

WINTERSET

AUGUST 2023

Living

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WELCOME

JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■

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PUT ME IN, COACH

**Residents recall the coaches
who impacted their lives**

By Chantel Boyd

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.

Henry Tromba says his wrestling coach, Ryan Jensen, helped him gain confidence on and off the mat.



"Just get up"

Ironically, Henry Tromba met his wrestling coach, Ryan Jensen, not in a wrestling practice room but on a flag football field. Jensen and Tromba's dad, Bill Cooke, were coaching the sport at the time. Still, upon greeting Tromba, Jensen said, "Hi, I am Coach Jensen, your new wrestling coach."

Having never wrestled before, Tromba laughed and responded, "You need to talk to my mom about that!"

Not only had Tromba never wrestled before, he didn't even like to be touched or hugged. Wrestling seemed like an unlikely sport for him to try. But, it was not long before he was a good wrestler, thanks to Coach Jensen. And, he even grew to like affection and hugs.

"Ryan changed Henry's life. Henry deciding to be in wrestling grew me as a mom as much as it grew him, too," says Tromba's mom, Katie Cooke.

Coach Jensen not only helped Tromba learn wrestling technique, he also helped him build his confidence and become more sociable, patient and tolerant.

"He is an intense, motivational, knowledgeable, technical, no-nonsense coach," shares Tromba, adding that the coach motivated him to be the best he could be and to not be intimidated by other wrestlers. "He taught me to push past limits I only thought existed."

Tromba had dreamed of pursuing a career off the beaten path.

"Because of Coach Jensen, I had the confidence to move to Idaho to make my dream career, to become a trail ranger for the State of Idaho," shares Tromba.

It wasn't an easy path to follow.

Tromba learned the ropes of the wrestling workout the first few weeks and was exhausted and sweaty. He wanted to give up, but Coach Jensen wouldn't let him. He says he stayed because he'd already spent too much money on the shoes and too much time getting back up off the mat.

Eventually, Tromba went from the bottom of the pack to the middle of the pack. He would look at Coach Jensen when slammed down and ask, "What do you want me to do now?"

Coach Jensen would then say the words that became Tromba's life motto: "Get up, and, next time, get up faster. Just keep getting up."

Tromba won just one match that first



"Because of coach Jensen, I had the confidence to move to Idaho to make my dream career, to become a trail ranger for the State of Idaho," says Henry Tromba.

season. The following two seasons, he won 50% of his matches and went to State. He went to camp over the summers with the team. He went from 250 pounds to a physically and mentally strong 200 pounds.

Tromba travels to Idaho to manage the trails during the summers and returns home now to help coach his little brothers' and sisters' wrestling team, coaching alongside Jensen.

He says he still uses the mantra Jensen taught him — "Just get up" — in every aspect of his life, including his career. It even helped him make it down a mountain in a blizzard once.

"There were a lot of times when I wanted to quit. The motivation and support of my coach, teammates, and family helped me to not give up and made me into the man I am today. He's not just a coach — he's a mentor," says Tromba.

"Henry is a great young man. He has grown so much," says Coach Jensen. "Wrestling can be seen as unnecessary weight cutting, punishing your body, and an individual sport. The sport is about self-discipline, being able to do things physically and mentally, and making sacrifices to achieve goals for themselves and their teammates. An unbreakable bond is formed."



Maddie Sehman says her high school coach, Jesse Hunt, taught her how to persevere on and off the track.

Learning perseverance

Maddie Sehman lives in Winterset after having earned her doctor of physical therapy degree at Des Moines University College of Osteopathic Medicine. She attended Waukee schools and was active in high school track and field. She says her coach, Jesse Hunt, taught her how to persevere on and off the track.

When Sehman started her first year at Waukee High School, Hunt was the head girls track and field coach. That is when she met the coach she says would change how she looked at pushing through and past obstacles.

"He always made me feel confident and prepared before each race," says Sehman.

Now, as an adult, Sehman says she sees how Hunt's coaching helped her improve — and not just in the sport.

"Coach Hunt taught me how important it is to persevere even when things don't go your way. Throughout my studies of becoming a physical therapist, I always knew I could make it through situations from my prior experiences as an athlete," she says.

Her most prominent memory of Hunt's coaching was hanging out with him and the team at state meets, Sehman says.

“He would joke around with the team and show off his dorky dance moves to calm our nerves if we were nervous before the meets,” she remembers.

Coach Hunt’s lessons on perseverance really kicked in when the team was struggling at meets, she says.

“There were times when our team would have a false start, be disqualified, or not make the cut. Even though those were frustrating moments, Coach Hunt never made us feel like we should get down on ourselves. He would help us find the positive in these situations and move on. I continue to use this mindset to this day,” Sehman says. “Coach Hunt would always give us a pep talk before an important race. He would tell us, ‘No matter what happens, I will always be proud of you guys.’”

Sehman says she is convinced those pep talks and motivational moments helped ease her mind before stepping onto the track and still help her today before stepping into her daily life.

The sport of track, with the help of Coach Hunt, shaped Sehman into a strong and determined woman, she says, and she

encourages others to go out for the sport if they are still in school.

“Track can push you to your breaking point, but, if you persevere, the reward is something I wish I could still experience,” she says.

Sehman says she is grateful to Coach Hunt and her family, including her parents, April and Tony Sehman, for their support with her sports and studies.

“I want to thank Coach Hunt for never giving up on me as an athlete. He always believed in me and helped me reach my goal of winning a Drake Relays Flag my senior year,” she says.

Jesse Hunt was the head coach for Waukee High School girls track and field when Sehman was in school. He is now the head track and field coach for Adel-DeSoto-Minburn High School and still motivates his athletes to do their best.

Rewards greater than medals

Andrew Fath of Winterset has achieved much because of his coaches, Teresa and Russ Fleming, says Laresa Carney, Andrew’s sister.

“Their involvement as his coaches for

the Special Olympics makes it possible for him to be involved and connect with many individuals,” she says.

Fath is 37 now, and Carney has been his guardian since he was 18. Fath is hearing impaired and autistic.

“He often has a big smile and shows all his medals if you mention Special Olympics,” shares Carney.

Fath lived with their parents until their mom died a few years ago. He then moved into an adult community home.

“Last year, Andrew came back home to Winterset in July to live with me and my daughter, Nina,” says Carney.

Nina provides host home services while Carney works during the day as a registered nurse for the VA Hospital.

“We think it’s important for him to be involved in activities and the community. With the help of his coaches, the Flemings, and Special Olympics, he has maintained being active in the community,” she says.

Carney explains that it has been challenging for Andrew to be hearing impaired and autistic.

“He just wants to make people happy, and



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autism is often misunderstood and can be challenging, but it's not his fault," she says.

Carney beams when she shares her brother's involvement with the Special Olympics with the help of the Flemings.

"You could tell he loved that he got to carry the American flag a couple times at the beginning of Special Olympics and march out with pride while saluting."

Because Fath is deaf, he does not speak in complete phrases. He likes to know that he has done well when he gets involved in community activities, including the Special Olympics.

"He loves it when his coaches, the Flemings, sign to him 'good boy' or 'good job,' and makes the sign for love when he communicates about the Flemings," says Carney.

It's been difficult for Fath to focus on learning sign language, so he throws his form of communication into the mix.

"It's important to get to know how he communicates. The Flemings have taken the time to get to know him and how he

communicates," says Carney.

When you see Fath with his friends at the Special Olympics, you see the many smiling faces.

"Coaches like the Flemings and the Special Olympics make it possible for the individuals like Andrew to be involved and to feel supported and normal, despite some of the setbacks," Carney says.

Fath participates in bowling, track and field and basketball. In his pursuits, he has been given a sense of belonging through participation in activities where he can gain skills and friendships.

"The coaches encourage individuals like Andrew to believe in themselves despite any limitations," Carney says.

After learning about hand placement and throwing farther, Andrew won first place in the shot put.

"We all wish to bring awareness to the many special individuals of Madison County and the individuals involved in making those with limitations feel loved," says Carney. ■



With the help of coaches Teresa and Russ Fleming, Andrew Fath has been able to enjoy medaling in the Special Olympics.

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RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes

Cook time: 8 minutes

Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



EDUCATION

By T.K. West

MEET Caitlyn Lucht

Ninth grade class touches on many branches of science.

After graduating from Lincoln High School, Caitlyn Lucht attended Simpson College where she studied physics and secondary education. She also ran cross country and track. Following graduation, she applied to the Winterset Community School District where she currently teaches ninth-grade Earth and Physical Science at the Winterset High School. She says the best part about working with the district is how committed the administration and staff are to creating the best experience possible for the students.

"I can tell there is a deep passion for the youth of this community," Lucht says. "I have enjoyed working beside the other teachers here, new and seasoned, and I have learned so much from many of them."

During her Earth and Physical Science course, Lucht's students have had the opportunity to touch on almost every branch of science, with the exception of the life sciences. Her students have explored Newton's laws, electromagnetic radiation, atomic structure, the periodic table, Earth's interior and outer space through hands-on labs and activities and more.

Lucht says one of the most significant rewards she has faced as an educator is the opportunity to make a positive impact on her students' lives.

"Working with students who are just starting their high school journey, I have the opportunity to help my students develop not only academically, but also socially and emotionally. Science can be a

scary subject, so it's my goal to help my students grow their confidence as scientists," she says.

When not teaching, Lucht enjoys running and training for marathons and half-marathons. She also enjoys reading and spending time with her cat, OJ. This summer, Lucht is picking up gardening for the first time. She is also looking forward to having the time to further develop her class lessons and activities for the upcoming school year.

"There is no better way to learn science than to do science," says Lucht. "I am excited to continue to plan more authentic and engaging activities for my students this summer as well as line up some guest speakers and field trips to help deepen their understanding of the various concepts we explore." ■



Caitlyn Lucht teaches Earth and Physical Science to ninth graders at the Winterset High School.

USING money for our purposes or God's

Money - "For the love of money is a root of all kinds of evils"...1 Timothy 6:10

In counseling, it's not uncommon for a couple to believe the cause of their problems is money. This verse is commonly misquoted to say, "Money is the root of all evil." In doing so, they have completely missed the real source of their problems. The verse tells us that money uncovers some evil that was or is already in our hearts. Here are a few ways we can use money for our purposes or God's.

Build up or tear down

When a marriage is experiencing conflict over financial problems, we want to help them to see the real problem is not money but pride. It's pride that won't agree on a budget or won't compromise on spending habits and necessary



lifestyle changes. Quickly the "I" word is used to justify or the "you" word to attack the other person, and we are living in the fruit of two people at war with each other. Instead, God's Word calls us to selflessness, to understanding, and seeing that one important aspect of money in marriage is that the two remain one. God's Word applied to your life will allow you to use money to build a marriage, not tear it down.

Good or for evil

The Bible is very clear, money can be used for good or for evil. Jesus reminds us, "It is more blessed to give than to receive." Money can be a resource to provide stability in a home or it can be used to destroy a home. In our materialistic culture, we often see people sinfully use money, gambling, addictions, or pornography for their own selfish gratifications. I have witnessed families destroyed because of greed. Money can be used in vengeful ways because of past hurts. We can deceive ourselves into using money

to manipulate people and even think we can manipulate God through good deeds. Instead, set your heart on using money and any resource you have for the glory of God, and you will be blessed.

Hope or fear

Money is often a factor in so much of the struggle with anxiety, fear and worry. At the core of this is the reality we are not in control of this world. Our jobs, inflation or death can change our financial realities in the blink of an eye. Don't set your hope in possessions that can be taken away at a moment's notice. Instead, place your hope in a sovereign God who controls the universe and sent his Son, Jesus Christ, to die for your sins. If you place your faith in Christ and invest in his kingdom, not yours, you will find a great return. ■

Information provided by Jaysson Gurwell, pastor of Redeemer Church, 515-480-7034.

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REAL ESTATE

By Jennifer Stover

SWIMMING pools

There are many changes you can make to your home to increase its value. You may consider new landscaping or even sprucing up the inside of your home with some high-end upgrades. And then there's the much-coveted swimming pool. This can be a great investment.

But before you consider a pool, it's important to weigh the costs of installation and maintenance of a pool against the actual utility and value of the pool. The average price is close to \$60,000, while maintenance can range from \$700 to \$5,000 annually. Having a pool will only boost the value of your home by a maximum of 7% in certain circumstances.



Resale value

A pool can increase not only your social worth but also the value of your home. However, the increase is probably not as much as you think. There's no real guarantee that you'll make your money back. In fact, adding a swimming pool may only increase your home's value by 7%. This, of course, depends on a number of different factors, including your location. Living in a posh area and a warm climate will definitely help get your home and your pool noticed by potential buyers. But it's also important to still have some backyard left for other activities. A pool that takes up the entire backyard can be a turnoff for most shoppers. ■

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

AUTOMOTIVE

By Dawn Lauer

THE IMPORTANCE of preventative maintenance

Have you ever heard the expression, "An ounce of prevention is worth a pound of cure"? It really just means it is better and easier to stop a problem from happening than to stop or correct it after it has started. And no truer statement could be said about properly maintaining your vehicle. Just like your six-month dental visits or annual checkups, you should be routinely checking in on your car's health.

Preventative maintenance is repair work that is done on a routine basis to keep your vehicle running in optimal condition. The most common form of preventive maintenance is an oil change, but there are many others you might not realize, including fluid flushes, filter replacements, belt replacements, brake inspections and tire rotations. Your owner's manual will provide you with a maintenance schedule for your specific make and model. Or you can visit www.carcare.org to create an account that can generate a service schedule for you and even send reminders to your inbox.

It can be tempting to ignore any type of maintenance unless something goes wrong, but keeping up with preventative maintenance can help prevent costly repairs in the future and save you money in the long run, while also ensuring your vehicle is safe, dependable, and stays on the road longer. ■

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



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WALKER has a passion for hospice care

Father's death and volunteering led to her career choice.

"When life hands you lemons, make lemonade." That cliché aptly applies to the career of Jean Walker of Winterset. In the 1970s, when Walker was going through nursing school, her dad received a diagnosis of cancer. While watching her dad suffer and eventually die, she became passionate about hospice care, even though there were no hospice providers in Iowa at that time. Hospice is a special healthcare option for patients and their families facing terminal illness. And, because one of the requirements of hospice is a terminal diagnosis, care focuses on quality of life and on comfort, rather than seeking a cure. This opens the door for some pain-relieving medications that would not likely be used otherwise.

Hospice care also provides assistance to the family, including for up to a year after the patient has passed away. This allows hospice to help the family deal with all of the "firsts," such as "first Christmas without Dad."

"It's a great benefit that a lot of people don't know they have, and so many people come to it at the very last, when they could have been receiving all kinds of help, financially and emotionally," says Walker.

She recalls her introduction to hospice work.

"In 1980, I moved to this area to become a hospice volunteer for the very first hospice in our state, which was Hospice of Central Iowa," she says. "I wanted to start volunteering and see if I liked it. I was an RN, and I thought I might want to do that work eventually. In the beginning, it was for my own benefit. I wanted to do for other people what I couldn't do for my dad when he was dying, because we didn't have the means, and we didn't have good pain relief measures in the '70s."

After volunteering for four years, Walker was hired to work at Hospice of Central Iowa, and she has worked in the hospice field ever since.

"It just became my life's calling," she says.

Walker says she worried working in this field might be depressing, but she found just the opposite to be true, and she has enjoyed the chance to enhance the lives of patients and families dealing with the finality of the situation.

After a total of 15 years at Hospice of Central Iowa, Walker helped start a local hospice called Middle River Hospice. After 19 years there, the program closed, so she returned to Hospice of Central Iowa (now EveryStep Hospice).

Besides hospice, Walker is also passionate about volunteerism. She encourages anyone to try volunteering.

"If you don't know what you want to do next, try volunteering," she urges. "You'll find out what you're passionate about, and you'll get your foot in the door. And it leads to other things and other connections."

Walker has found time to volunteer as a mentor at the local elementary school and was involved for 30 years helping with Winterset's



CONGRATULATIONS!



Felicia Weeks and Brittany Hilsabeck of Farm Bureau present the Citizen of the Month certificate to Jean Walker.

annual Covered Bridge Festival. She also serves in the Winterset Rotary Club, and she explained she's done all of these things "because I love Winterset so much."

Her advice to others is, "Just get out there and do something. It's a way to feel like you're being useful." ■



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• **Cavities: Foods and drinks to avoid:** There are several sugar-sweetened beverages, including sodas, juice and sports drinks. Foods like frozen meals, flavored yogurts and sauces like ketchup and barbecue sauce also have added sugar. Gummy candies, many chewable medicines and vitamins, and bread-like foods including chips and pretzels, stick to the teeth and increase the risk of cavities.

Infant formulas, baby foods, and fruit juice also can increase the risk of cavities. The American Academy of Pediatric Dentistry recommends that infants younger than 1 year avoid juice completely.

Older infants and children should not suck on bottles or sippy cups filled with juice for long periods, and they should not go to sleep with a juice-filled bottle or sippy cup.



Foods and drinks to choose: Fruits and vegetables (fresh or frozen) with natural sugars are a good choice. Dairy products, like whole milk, cheese and plain yogurt (which you can sweeten with fresh fruit) also may be helpful.

These types of healthy foods provide nutrients, like calcium and vitamin C, that your body can use to help strengthen teeth and gums.

Tips: Check food labels to see whether there are added sugars in your foods or drinks. Guidelines recommend that foods and drinks have no more than 10% of your daily calories in added sugars.

• **Dental erosion.** Dental erosion is the gradual wearing away of the hard outside surface of the teeth caused by repeated or prolonged contact with acid. The acid in some foods and drinks can cause dental erosion.

Foods and drinks to avoid: Acidic foods and drinks, such as soft drinks, juice, and some sports drinks, and acidic snacks and candies can increase the risk of erosion.

Foods and drinks to choose: Milk and yogurt may reduce acid in the mouth. Water

is a good beverage choice. If you eat or drink products high in acids, rinsing your mouth with water also may be helpful.

• **Dry mouth.** Dry mouth can cause difficulties in tasting, chewing, swallowing, and speaking and can increase the risk of cavities. Certain foods and drinks can contribute to dry mouth.

Foods and drinks to avoid: Limit breadlike snacks, such as chips or pretzels, and acidic foods or beverages. Alcohol and caffeine-containing beverages can cause dry mouth.

Foods and drinks to choose: Drinking water and sucking on (not chewing) ice can moisten the mouth. Sugar-free gums and candies may increase the flow of saliva. Because dry mouth increases the risk of cavities, see the above section on cavities for foods and drinks that may reduce this risk. ■

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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HEALTH

By Dr. Stuart Hoven

BACK to school care

As students, teachers, administrators and staff go back to school, there is an under-appreciated and overlooked active role that can be taken to stay healthy — chiropractic adjustments. There is a link between alignment of the vertebrae and the body's ability to function properly, including the immune system. The nervous system, endocrine system and immune system are closely linked. Together, they share tiny messenger molecules that allow free flowing communication, creating optimal responses for the body to adapt and heal appropriately. Basically, your body works better when you see a chiropractor regularly.



An early literature analysis in the Chiropractic Journal of Australia took this concept one step further to suggest that the nervous system modulates the immune response, so any interference with that system can reduce the effectiveness of the immune system. The literature on this topic seemed to suggest that chiropractic manipulation had a positive effect on T- and B-lymphocyte, NK-cell, plasma beta-endorphin and antibody levels, and phagocytic activity, all of which are known to play roles in the body's immune response function.

Chiropractic adjustments have been shown to boost the responses of the nervous and immune systems. People under regular chiropractic care often report not only getting sick less, but the illness to be less intense. Before going back to school this fall, 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

ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.



In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

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Champions!

BACK-TO-BACK CHAMPIONS

As an underdog in the state tournament, the Winterset Huskies defended their state title, defeating the North Scott Lady Lancers 5-3 on July 20 at Rogers Park in Fort Dodge.

Winterset tacks another championship title to its name, its third title after four straight tournament appearances. Winterset's Neela Applegate started the momentum in the championship game during the fourth inning with a solo homerun. Brynn Acton, Molly Breeding (2) and Ashlynn Devine also batted in runners to secure the victory.

The Huskies came into the tournament as the number seven seed beating out No. 2 Carlisle in the quarterfinals and No. 3 Fort Dodge in the semifinals.

CLASS 4A ALL-TOURNAMENT TEAM MEMBERS

Brynn Acton (Captain) | Neela Applegate
Molly Breeding | Makenna Olson

IGCA ALL STATE TEAMS

Brynn Acton (1st) | Neela Applegate (1st)
Molly Breeding (2nd) | Avery Darling (3rd)

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A PORCH for relaxing

Corkrean enjoys home, neighborhood and community.

Jolynn Corkrean has lived in Winterset since September 2016. It's a special place for her family, as it's the town in which her husband grew up.

"We thought it was a great place to raise children," she says.

When the couple decided to plant their roots in town, they also chose to build their house. One of Corkrean's favorite features is the front porch, where she often spends her free time.

"I love to be able to sit outside," she shares. "I also love our open floor plan."

The family's house also comes with the benefit of being in a convenient location.

"I love that the pool is close," Corkrean says. "I enjoy hearing the sounds of children having fun at the pool."

The neighborhood itself is an added bonus.

"I love the fact that the older neighborhood kids have the time for the

younger kids," Corkrean says. "They take the time to play a game or two with them. Also, the neighbors are great. They are also willing to help."

As for the broader community, Corkrean appreciates the quaint feeling Winterset provides.

"We are close to the suburbs but still can feel like a small town," she shares. "A small town means that, if you need something, the community supports you. Winterset does exactly that. You name it, and the volunteers and donations will be there."

Because of her appreciation for the community, Corkrean currently helps with the Winterset Paw Pantry. And there's a high chance you'll spot her or her family members at a sporting event since they enjoy them so much.

Perhaps most importantly, though, Corkrean is glad to live close to family, making life in Winterset even more special. ■



Jolene Corkrean says her family finds much to enjoy about their neighborhood and in Winterset in general.

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8 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.

1. 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'll get there — and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.

2. 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.¹

3. 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.²

4. 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.

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

6. 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.³

7. 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.

8. 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 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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THERAPY is doggone fun

Cari Davis of Winterset has enjoyed dogs all her life, and she's sharing that opportunity with others in some innovative ways.

"I started showing dogs in 4-H when I was a kid, and I've always had a dog. As I got older, my son showed dogs in 4-H," she says. "I had a Golden Retriever named Kiowa, and he was just exceptional. That would have been 17 years ago that I got Kiowa as a puppy. I was a teacher at I-35 at the time."

When Davis heard the Winterset Library wanted to start a "Read to Rover" program, in which a kids would spend time reading to a trained therapy dog, she thought Kiowa would be a good candidate.

She helped Kiowa get through all of the requirements.

"He was the therapy dog at the Winterset Library for eight or nine years before he retired," Davis says.

Next, her dog Snoopy served as the therapy dog for five years.

"Currently, I have Marshall and Dodge certified to do therapy work, and Marshall does Read to Rover now at the library," she says.



A student reads to Marshall as Cari Davis listens.



Dodge and Cari Davis enjoy their work.

Besides the public library, Davis' dogs have also had recurring gigs at nursing homes, hospitals and Winterset schools, where Davis works as a special education teacher and as the high risk coordinator.

"Going to the nursing homes is always very heart-warming," she says. "People will say 'That made my day' because they got to relive moments with their own dogs. And they've also helped participate in 4-H, when kids have had their dog pass away unexpectedly."

Over the years, Davis has seen many touching moments with her therapy dogs.

"Many years ago, I worked with a student who was nonverbal... and he really wanted to be able to communicate with the dog, to do tricks. And I could hear him when I was out of the room, and he was talking to the dog, and it was pretty sweet. It really brought him out of his shell," she says.

Davis explains that therapy dogs are different from service dogs and emotional support animals that are trained to be with one specific person.

"Therapy dogs are specially trained for many people to be able to touch and interact with," she says.

Davis says her goal is to continue expanding the program.


"I've also done some free training with teachers that want their dogs to be therapy dogs at the school, so now we currently have four dogs available at the Winterset Schools and are working on trying to get a few more certified in each building," she says.

Davis offers advice for anyone wanting to own and train a therapy dog.

"You need to be consistent. Make sure you are available. And the nature of the dog has to be calming."

Davis enjoys having therapy dogs to share.

"At the high school, I greet the kids at the parking lot doors every morning, so any kid can come up," she says. "The dogs are available to any of the kids who want to see them. I just love seeing the look on people's faces." ■



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Many of you have probably heard the catchy phrase from a large nationwide insurer: "Only pay for what you need." Every time I hear this, I ask myself the question, "How are people supposed know what they need?" Insurance is complex, and that is why I would encourage you to use one of the many local agents and not rely on advice from someone at a call center 1,000 miles away.



The following is an example of a coverage that I often see left off a policy by someone purchasing insurance on their own or "only paying for what they need." Uninsured and Underinsured Motorist Coverage (UM/UIM) protects you or passengers in your vehicle for bodily injury you or your passengers sustain in an accident involving a driver who has insufficient insurance to cover the injuries of you or your passengers.

For context, the level of coverage for UM/UIM ranges from no coverage, \$20,000 per person/\$40,000 per accident; \$100,000 per person/\$300,000 per accident; \$250,000 per person/\$500,000 per accident; and \$250,000 per person/\$500,000 per accident plus \$1,000,000 umbrella policy. How many of you know, without looking, which level of coverage you have?

We had a past claim where our insured was rear-ended on a gravel road by a teenager. Our insured suffered life-changing injuries. The teenager had Bodily Injury limits of \$100,000 per person / \$300,000 per accident. Our clients' injuries exceeded this limit and his UM/UIM provided the additional coverage he needed. On a side note, the at-fault party may be required to repay our insured's insurance carrier through the process of subrogation. A good example of why higher limits and an umbrella may be necessary.

UM/UIM also covers you as a pedestrian or a passenger in another vehicle. We have a client with an open claim for UM/UIM, after he suffered significant injuries while a passenger in a car that was hit by an at-fault third party. If the at-fault party and the owner of the vehicle our client was riding in have insufficient limits to pay for his injuries, he will be covered by his own policy's Uninsured/Underinsured Motorist Coverage.

Take advantage of the expertise of a local agent to review your risks and advise you on the coverage you need. ■

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



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VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:00PM	Creston Community	Creston High School
Sep 1	7:00PM	ADM	Winterset High School
Sep 8	7:00PM	Carlisle	Winterset High School
Sep 15	7:00PM	Atlantic	Atlantic High School
Sep 22	7:00PM	Norwalk	Norwalk High School
Sep 29	7:00PM	Glenwood	Winterset High School
Oct 6	7:00PM	Lewis Central	Lewis Central HS
Oct 13	7:00PM	Dallas Center-Grimes	Dallas Center-Grimes HS
Oct 20	7:00PM	Council Bluffs	Winterset High School

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 22	6:00PM	Multiple Schools	Nevada High School
Aug 29	7:15PM	Bondurant-Farrar	Winterset High School
Aug 31	6:30PM	Van Meter	Van Meter High School
Sep 5	7:15PM	Boone	Boone High School
Sep 9	8:30AM	South Central Calhoun	South Central Calhoun Middle School
Sep 12	7:15PM	Carlisle	Winterset High School
Sep 14	7:15PM	Carroll	Winterset High School
Sep 19	7:15PM	Gilbert	Gilbert High School
Sep 21	7:15PM	North Polk	Winterset High School
Sep 23	TBD	Nevada	Nevada High School
Oct 3	7:15PM	ADM	ADM High School
Oct 5	7:15PM	Atlantic CSD	Winterset High School
Oct 10	7:15PM	Ballard	Winterset High School
Oct 14	9:00AM	Multiple Schools	Winterset High School



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FALL SCHEDULE 2023

VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 29	4:30PM	Dallas Center-Grimes	Dallas Center-Grimes
Sep 2	11:00AM	Pella	Central College
Sep 5	5:10PM	Multiple Schools	Lakeview Country Club
Sep 11	5:00PM	Ballard	Ballard Golf & Country Club
Sep 18	4:00PM	ADM	Hillcrest Golf Course, Adel
Sep 21	4:30PM	Indianola	Pickard Park-Indianola
Sep 26	5:00PM	Knoxville	Pine Knolls Country Club
Sep 28	5:00PM	Perry	Perry Golf & Country Club
Oct 5	4:30PM	Fort Dodge	Kennedy Park



FOR ALL HUSKIES SCHEDULES

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

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Madison County Fall Crawl

Sept. 24, starting at 9 a.m.

Fifteen stops

Take a free tour of the Madison County countryside and 15 various businesses with 50-plus vendors spread through the various locations. Suggested start is at Pammel Park Coffee Co. Passports will be available for pickup at the Winterset Farmers Market the Saturday prior to the event or at any of the 15 stops. A stamp at each location gets you an entry into the giveaways. Turn your passport in at any of the 15 locations. Drawings for prizes will take place in the days following the event. Winners will be announced on social media and contacted via telephone/social media. For list of participating businesses, their hours and more information, visit www.madisoncountyfallcrawl.com



Halfway to St. Pat's Car Show

Sunday, Sept. 17

Mugsy's Pizza House, 1225 Copper Creek Drive, Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.



Iowa State Fair

Aug. 10-20

Iowa State Fairgrounds, 3000 E. Grand Ave, Des Moines

The Iowa State Fair hosts a variety of musical acts. From pop, country, boy bands to rock, the state fair will have any music fan's taste covered. In addition, enjoy all the activities to be had and the myriad of food offerings, including 64 new food items this year. For a full schedule, visit www.iowastatefair.org/entertainment/fair-schedule.

Roseanna's Run

Saturday, Oct. 7, check in at 8:30 a.m., event start at 9:30 a.m.

Winterset High School, 624 Husky Drive

The annual Roseanna's Run to support Iowa Crime Victims is held in memory of the organizer's sister, Roseanna Otto, a mother of three who lost her life to intimate partner violence. The event is an opportunity to help individuals in the community who have or are experiencing unsafe relationships. It's an opportunity to raise awareness about domestic violence, the need for services and support to ensure everyone can be safe in their relationships and to shed light on an epidemic that thrives in silence. For registration, visit <https://runsignup.com/Race/IA/Winterset/RoseannasRun>. Deadline to register and receive a T-shirt is Sept. 15.

New this year is a race day village. Organizers are looking for local organizations to set up a booth, hand out goodies, and chat with participants. Donations are also sought for a raffle. For information, contact Lilly Haworth, lilly_mael3@yahoo.com.

Free Bison Day Family Festival

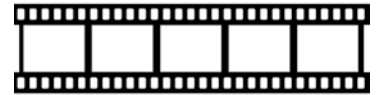
Saturday, Aug. 5 from 10 a.m. to 2 p.m.

Neal Smith National Wildlife Refuge

Mark your calendars for Bison Day at Neal Smith National Wildlife Refuge. This free event will be filled with fun, educational and family-friendly activities. Bring your friends and family and join this celebration of the American



bison and our tallgrass prairie heritage. Participate in bison and tallgrass prairie-themed activities such as bison and monarch related crafts, antler ring toss game, wildlife fur and skull match, prairie wildflowers and pollinator scavenger hunt, a self-guided bison trivia game along the Overlook Trail, and receive free wildlife stickers, coloring sheets and a milkweed seed packet. Additionally, get an opportunity to view the bison (including 12 bison calves) and elk herds (three elk calves) along the five-mile Prairie Wildlife Drive. Free loaner binoculars will be available.



John Wayne Movie Summer Matinee Series

The Iowa Theater

Saturday, Aug. 26, 2 p.m.

The Iowa Theater will screen its last classic John Wayne movie of this summer for its John Wayne Movie Summer Matinee Series. Doors open for "Rio Grande" at 1:30 p.m. with show at 2 p.m. All tickets are \$10. Tickets can be purchased in advance at www.the-Iowa.com/JWmatinee.

Hinterland Music Festival

Aug. 4-6

Avenue of the Saints

Amphitheatre, 3357 St. Charles Road, St. Charles

Hinterland, the largest music festival in Iowa, makes its annual return to St. Charles, this time headlined by musical acts such as Bon Iver, Zach Bryan and Maggie Rogers. These big stars will be accompanied by 20-plus musical acts throughout the weekend. For a full schedule, visit www.hinterlandiowa.com.



Adel Sweet Corn Festival

Aug. 12

Adel

The Sweet Corn Festival in Adel features an Iowa summertime staple, along with family fun entertainment including a 5K run, car show, street party and the largest parade in Dallas County. For a full schedule, visit www.adelpartners.org/sweet-corn-festival. ■

LAWN CARE

By Kevin Johnson

WEEDS, weeds, weeds

Unfortunately, weeds in your lawn are just like weeds in your garden or flowerbeds. They continue to germinate throughout the growing season, which can affect the looks of your lawn. Repeat applications are often necessary to keep weeds at bay throughout the year. Here are some of the usual offenders:

- **Crabgrass/Foxtail:** These annual weeds are normally controlled best by a pre-emergent application. A lawn care professional has access to superior post-emergent products that can provide some control if it has become a problem in your lawn.

- **Yellow Nutsedge:** Though not a true broadleaf weed, this weed can become prevalent in your lawn if the right growing conditions exist. This plant has a slightly yellowish-green appearance in a spikelet form that usually grows faster than your grass. At the base of the plant, the stem forms a three-sided triangle that you can feel. It can be controlled with special products. Always check to see if there is an additional charge.

Oxalis, Spurge, and other broadleaf weeds, fortunately, can be controlled. Control can be slow if it is extremely hot or dry. The broadleaf weed control products used to provide control work best when the weeds are actively growing.

Consult with a lawn care professional or nursery specialist about how to eliminate these weeds from your lawn. ■

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



BEAUTY

By Annie Wiseman

THE COLOR purple

It seems that purple shampoo is all the rage. I have clients talk to me about it all the time. Let's talk about what it's about and what it really does.

The color purple is used in hair color practices to neutralize yellow. So this product is great for gray hair and all you platinum blondes. These hair colors tend to pull a yellow/dull tone as things like fluorescent lights, the sun and heat tools impact the hair. Using a purple shampoo helps to neutralize the yellow, making the hair brighter and shinier. Let it be known that, if you use this product too often, it can indeed deposit too much pigment and turn your hair a purple shade. This is dependent on how porous or damaged your hair is.

There is also blue shampoo. The color blue neutralizes orange tones. This product is good for dark blondes and light brunettes. It's less likely to turn the hair blue but use it occasionally.

They make a green shampoo to neutralize red. Most brown haired beauties complain their hair turns a red tone. So this product is for you.

The effectiveness of these toning shampoos depends on the product and frequency of use. Have your stylist recommend what is best for you and how to get maximum benefits to keep your hair color looking its best between touchups. ■

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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A ribbon cutting was held at The Den Nutrition, 102 W. Summit St., Winterset, on July 14.



Heather Riley and Maria Forgy at the After Hours held at Village Bootery on June 22.



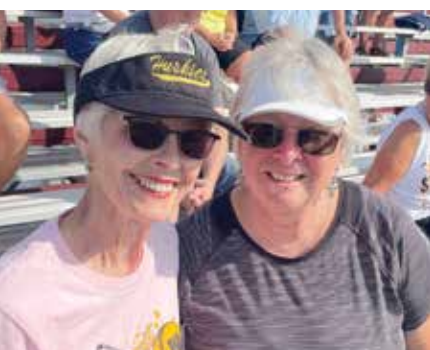
Debra Field and Erin Harman at the After Hours held at Village Bootery on June 22.



Vicky Anderson and Stacey Lowe at the After Hours held at Village Bootery on June 22.



Teri Kuhns and Dan Anderson at the After Hours held at Village Bootery on June 22.



Marilyn McNamara and Jana Corkrean at the state softball tournament held in Fort Dodge on July 17.



Joel and Misty Akers at the state softball tournament held in Fort Dodge on July 17.



The Husky student section at the state softball tournament held in Fort Dodge on July 17.



Jena Young, Avary Darling and Jaya Kleemeier at the state softball tournament held in Fort Dodge on July 17.



Kayla Reynolds, Allissan Johnson, Christie Goodrich and Kristina Spieker at the golf outing held at Lakeview Country Club on July 7.



Roger Queck, Lucas Queck and Jacob Cummins at the golf outing held at Lakeview Country Club on July 7.

GOLF Outing

A golf outing was held at Lakeview Country Club on July 7.



Diana Wright and Brent Sharon



Maria Forgy, Dani Anderson, Reed Kale and Dan Nielsen



Holly and Tom Anderson, Kevin Fifo and Kevin Boyle



Sky Smothers, Calvin Barber, Ben Rodman and Chris Frank



Janet Williams, Erin Harman, Liz Berry and Dennis Williams



Pat Riley, Trent Imura, Brandon Paulsen and Wendy Gossett



HyVee Show Ponies, Trent Doonan, Bryce Buckalew, Jason Wieck and Nate Fehl



Heather Riley and Jim Harrison



Ryan Draper, Dillon Roberts, Nick Roberts and Matt Holeton



Ross Knobloch, Brad Smelley, Brad Tadlock and Paul Bentley



Jason and Brittany Salton, Sarah and Terry Cowman and Art Brown

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