

WINTERSET

DECEMBER 2023

Living

MAGAZINE

Special DELIVERY

**Residents share their thoughts on the
tradition of sending Christmas cards**

Meet Christy Holloway

EDUCATION

Popovers with cranberry butter

RECIPE

CRISP Tour of Homes is a win-win-win

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WELCOME

CHRISTMAS card communication

Time for a family photo. Time to update your address lists. Time to summarize anything and everything that's changed in your lives this year. Yes, you guessed it; it's time to send out holiday greeting cards.

I remember when Jolene and I were first married, and we couldn't wait to send out Christmas cards with an update letter. The same was true after each of our three children were born. But after nearly three decades of doing this, it became a chore. As such, I began to wonder if it had become tedious for others as well. Is this holiday practice as popular as it once was? Are people still typing up letters and hand-writing cards?

I used to look forward to this time-honored tradition, especially reading about what was new in the lives of friends or family members whom we don't touch base with regularly. But, if I am being honest, I don't think I looked through all the cards and letters in recent years. And if the letter took multiple pages, well, forget it.

Then, something changed. In the past few years, we haven't received as many. In conversations with others, I learned that a growing number of folks are relying on social media sites for the purpose of Christmas communication. Or they gave up in general. Or, maybe, they just took me off their list.

Truth be told, we skipped the entire Christmas card tradition a few years back. We had a hectic few months leading up to the holidays, and we just didn't get it done. Even so, life went on as normal. But, as you might guess, we returned to the task the following year.

So, here we are, just weeks from Christmas, and the pressure is on. We will gather a photo from a recent family get-together. We will update our list of addresses. And we will mail out the cards. Also this year, I will relax in my easy chair with my slippers on my feet and a cup of cocoa in my hand and read all the cards and letters. At least that's the plan.

Be sure to check out this month's cover story to learn how other residents are handling their Christmas communication this year.

Thanks for reading. ■

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Special **DELIVERY**

Residents share their thoughts on the tradition of sending Christmas cards

By Chantel Boyd

Those who remember the days before social media, when long-distance phone calls cost money and letter-writing was commonplace, likely remember lining fireplace mantels and shelves with Christmas cards they received. Often containing a thoughtful note or special message, the cards were a cherished piece of communication with family and friends. But, as with many other traditions, the practice of mailing Christmas cards has been usurped by modern technology. Many now depend on email messages, texting or a one-message-for-all post online. When it comes to Christmas cards, the population has fallen into two camps: those who still value giving and receiving them and those who consider the effort — and postage — not worth it.

A mother-daughter tradition

Randi Marsh of Winterset and her daughter, Sammi, share a holiday tradition each year.

"I historically have made and sent holiday cards with my daughter," says Randi.

The two started this tradition as a fun mother-daughter craft day over the holiday weekend. Randi spends some time gathering the necessary supplies to prepare for the festivity.

"I typically buy card kits from a scrapbooking or craft store," she says.

It's a whole-day affair for the pair, and Randi finishes up after the holiday weekend.

"We spend the day putting them together, then, for a few evenings afterward, I finish them up before sending them out," she says.

The cards hit the post office a little less than two weeks before Christmas.

"I mail most of them out around Dec. 15. Most recipients are surprised that I made them myself," she says.

In case she missed someone, Randi is prepared.

"I always hold back a few in case I receive a card from someone not on my original list," she says.

Daughter Sammi has been joining her mother in the tradition for nearly half her life.

"Sammi is now 26, but we started this a decade ago when she was a teenager," says Randi.

When Sammi was a teenager, Randi made some additional crafts for her to gift her friends along with the cards.

Randi keeps a list of friends and family members she has sent cards to over the last few years and updates it each year.

"If I get a couple years of no response, they usually get cut from the list unless they are close family," she says.

Randi says the investment of time and money is well worth it because of the time she spends with Sammi. Still, she admits to being selective in who she sends the cards to.

"This may sound a bit un-holiday-ish, but the process is costly. The cards cost \$1 to \$2, plus mailing costs and my time. And the cost continues to increase," she says.

The two try to change the cards from year to year to keep them fresh.

"Since I know that some recipients save them," Randi adds.

Over the past decade, as many have replaced the tradition of sending cards with social media and online greetings, Randi and Sammi's personal list has also dwindled.



Sending out handmade Christmas cards can get expensive with cost of postage and materials, so Randi Marsh says she is careful to update her mailing list.

"We used to mail out 50-60, but now we are down to around 30 because people are not as interested anymore," Randi says, adding that finding addresses is also more difficult with fewer listings in the phonebook.

"It's a dying hobby like handwritten birthday and thank you cards," she says. "Too many people are going digital."

But Randi is a traditionalist when it comes to Christmas cards.

"Maybe I'm an old soul — I'm only 60 — but I think there is something special about crafting something and then handing it or mailing it to someone," she says. "I keep sending them because it's still a mom-daughter thing Sammi and I like to do. And, because I am retired, I have the time to do this. I like the personal touch and think that handmade, handwritten cards are a dying art."

An artisan's gift

Sherry Cox is a local artisan who often sells her gifts through her company, Plum Dandy Design. She often makes beaded jewelry and gifts and travels as far as Wyoming to share her crafts with customers. She was at the Covered Bridge Festival in Winterset this past year, sharing her handmade gifts with the community. This time of year, Sherry is busy making Christmas cards.

"I normally send handmade greeting cards for holiday greetings," she says.

Sherry is well-known in the area for her creations that range from hair bows to bookmarks, pens and other gift items. But the



Randi Marsh and her daughter, Sammi, share a holiday tradition each year. They make the Christmas cards they send out.

Christmas cards may be where her craftiness began.

"I decided to do this type of holiday greeting years ago because it's something my family has done for years. It's a good way to keep up with distant relations," she says.

As recent generations enjoy an ever-evolving list of ways to communicate — and become attached to the speed in which they can do so — "snail mail" has decreased in popularity. But people like Sherry keep this art of gift making and giving alive.

Sherry says the loved ones who receive the cards as holiday greetings appreciate the gesture.



Sherry Cox, pictured with her five grandchildren, Logan, Lane, Lindee, Sierra and Augusta, says she enjoys the painstaking process of putting together the handmade cards she sends out for Christmas.



Rebecca Cook sends out a lot of Christmas cards but says she doesn't expect the recipients to send her one in return.

"People love my handmade cards," she says. The impact on the receiver may be great, but so is the cost in effort.

About her investment of time and money, Sherry jokingly says, "You don't want to know. Each card takes a minimum of 15 to 45 minutes to create."

But Sherry says she enjoys the painstaking process of putting together the handmade cards.

"It's one of my favorite parts of the holiday," she says.

She says people truly appreciate receiving a card in the mail, and holiday cards are a great way to catch up for the year. She adds that she appreciates the mail carriers who deliver these holiday greetings each year.

"I'm sure the mailmen are completely overwhelmed at this time of year," she says.

Appreciates the sentiment

Rebecca Cook got an early start to sending out her own Christmas cards.

"My parents always sent cards to family and friends, and when I got my first job, I wanted to start sending my own. So, my dad left my name off of the family's cards, and I sent my own cards, too."

Rebecca notes not all families are like hers. "My husband, Michael's, family never

seemed to send cards before mine. But then they always send one back when they get mine," she says.

She also notes a difference between generations when it comes to who sends her cards.

"I get cards back from the people who tend to be older," she says.

Still, Rebecca continues the tradition because she appreciates the sentiment, even if it does take time to complete the task.

"The time investment is several evenings spent signing cards, sealing envelopes and handwriting the address," she says, adding, "My favorite part about this is the tradition of doing it yearly. The memories of past years come back."

And, while giving may be fun, so is the receiving.

"I like figuring out new ways to display the cards I receive," she says. "It puts me in the holiday spirit."

While she may not know how much the cards she sends are appreciated, she knows that sending them is special to her.

"For me, it's a way of keeping in touch with my family and friends that I don't have much contact with the rest of the year."

She admits, the cost of sending 75 cards a year adds up.

While Rebecca enjoys the process of

preparing the cards, her husband isn't quite as enthused about the project.

"My husband will take them to the post office for me sometimes, but he is still baffled why I continue to like doing this each year," she says.

Rebecca says most of the card recipients like receiving them.

"Sometimes I get a text saying thank you. But it's usually from the ones not sending anything back to me," she says, adding that she receives about 30 cards to the 75 she sends.

"My sister does an electronic version of her cards, and I think that may be what becomes more popular," she says. "My nephew Ben gets a card yearly but never sends one back. I don't expect him to. He always sends me a thank you, and I see him regularly, so I am good with that."

Afterall, Rebecca says she doesn't send cards to get cards in return.

"I send the real cards because it's a tradition I like to do. The last thing I want to do is pressure someone to send one back if they don't want to," she says. "It's my way of reaching out at the holidays, but not everyone enjoys that. I'll keep doing it as long as I can."

Rebecca, too, is grateful to mail carriers.

"I don't know how special the United States Postal Service employees feel, but they deliver special notes." ■

TINDLE garage is the place to be

Elaborate décor features car parts, motorcycle and repurposed items.

Justin Tindle of Winterset has a really cool garage. Seriously cool. And it's getting bigger.

Tindle has years of experience working on cars and taking them apart.

"On my original garage remodel, I chopped a 1957 Buick Super Sedan that I purchased from Hartman Auction this year. Now, the front and back of the car hang on the main feature wall," he says. "Both garages are wired so all my cars, motorcycle, street lights and gas station lights turn on together with a light switch."

The building was the old Starlight Café, Tindle says.

"This year, I added on to the actual garage, 24 by 35 (feet) on the south side of the old garage," he says. "And, on the walls, I tore about 50 wood pallets from all over to create my feature wood walls on the west walls of both the old and new garage. I lined all the north and south side walls with repurposed galvanized rusty tin I had from a barn that blew over four years ago. And, for decoration, I just purchased a 1965 Shasta camper. It's always been on my bucket list."

The camper now has been remodeled to include a sofa and coffee table, but he said it's still occasionally taken out for a drive. The garage wall decorations include classic car pieces, old-fashioned gas station memorabilia, and a 1976 Indian motorcycle that hangs from the ceiling.

The result is a large and elaborate man cave,

"When I purchased the property back in 2010, I'd always had plans to add on to the garage," Tindle says.

However, he was busy managing rental properties, so the garage was put on the back burner, until this year. Tindle has been collecting items to use as garage decorations over time.

"It was all accumulating until I realized, there's no time like the present," he says, adding, with a chuckle, that now the project is finished, his garage is "Almost too nice to do work in."

Tindle shares that the garage isn't just a "man" cave, as his wife, Kylee, enjoys it, too. She owns a boutique, Spoons Full of Sugar, and recently held a style show in the garage. Reportedly, many of the style show attendees took pictures of the garage to bring home and show others. He also says the garage has been a family project.

"This year, I went to the Greenfield swap meet, and my son and I spent a day buying stuff. It was kind of a father-son bonding to finish decorating the garage," he says. ■



Justin Tindle and his wife, Kylee, are proud to show their garage.



Not many garages have a motorcycle hanging from the ceiling, but Justin Tindle's does.



Automotive parts and decorations line the walls of Justin Tindle's garage.



Justin Tindle's mancave is a sight to behold.

NOMINATIONS sought for chamber honors

The Madison County Chamber of Commerce and its Board of Directors invite the public to their Annual Meeting & Awards Banquet on Thursday, Jan. 18. Nominations are currently being accepted for Business Person of the Year, Business Improvement of the Year, Volunteer of the Year, Citizen of the Year, Nonprofit of the Year, New Member Award, Customer Service Award, and the Jim and Pat Nelson Legacy Award.

Do you know someone or a business who has really knocked it out of the park this year? Take a moment to nominate someone for the following categories:

- **Business Person of the Year:** Nominate a business owner or employee who went out of their way to ensure your satisfaction. Past recipients include: Pat Riley of Rainbow International and Farmers & Merchants State Bank Board of Directors.
- **Business Improvement of the Year:** Nominate a business that has done wonders emerging from the pandemic or who has really grown and improved their customer services, products, and/or services. Past recipients include: Winterset Community School District, The Iowa Theater, Covered Bridges Winery, and The Drift.
- **Volunteer of the Year:** Did you notice a volunteer going above and beyond to make Madison County a better place to work, live, play and conduct business? Take a moment to recognize their hard work. Past recipients include: Julie Feier, Dan Noack, Jennifer Jackson, Jen Frease,

Sarah Reed, and Jon Stetzel.

- **Citizen of the Year:** Nominate an individual who has gone above and beyond to improve the lives of those in our county. Past recipients include: Brenda Hollingsworth, Marianne Fons and the first responders of the 2022 March 5 tornado.
 - **Nonprofit of the Year:** Do you know a nonprofit that has supported our community? Nominate them today. C.R.I.S.P. received this award in 2022, and the Madison County Development Group received this award in 2023.
 - **New Member Award:** Do you know a Chamber member (who has been a member for at least six months) that has flourished and made Madison County a better place? Beans & Beignets received this award in 2022.
 - **Customer Service Award:** Is there a business or person that always makes you feel special? Nominate them today. Catherine Stetzel and the Iowa Theater have been past recipients of this award.
 - **Jim and Pat Nelson Legacy Award:** Do you know a business or a person who has created a lasting legacy in the Madison County community? Nominate them today. Dave and Judy Trask and Jim and Pat Nelson received this award in 2023.
- To purchase tickets or submit a nomination, visit www.madisoncounty.com/special-events/. ■

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DIFFICULT family relationships

The holiday season is upon us. Thanksgiving and Christmas are easily the most popular holidays of the year, but that doesn't mean they are easy holidays to get through. This brings us to the tough topic of difficult family relationships. This is a common problem that most of us have experienced or are currently experiencing. Does the Bible speak to this problem? Romans 3:23 "For all have sinned and fall short of the glory of God." The primary reason we have difficulties in our relationships with one another is we all have sin in our lives. Our sin is messy, and it spills out and onto those who we are connected to, especially our families. This is a baseline reality that we all must face. We must guard against looking outward by first looking inward at our own hearts. Pastor Brad Bigney said it well when he said, "See your own sin first, see your own sin as the worst, and see your own sin as the sin you need to be working on the most." We are always going to be in a better position to deal with difficulties that come up in our families when we start in a place of humility and honesty about our own sin and falling short of the glory of God.

It's not always about who is right and who is wrong. A wise brother in Christ once told me this, and it stuck with me: "You don't have to swing at every pitch." Applying this to difficult family relationships means we must pick our battles and be willing to let some things go. Romans 12:18 "If possible, so far as it depends on you, live peaceably with all." There are times that this may not be possible, but we are called to go the extra mile in our pursuit of peace and unity. This is not always easy, but it is possible and even expected from our Heavenly Father. How do we do this Biblically and honestly?

We must look above and beyond ourselves and look to Jesus to help us love our family well, even when there is difficulty. Ephesians 4:32 "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." As we remember the forgiveness that Jesus extended to us when He died in our place at Calvary, may it cause us to either overlook some things or to extend grace to our difficult family members, such were some of us. Merry Christmas! ■

CJ McMurry is the founder and program director of The Refuge and serves as an elder at Redeemer Church. CJ is a Commissioned Addictions Biblical Counselor by The Addiction Connection.



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Isaiah 9:6

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REAL ESTATE

By Jennifer Stover

HAPPY holidays!

As this year comes to a close, I want to take time to thank all of my clients and crew I work with. There are so many people I come into contact with through the year.

Obviously, my clients are at the top of the thank you list. I really enjoy working with people, and by the time the house closes, I can usually count my clients as new friends. I love seeing them out in the community, getting an update on their lives and hearing about house updates they have done. Every transaction requires a lot of people to make it happen, from loan originators, abstractors, attorneys, pest inspectors, home inspectors, plumbing and HVAC contractors, roofers and, last, but certainly not least, my office manager. I have a great crew I work with, and I appreciate them all.

Looking forward to 2024, I'm excited for the future of Madison County. Our community is poised for continued growth and prosperity, and I look forward to working with old friends and meeting new clients as well.

Thank you for reading my articles, and I will continue to provide real estate tips, tricks and terminologies in the new year. ■

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

TOP 5 reasons your check engine light is on

From minor to serious issues, here are a few reasons your check engine light might be on.

- 1. Loose gas cap.** Check to make sure it is properly secured and that there are no cracks in it.
- 2. Failing oxygen sensor.** If you're experiencing a decline in fuel economy and your check engine light appears, have your oxygen sensor checked.
- 3. Failing catalytic converter.** When your catalytic converter is failing, it could be caused by issues related to other systems that work interdependently with it that have not been addressed.

4. Failing mass air flow sensor. Always have your mass air flow sensor checked when the check engine light comes on. Since many of the parts of the engine work together, when one part fails, others tend to follow suit.

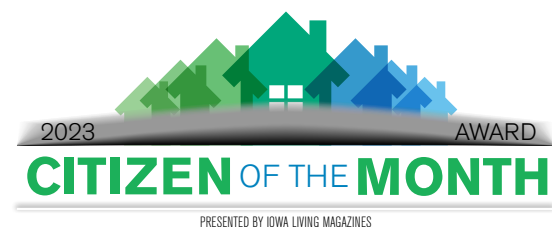
5. Damaged spark plugs or wires. It's important to keep in mind that these are some of the most common reasons for the check engine light to come on; however, there can be other issues that cause the check engine light to illuminate. Also, a flashing check engine light indicates a major internal failure and requires immediate attention. Regardless, you should not ignore the check engine light. Always check it as soon as possible to ensure the integrity of your vehicle. ■

Information provided by Dawn Lauer, marketing specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035. Source: www.topdriver.com/education-blog/top-5-reasons-your-check-engine-light-is-on/



CRISP Tour of Homes is a win-win-win

Homeowners and attendees enjoy the event, and clients of CRISP benefit.



CRISP (Community Resources in Service to People) provides a variety of services to the community, and to do so, organizers hold the CRISP Tour of Homes to raise funds.

Jennifer Stover, chair the event, provides some history on the event.

“This is my first year being involved in the Tour of Homes,” she says. “The Antique Association started it, and then St. Paul’s Lutheran Church took it over. But then they stopped when COVID came along. So, I am on the CRISP board, and we were trying to think of a fundraiser.”

The CRISP board decided to revive the event and consequently took on the Winterset tradition of the Tour of Homes.

“There are going to be seven homes in it this year: three newer construction houses, two remodeled homes, and two classic Victorian-type houses,” says Stover. “It’s an opportunity to showcase your house.”

Because Stover works in the real estate field, she knew of many local homeowners who might enjoy opening their homes in this way.

For those interested in touring the homes, cost is \$20 a ticket to tour all seven houses. All of the proceeds from ticket sales go to CRISP. Tickets are on sale now around the town square, and people can also buy them the day of the event, Saturday, Dec. 9, from 11 a.m. to 6 p.m.

Traditionally, around 300 people have attended the Tour of Homes, so it’s become a popular holiday tradition. And, according to Stover, it truly is a win-win-win situation, as the homeowners and attendees have an enjoyable day, and, of course, the proceeds help CRISP serve more families in the community. If 300 people attend at \$20 each, that means the event will raise \$6,000.

Stover said CRISP was initiated years ago by a group of local teachers. CRISP conducts an annual winter clothing drive to provide warm clothing to families in need. It also helps families with rent and/or utilities, gas cards for medical appointments, and various unmet needs.

Besides Stover, other members of the CRISP Tour of Homes committee include Jacque Mohs, Sheila Stewart and Alyssa Tadlock. Stover pointed out that anyone interested in showing their home during the Tour of Homes in a future year is encouraged to speak with any of the committee members.

In summarizing her enthusiasm for Winterset and the Tour of Homes, Stover recalls that she spoke up initially saying, “Everybody loves the Tour of Homes and would really like to see it come back, so let’s start it up again

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Felicia Weeks of Scot Clark Farm Bureau presents the Citizen of the Month certificate to representatives of the CRISP Christmas Tour of Homes, Alyssa Tadlock, Sheila Stewart, Jacque Mohs and Jennifer Stover.

and make it a main fundraiser for CRISP.” And even though the Tour doesn’t designate any particular home as the “winner,” the true winners are everyone involved in the event — and everyone served by CRISP. ■

MERRY CHRISTMAS!



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INVESTMENT

By Jason Kleemeier

WHY MEDICARE should be part of your retirement strategy

Medicare takes a little time to understand.

As you approach age 65, familiarize yourself with its coverage options, costs and limitations.

Certain features of Medicare can affect health care costs and coverage. Some retirees may do OK with original Medicare (Parts A and B). Others might find it lacking and decide to supplement original Medicare with Part C, Part D or Medigap coverage. In some cases, that may mean paying more for health care than you initially figured.

How much do Medicare Part A and Part B cost, and what do they cover? Part A is usually provided with no charge; Part B is not. Part A is hospital insurance and covers up to 100 days of hospital care, home health care, nursing home care and hospice care. Part B covers doctor visits, outpatient procedures and lab work. You pay for Part B with monthly premiums.¹

It's best to prepare for the copays and deductibles linked to original Medicare. In addition, original Medicare does not cover dental, vision, or hearing care, nor prescription medicines or health care services outside the U.S. It pays for no more than 100 consecutive days of skilled nursing home care. These out-of-pocket costs may lead you to look for supplemental Medicare coverage as a way of paying for extended care.^{2,3}

Medigap policies help Medicare recipients with some of these copays and deductibles. Sold by private companies, these health care policies can pay a share of certain out-of-pocket medical costs (i.e., costs greater than what original Medicare covers for you). You must have original Medicare coverage in place to purchase one. The Medigap policies being sold today do not offer prescription drug coverage.⁴

Part D plans cover some (but certainly, not all) prescription drug expenses. Monthly premiums are averaging \$55.50 this year for these standalone plans, which are offered by private insurers. Part D plans currently have yearly deductibles of no more than \$545.⁵

Creating a Medicare strategy is integral to your retirement preparation. Should you try original Medicare for a while? Should you enroll in a Part C HMO with the goal of managing your overall out-of-pocket health care expenses? There is also the matter of eldercare and the potential need for interim coverage if you retire prior to 65. Discuss your concerns about Medicare in your next conversation with your financial professional. ■

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. 1. Medicare.gov, 2023. 2. Medicare.gov, 2023. 3. Medicare.gov, 2023. 4. Medicare.gov, 2023. 5. NCOA.org, October 13, 2023.



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MANAGING holiday emotions

Like clockwork, we once again find ourselves in the thick of the holiday season. It's no secret that this time of year is meant to be filled with joy and thankfulness, but often left unsaid is the anxiety and fog that arrives with expectation and uncertainty.

We are currently in a loneliness epidemic. Knowing what those around us are working through is hard unless we reach out. While it can be stressful, don't be afraid to call someone or seek a connection.

Here are some useful tools to remember when interacting with stressors (people) this year:

- **Breathing** – Collect your thoughts, control your reactions.
- **Distancing** – Seek out another room, go for a walk.
- **Communication** – Speak up when in need.
- **Exit strategy** – Come with a plan for a quick exit.

It's important to remember there is no perfect Christmas or Kwanza. There is no perfect Hanukkah, Winter Solstice, Thanksgiving, or New Year Celebration. All we can do is make the best of our situations and laugh off the rest as we work towards tomorrow. ■

Information provided by Jacob Dickey, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, dickey@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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QUESTIONS galore

If your child is asking a lot of questions, this can be a big window into their brain. When you see an increase in verbal activity, we're living in a more auditory verbal realm. We're attending in different areas of our brain and asking the same question repeatedly, trying to create pictures in our brain to be able to process and understand. If your child is asking a lot of the repetitive questions, it may be that they're not there yet in their ability to turn auditory input into clear pictures in their brain to give them the visualization and predictability of what's coming next.

As parents, when we notice that our kids are increasing in their words, it's good for us to recognize that they are probably having a harder time processing and may even be having some anxiety, creating more stress. Using brain-based strategies, we can meet them where they're at to lower the demand.

First is recognizing that questions are a window into the brain, prompting more support for your child. Second, where do they need more support? The perfect strategy is to give them more visual cues. Start with a visual schedule using images to help them see what's next. This helps to reduce demand by giving them the visualization they need without creating it themselves. That will meet them where they're at to lower their stress and allow them to have more efficiency in processing verbal conversation. Let us know how this strategy helps. ■

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



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WINTERS

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BOYS VARSITY BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 27, 2023	7:30PM	Creston Community	Creston High School
Dec 1, 2023	7:30PM	Bondurant-Farrar	Winterset High School
Dec 4, 2023	7:45PM	Norwalk	Norwalk High School
Dec 5, 2023	7:30PM	Boone	Boone High School
Dec 8, 2023	7:30PM	Carlisle	Winterset High School
Dec 12, 2023	7:30PM	Carroll	Winterset High School
Dec 15, 2023	7:30PM	Gilbert	Gilbert High School
Dec 19, 2023	7:30PM	North Polk	Winterset High School
Jan 5, 2024	7:30PM	ADM	ADM High School
Jan 8, 2024	7:30PM	Des Moines Christian	Wells Fargo Arena
Jan 9, 2024	7:30PM	Ballard	Winterset High School
Jan 12, 2024	7:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Jan 15, 2024	7:30PM	Van Meter	Winterset High School
Jan 16, 2024	7:30PM	Boone	Winterset High School
Jan 19, 2024	7:30PM	Carlisle	Carlisle High School
Jan 23, 2024	7:30PM	Carroll	Carroll High School
Jan 26, 2024	7:30PM	Gilbert	Winterset High School
Jan 29, 2024	7:30PM	Harlan Community	Winterset High School
Jan 30, 2024	7:30PM	North Polk	North Polk High School
Feb 6, 2024	7:30PM	ADM	Winterset High School
Feb 9, 2024	7:30PM	Ballard	Ballard High School
Feb 12, 2024	6:30PM	Ankeny Centennial	Ankeny Centennial

GIRLS VARSITY BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 27, 2023	6:00PM	Creston Community	Creston High School
Dec 1, 2023	6:00PM	Bondurant-Farrar	Winterset High School
Dec 4, 2023	6:15PM	Norwalk	Norwalk High School
Dec 5, 2023	6:00PM	Boone	Boone High School
Dec 8, 2023	6:00PM	Carlisle	Winterset High School
Dec 12, 2023	6:00PM	Carroll	Winterset High School
Dec 15, 2023	6:00PM	Gilbert	Gilbert High School
Dec 19, 2023	6:00PM	North Polk	Winterset High School
Jan 5, 2024	6:00PM	ADM	ADM High School
Jan 8, 2024	6:15PM	Des Moines Christian	Wells Fargo Arena
Jan 9, 2024	6:00PM	Ballard	Winterset High School
Jan 12, 2024	6:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Jan 15, 2024	6:00PM	Van Meter	Winterset High School
Jan 16, 2024	6:00PM	Boone	Winterset High School
Jan 19, 2024	6:00PM	Carlisle	Carlisle High School
Jan 23, 2024	6:00PM	Carroll	Carroll High School
Jan 26, 2024	6:00PM	Gilbert	Winterset High School
Jan 29, 2024	6:00PM	Harlan Community	Winterset High School
Jan 30, 2024	6:00PM	North Polk	North Polk High School
Feb 6, 2024	6:00PM	ADM	Winterset High School
Feb 9, 2024	6:00PM	Ballard	Ballard High School



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WINTER SCHEDULE 23 - 24

BOYS VARSITY WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 28, 2023	5:00PM	Multiple Schools	Interstate 35 High School
Nov 30, 2023	5:30PM	Multiple Schools	Winterset High School
Dec 2, 2023	10:00AM	Harlan Community	Harlan High School
Dec 7, 2023	5:30PM	Gilbert	Gilbert High School
Dec 8, 2023	1:30PM	Central Decatur	Central Decatur High School
Dec 14, 2023	5:30PM	Multiple Schools	Winterset High School
Dec 16, 2023	10:00AM	Roland Story	Roland-Story High School
Jan 4, 2024	5:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Jan 6, 2024	9:30AM	Multiple Schools	Winterset High School
Jan 11, 2024	5:30PM	Carroll	Winterset High School
Jan 13, 2024	9:00AM	Kuemper Catholic	Kuemper Catholic High School
Jan 18, 2024	5:30PM	Multiple Schools	North Polk High School
Jan 19, 2024	4:00PM	SW Valley - Corning	Corning High School
Jan 20, 2024	10:00AM	SW Valley - Corning	Corning High School
Jan 25, 2024	5:30PM	Multiple Schools	TBA

GIRLS VARSITY WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 28, 2023	5:00PM	Multiple Schools	Truro
Nov 30, 2023	5:30PM	Multiple Schools	Winterset High School
Dec 2, 2023	9:30AM	Multiple Schools	Winterset High School
Dec 7, 2023	5:30PM	Gilbert	Gilbert High School
Dec 11, 2023	4:30PM	Saydel	Saydel High School
Dec 14, 2023	5:30PM	Multiple Schools	Winterset High School
Dec 16, 2023	10:00AM	ADM	A-D-M, Adel
Jan 4, 2024	5:30PM	Multiple Schools	North Polk High School
Jan 11, 2024	5:30PM	Carroll	Winterset High School
Jan 12, 2024	TBD	Creston Community	Creston High School
Jan 18, 2024	5:00PM	Multiple Schools	Boone High School



FOR ALL HUSKIES SCHEDULES

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

Photo Credits: BK Cooke and Nicole Darling



**GOOD LUCK ON
YOUR SEASONS,
HUSKIES!**



MEET Christy Holloway

Teaching sixth-grade ELA at the Winterset Middle School.

Originally from the southwest Iowa area, Christy Holloway has been living in Winterset with her family for the past six years. Although she has been teaching for 18 years, this is her first school year with the Winterset Community School District, where she teaches sixth-grade ELA at the Winterset Middle School.

"I love the sense of community and togetherness. I am part of a great team at the middle school and feel that we all work really well together. We have a lot of fun, too," Holloway says.

She says she enjoys working with students at the sixth-grade level because they are independent yet still inquisitive. She says they are at a fun age where they are trying to find their path. At this age, many of her students are also developing their own unique sense of humor, yet they take their education seriously.

"Some challenges I have faced in my years of teaching are the lack of time and motivating

students to want to learn. The most rewarding part of teaching is seeing the students every day and knowing that I'm making a difference. I truly love what I do," Holloway says.

Her students are focusing on authentic learning experiences. So far, some students have developed projects where they explored figurative language and how to design a movie poster. These activities were designed to help students build on their speaking and listening skills while also being part of a team.

Holloway says she is looking forward to starting the group's book club. For this activity, students deep dive into a specific genre and study all the elements of reading. These are units both Holloway and her students enjoy, she says.

In her free time, Holloway enjoys reading, exercising, fishing and swimming. She also enjoys spending time with her family and going on family vacations during the summer. ■



Christy Holloway says sixth-graders are at a fun age where they are trying to find their path.

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RECIPE

MAKE 'eggstra' special holiday memories

(Family Features) Creating memorable moments and special meals with friends and family during the holiday season doesn't have to be overwhelming. While these festivities are often a favorite moment each year, the planning and preparation can be a bear for hosts. To help take some stress out of hosting duties, start with what you likely already have on hand, like eggs.

Whether it's served as an appetizer or light dessert, this savory-with-a-touch-of-sweet recipe can become part of your family's most cherished traditions, made possible by eggs. Remember, all it takes is the egg carton already in the refrigerator to be the "host or hostess with the most-est" and make memories with those who matter most.

Discover more benefits and recipes that go beyond egg expectations at IncredibleEgg.org/invaluableegg. ■

Popovers with cranberry butter

Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board

Prep time: 10 minutes

Cook time: 45-50 minutes

Yield: 6 popovers

POPOVERS:

- 1 1/3 cups all-purpose flour
- 1 teaspoon kosher salt
- 1 1/3 cups whole milk
- 4 large eggs
- 2 tablespoons avocado or vegetable oil
- nonstick cooking spray

CRANBERRY BUTTER:

- 1/2 cup unsalted butter, softened
- 2 tablespoons cranberry sauce
- 1 pinch salt
- **To make popovers:** In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least six hours, or overnight.
- Heat oven to 375 F.
- Place 6-cup popover pan in oven 10 minutes.



- Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full.
- Bake until puffed high and cooked through, 45-50 minutes.
- **To make cranberry butter:** In medium bowl, mix butter, cranberry sauce and salt until well combined.
- Remove popovers from oven and serve with cranberry butter.

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OUTDOOR living a big draw

Kems enjoys move to home with a view.

Nicole Kems and her husband, Jason, have lived in Winterset for 27 years.

They were drawn to the quaint, small town in part because of its beautiful historical houses and eye-catching downtown square.

"We wanted to start a family and raise them in a small town but be close to the metro so we could commute easily," Nicole shares. "We bought a Victorian house, restored it and lived there for 10 years."

Then, a decade ago, the couple found a piece of land overseeing the North River Valley. The couple liked the location because of the gorgeous view in the timber and its proximity to the highway so they wouldn't have to drive too far on gravel.

"We put up a pole building that we converted into a house and lived in for five years before we built our current house at the top of the hill," Kems explains. "We love being right in the middle of all the wildlife, the gorgeous view and trees that surround us."

Nicole in particular likes the dark wood floors, large windows, kitchen and staircase in the home, while Jason appreciates the garage they used to live in that is now his man cave.

"The 7 acres of trees offer all kinds of wildlife at our back door, but yet we are so close to town and only a short 25 minutes to the metro," Nicole adds. "The neighbors have horses, cows and sheep, and we hear all the great sounds of the country."

The Kems also have made great friends over the last 27 years and feel right at home in Winterset.

"We enjoy all the activities and historical offerings in such a safe, welcoming community," Nicole says.

Nicole owns Angel Wings and CT boutique on the downtown square, while the couple jointly own Aerie Loft, which is an overnight stay located above the store that they rent out to travelers in the area.

In addition, Jason is involved in the Central Iowa Auto Club, The American Legion Post 184 and Post Prom Game Night. He also enjoys playing in bags and card tournaments. Nicole is in PEO Chapter AG, volunteers for the Madison County Chamber of Commerce and the Madison County Covered Bridge Festival and is in the Madison County Giving Circle.

The icing on the cake for the couple is that Winterset has been a good community for their family.

"We have loved raising our boys in a tight-knit community with a school district that blossomed their gifts of music and computers," Nicole says. "The schools, teachers and administrators through the years have been top notch. ■"



Jason and Nicole Kems enjoy the home they built on a scenic lot.

ACA open enrollment

ACA is the acronym for Affordable Care Act. This is the comprehensive health care reform law enacted in March 2010 sometimes known as Obamacare or Marketplace Insurance. Open enrollment is the annual window during which individuals and families may sign up for individual and family health insurance or make changes to their existing coverage. For 2024, open enrollment is from Nov. 1, 2023, to Jan. 15, 2024. It is the only time during the year, other than a special enrollment period, that Americans can sign up for a plan or switch to a different health plan.



The Marketplace (HealthCare.gov) is a resource where individuals, families and small businesses can:

- Compare health insurance plans for coverage and affordability.
- Get answers to questions about your health care insurance.
- Find out if you are eligible for tax credits for private insurance or health programs like Medicaid or the Children's Health Insurance Program (CHIP).

- Enroll in a health insurance plan that meets your needs.

Most people qualify for savings. Depending on your expected household income for the year, you may qualify for:

- Lower costs for your Marketplace plan, like the premium tax credit that lowers your monthly insurance bill, and for extra savings on out-of-pocket costs like deductibles and copayments
- Coverage through Medicaid or Hawk-I. Your children may qualify for Hawk-I, even if you don't qualify for Medicaid.

All Marketplace plans cover:

- 10 essential health benefits including prescription drugs, emergency services, hospitalization, laboratory services, and mental health and substance use disorder services
- Free preventative health services at no cost to you when delivered by a doctor or provider in your plan's network
- Coverage for pre-existing conditions

Example premium:

A household consisting of 40-year-old parents and two teenagers with household income of \$95,000 would be eligible for a tax credit of \$882 per month. This would result in a monthly premium as low as \$137 per month.

Insurance purchased through the marketplace is complex and sometimes difficult for consumers to navigate. Even if you already have a Marketplace plan but do not have an agent, I highly recommend you consult with a health insurance professional who knows the secrets to navigating the complex system. There is no additional cost to use an agent to purchase a plan or make changes to your existing plan. And it is very possible a trained professional can help you to enroll in a plan that better fits your needs as well as provides additional premium savings. ■

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

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Taylor Benshoof

A GUIDE to preventing falls

Caring for aging parents is a special, but often challenging, responsibility.

One of the significant concerns that families face is the risk of falls among the elderly. According to the World Health Organization (WHO),

falls are the second leading cause of accidental or unintentional injury. Falls can have serious consequences, affecting both physical health and overall wellbeing. However, many falls can be prevented with proper precautions and awareness.

Home modifications: Start by conducting a thorough assessment of your living space, identifying and removing potential hazards such as loose rugs, clutter and electrical cords. Ensure that all carpets and rugs are secured with non-slip backing or adhesives. Next, install grab bars and handrails in bathrooms and on staircases. Check the lighting and add lamps where necessary. Ensure that all areas



of the home are well-lit, especially hallways, staircases and entryways.

Strengthening exercises: Encourage regular exercise routines that focus on improving strength and balance. Activities like stretching, yoga and strength exercises can enhance stability and reduce the risk of falls. Outdoor exercises like walking improve overall fitness and maintain mobility.

Check in with a doctor: It is always important to discuss your concerns with your medical provider. Some medications can cause dizziness or unsteadiness. Regularly reviewing medications with a healthcare provider to assess potential side effects is important if you're concerned about falling risks. Additionally, regular eye and ear examinations are essential for maintaining sensory functions that contribute to balance.

Proper footwear: Choose supportive shoes. The use of comfortable, well-fitted shoes with non-slip soles is so important to reducing falls. Avoid shoes with smooth bottoms.

Assistive devices: Consider using

technology such as fall detection devices or emergency response systems that can automatically alert caregivers or emergency services in the event of a fall. This provides an extra layer of security.

Preventing falls in aging parents requires a collaborative and proactive approach from families. By implementing these practical tips, families can create a safe and supportive environment, reducing the risk of falls. Regular communication, a focus on preventive measures, and a supportive atmosphere can significantly contribute to a safer and more comfortable living experience for aging parents. By implementing these tips, caregivers and the elderly can work together to create a safe and supportive environment, reducing the risk of falls and promoting a higher quality of life in later years. Always consult with healthcare professionals for personalized advice and guidance tailored to individual needs. ■

Information provided by Autumn Davis, administrator, Azria Health, Winterset, 515-462-1711.

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LAWN CARE

By Kevin Johnson

HO, HO, HO! Happy holidays

Last month I touched upon what many of our clients have done to extend the beauty of their residence beyond a beautiful lawn and landscape.

Permanent holiday lighting and/or traditional Christmas lighting is a great way to enjoy the upcoming holiday season. Office parties, family gatherings, and spreading Christmas cheer are all valid reasons for investing in a beautiful lighting display that showcases the uniqueness of your home.

Professional lighting contractors can provide you with many options that best fit your individual needs and desires. Many consumers appreciate the no hassle approach that leads to a spectacular and stunning lighting display for their home. Roof lights, wreaths, garland, ground lighting and window lighting are all possibilities with traditional Christmas lighting. Permanent lighting provides a permanent installation that allows various color choices, patterns and flexibility not afforded by the traditional lighting packages. Of course, as a homeowner, you always have the option of lighting your home yourself, as many new products have become available that makes a quality installation easier.

I personally enjoy driving through my neighborhood looking at my community's light displays. It always brings joy to my family as well. Whether you hire a professional or do it yourself, consider holiday lighting and spreading a little Christmas cheer. Enjoy the holidays! ■

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



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BEAUTY

By Annie Wiseman

HOW long should I wait?

Chemical services are a staple in salons. The thing to know about chemical services is that they alter the physical properties of the entire hair shaft. This gives us desired results but causes damage. So, what do we do?

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

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

It's important to follow suggested guidelines after chemically altering your hair for long lasting results. ■

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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Friday, Dec. 8, 6-9 p.m.

Saturday, Dec. 9, 10 a.m. to 4 p.m.

Winterset Livery, 116 S. First Ave.,

Winterset

The public is invited to a two-day indoor shopping experience featuring 26 curated arts, crafts and food vendors in the newly restored Winterset Livery building on the Winterset Courthouse Square. Savor the sights, sounds and scents of the holiday season while shopping for handcrafted items for everyone on your list.



Madison County Chamber Banquet & Annual Meeting

Thursday, Jan. 18

Join the Madison County Chamber of Commerce membership as they celebrate the achievements of 2023 and look ahead to an exciting year in 2024. Nominations are being accepted for Business Person of the Year, Business Improvement of the Year, Volunteer of the Year, Citizen of the Year, Nonprofit of the Year, New Member Award, Customer Service Award, and the Jim and Pat Nelson Legacy Award. For information, nominations and registration, visit <https://www.madisoncounty.com/special-events/>.



Covered Bridges Winery events

2207 170th Trail, Winterset

- **Saturday, Dec. 9: Comedy Night.** Tickets available online at coveredbridgeswinery.com.
- **Sunday, Dec. 10, Sunday Wine Down,** 2-4 p.m., music by Day's Live Music. No cover charge.

Living Well Classes: Overcoming Anxiety or Depression

Orientation: Thursday, Jan. 18, 7 p.m.

Ankeny First United Methodist Church Christian Life Center, 710 N.E. 36th St., Ankeny

Two separate Living Well Classes: Overcoming Anxiety or Depression will be held for eight weeks, Thursdays, Jan. 25 through March 14 from 7-8:30 p.m. Classes are confidential and supportive. For information, call Jim White at 515-313-3701 or email jcjlwhite@live.com.

AREA HOLIDAY ENTERTAINMENT

- **Through DEC. 31: Santa's Rock N Lights.** Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; lhf.org/event/santas-rock-n-lights.
- **Through DEC. 31: Holiday Hullabaloo.** Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; horizoneventscenter.com.

- **Through DEC. 17: "All Is Calm: The Christmas Truce of 1914."** Des Moines Community Playhouse, 831 42nd St., Des Moines. dmplayhouse.com.

- **Through DEC. 17: "A Charlie Brown Christmas."** Des Moines Community Playhouse's Kate Goldman Children's Theatre. dmplayhouse.com.

- **DEC. 7-10: BDM Presents "The Nutcracker."** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; balletdesmoines.org

- **DEC. 7-9: "The Nutcracker."** Iowa Dance Theatre presents at Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org

- **DEC. 8-9: Winter Solstice Market.** 6-9 p.m. on Friday, 10 a.m. to 4 p.m. on Saturday. 116 S. First Ave., Winterset Courthouse Square; madisoncounty.com/special-events.

- **DEC. 8-17: "A Christmas Carol."** Stoner Theatre, 221 Walnut St., Des Moines. iowastage.org.

- **DEC. 9: Santa 5K run.** 521 E. Locust St., Des Moines; fleetfeet.com/s/desmoines.

- **DEC. 14: Christmas with Lorie Line.** 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. hoyshtsherman.org.

- **DEC. 15-17: "Home For The Holidays, A Christmas Cabaret."** Tallgrass Theatre Company, 2019 Grand Ave., Suite 100, West Des Moines. tallgrasstheatre.org. ■

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HOLIDAY Hop

The Winterset Holiday Hop was held around town on Nov. 18.



Pat Dickerson and Gaylene Blankers



Pam Deichmann, Layla Neal and Tish McKee



Rae de Regnier, Ethel Lee Osborn Tucker and Julie Weiss



May Stanley and Carol Jacobs



Brenda Hollingsworth and Jared McDonald



Carissa and Irene Gerwig



Miranda and Michelle Carter



Kari Brett and Ellen Wade



Tammy Hansen and Tiffany Hillyer



Katie and Hazel Cooke



London, Ivy, Roman and Jessica Allen

OUT & ABOUT



A ribbon cutting was held at New York Life on Friday, Nov. 17.



Sue Hansen at the Festival of Lights on the square Nov. 24.



Jaxson, Finn and Chris Mlynarik at the Festival of Lights on the square Nov. 24.



Cindy Lou and the Grinch at the Festival of Lights on the square Nov. 24.



Brooke and Kolby Blessington at the Festival of Lights on the square Nov. 24.



Aubrey Willson and Dee Willson at the Festival of Lights on the square Nov. 24.



Carolers at the Festival of Lights on the square Nov. 24.



Jeanne Jacobsen at the Festival of Lights on the square Nov. 24.



Nate and Shelli Hopley at the Festival of Lights on the square Nov. 24.



Larry Guth and Bill Moody at the Festival of Lights on the square Nov. 24.

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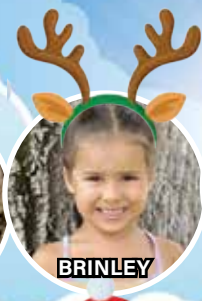
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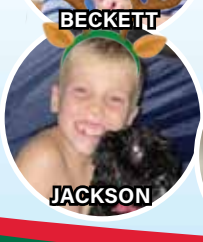
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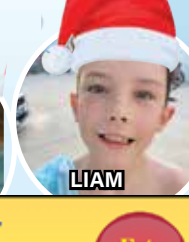
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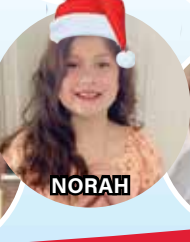
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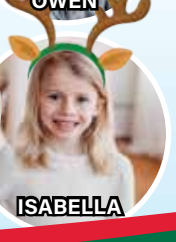
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