonald at the chamber coffee at the Madison County Historical Society on April 21.



Steve Lage, Valerie Utsler and Tom Bush at the new product launch celebration at Grip-Tite on April 17.



Brian Sutton and Cole McDonald at the new product launch celebration at Grip-Tite on April 17.



Caleb Hagen and Christian Horrach at the new product launch celebration at Grip-Tite on April 17.



Ken Barber and Jim Weaver at the new product launch celebration at Grip-Tite on April 17.



Jered Iglehart and Dan Lund at the new product launch celebration at Grip-Tite on April 17.



Braydon Payne, Ryan Jacobsen and Travis Randol at the new product launch celebration at Grip-Tite on April 17.



Steve Hawrylak and Jim Gibbons at the new product launch celebration at Grip-Tite on April 17.

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