

# Living

## The gift of a future

Residents share their stories of organ transplants

**Meet John Jeffs**

EDUCATION

**Mexican cactus pork stew**

RECIPE

**Women's Giving Circle: Do more together**

CITIZEN OF THE MONTH



PRSR1 STD  
ECRWSS EDDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131

# Think Local!

Stay local,  
stay community  
focused!

ROOMS FOR RENT!

\$250-  
\$500

- WEIGHT MANAGEMENT PROGRAM
- HORMONE REPLACEMENT FOR MEN & WOMEN
- THYROID OPTIMIZATION
- RED LIGHT THERAPY
- IV VITAMIN INFUSIONS

Revival

WELLNESS + WEIGHT LOSS  
116 N. 2ND ST. • WINTERSET

CALL TODAY TO IMPROVE  
YOUR WELLNESS!



REVIVALWINTERSET@GMAIL.COM  
515-864-8616

Birthday Party  
planning & beyond!



Take the stress out of your party!  
LET US HELP!



Madeline & Ella  
PARTIESMORE

madelineandellaparties.com

515-729-1437  
madelineandellaparties@gmail.com

Serving Madison County &  
beyond for over 15 years!



SARAH COWMAN  
468-0409



EMILY DUDZINSKI  
515-554-9325



WENDY FROST  
515-468-5746



TYLER HELM  
515-468-8341



KELLY LORENZEN  
515-360-1113



IAN SPARKS  
515-339-2462

Homefront  
Real Estate

HOMEFRONT-REALESTATE.COM

57 E Jefferson, Winterset  
515-468-0409



Ready to make your  
dream home a reality?

Apply online



UNION STATE BANK  
Your Hometown Financial Advantage

USBIOWA.COM

NMLS #435185



611 W. Highway 92, Winterset • 515-462-2161  
6305 Mills Civic Pkwy, West Des Moines • 515-440-2265



Hello  
Spring

Spring is a time of new beginnings and fresh starts. If you're considering getting a free quote now or when the flowers are in full bloom, my team and I are ready for you.

Let's plant the seeds for your new adventure with Charlotte Spear State Farm!

CONTACT US

(515) 462 - 3366

61 E Green St. Winterset, IA  
www.charlottespear.com



# WELCOME

## IF YOU have a heart...

When our editor talked with me about writing stories on organ transplants, I told her how I once moved a piano. She didn't laugh but instead told me how this was a serious and important subject. She was right about that, and I was insensitive with my reply.

Like most of you reading this, I have not had to deal with organ failure or the need for organ transplants. I am quite thankful for that.

Like many of you reading this, I agreed to be an organ donor when I renewed my driver's license several years ago. I had to pull my license out of my wallet and check it to be sure. You should do so right now, too.

I have some friends who have put great thought into this and how their organs can help others live longer lives. I have other friends who are also organ donors but have not thought about it much at all, having the attitude that they will be dead and don't really care. Regardless of how you feel, those who benefit from your organ donations will be forever grateful, as will their family members and friends.

Mothers will be able to bear children. Fathers will be able to walk their daughters down the wedding aisle. Grandparents will be able to hug their grandkids. And young children can learn to smile, knowing their lives won't likely end anytime soon.

As a regular reader of this magazine, you know we cover a variety of subjects and themes in our cover stories. In the past few months alone, we have written about the benefits of hiring senior employees, dream vacations for local families, ongoing educational opportunities, Christmas card traditions, early risers and more. Some topics have been light-hearted while others have had more serious tones.

As you have likely figured out by now, this month's cover features the stories of local residents and the positive impact of organ donations. I got choked up while reading it, and I found the stories to be incredibly touching. I think you will, too.

If you are not an organ donor, I hope these stories change your mind and have you consider becoming one. We share details on how you can do so, along with the heart-warming stories of local residents who are deeply grateful for those who already have. Be sure to read the story, but grab some tissues first.

Thanks for reading. ■

### SHANE GOODMAN

President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



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

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



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

**AW**  
**ANCHORED**  
**WALLS**

**BASEMENT WATERPROOFING,  
FOUNDATION REPAIR, AND  
CRAWL SPACE SERVICES**

- TRUSTED EXPERTS
- LOCALLY MADE PRODUCTS
- LIFETIME WARRANTY

Anchored Walls has been in business for over 40 years, servicing all foundation and basement waterproofing needs for homeowners in Iowa.

4.8 Star Rating On Google\*

A+ BBB ACCREDITED BUSINESS

OR SCAN HERE

**Contact us for a Free Estimate**  
**833-770-7600 | AnchoredWalls.com**

**NO JOB TOO SMALL!**  
**NO JOB TOO BIG!**

**SERVICES AVAILABLE**

- ✓ Free Estimates
- ✓ Collision Services
- ✓ Dent Repair
- ✓ Color Matching
- ✓ Bed Liner Installation
- ✓ Insurance Work Welcome

**AL'S BODY & CUSTOMS**

**(515) 493-1106**

815 E GREEN ST. • WINTERSET

Cathy Simon says her husband, Randy, has been a huge support for her during her battle with kidney disease and a second transplant surgery.



# The gift of a future

Residents share their stories  
of organ transplants

By Chantel Boyd

For many people with organ failure, a transplant is their one hope for a return to good health. In the U.S., more than 100,000 people are waiting for an organ donation — and, for many, the wait can be five or more years. For 17 people each day, time runs out before a match can be found ([organdonor.gov](http://organdonor.gov)). Those fortunate enough to receive a transplant are given not only a gift of health, but of hope — and a future to enjoy.

## A gift for a near stranger

On March 9, 2016, Larkin Williams of Winterset donated a kidney to Emily Roush, who has lived in Indianola for eight years. The two are not related but had worked together at a care facility.

Organ donation was something Larkin had been interested in. Still, one day in the break room changed everything for her and solidified her desire to donate the gift of life.

“There was a posting in the break room at work, so I took down the information and called on my break to get the process started,” she says.

Emily had a rare neurological disorder that went undiagnosed for more than a year and resulted in kidney damage.

Larkin encourages others to also “share your spare” in reference to having two kidneys.

“Over 100,000 people are waiting for life-saving organ transplants; more than 80% of those need a kidney,” says Larkin.

She also wants other would-be donors of kidneys to know they can go on to live a healthy life after donating.

The second most needed organ is the liver, which some people can donate while living. The surgeons only take a portion, and your liver regenerates itself.

“Knowing that you helped someone’s mother, father, daughter, son, wife, husband, etc., have a longer life to spend with their loved ones is one of the most fulfilling feelings I have had the pleasure to experience in my life, second only to having my children,” Larkin says.

She adds, the most fulfilling moment in her organ donation experience has been to witness Emily go on living a normal life.

“I have seen all the things she’s gotten to do since receiving my kidney. She got married five months later, and she has gotten to watch her children grow up,” Larkin says.

She has not only given a gift to Emily but to Emily’s family as well.

“I have seen her live her life and know that her children have their mom to get them through childhood,” Larkin says. “That is the most rewarding part of the whole experience.”

The most challenging time for Emily was the recovery.

“The pain was pretty bad but not unbearable,” she says. “I didn’t bounce back as quickly as I thought my young body would, but I was back to normal after about two months.”

The last time Emily had normal kidney function was in 1999. At the time of her kidney transplant from Larkin, she was just 39 years old. Emily spent about nine months on the transplant waiting list. A dozen family members and friends were tested to see if they were a donor match, but none were.

Larkin was practically a stranger at the time of the donation. About three weeks after starting her job at Westview Care Center in Indianola as a CNA, Larkin saw the flyer about Emily in the break room.

“She needed help, and I wanted to help her,” says Larkin, who is a mother of two.

Emily almost couldn’t believe it.

“I’ll fully admit that, if I had been healthy, I don’t think I would have donated a kidney,” admits Emily, who recovered well after the transplant.

“It was all worth it once I knew she was doing well,” says Larkin.

Once coworkers who barely knew each other, Larkin and Emily now share the bond of a lifetime.

April is Donate Life Month, a time to raise organ and tissue donation awareness. Currently, 637 Iowans are on the waiting list.



Larkin Williams, left, donated her kidney to Emily Roush on March 9, 2016.

## Daughter gained decades with dad

Chelsea Christensen’s family lives in Winterset, and her dad, Ted Nowakowski, is in the Guinness Book of World Records as the longest-surviving heart transplant recipient at 34 years, 8 months and 17 days. Chelsea moved to Winterset in 2010, and her parents moved there shortly before Ted’s death in 2018.

“My dad had a heart transplant in 1983 and lived for just under 35 years after his transplant,” Chelsea says.

Ted had a notable life, to say the least. He grew up in Dayton, Ohio, and served in the U.S. Marine Corps from 1967 to 1970 in Vietnam, receiving two Purple Hearts and being honorably discharged. Ted became an art teacher and then principal after college.

Ted married Kathleen, and they had their family: Sarah (Matthew) Kirkland of Winterset, Neil (fiancé Krystal Dominguez) Nowakowski of Murray, and Chelsea (Tate) Christensen of Winterset. Later, he and Kathleen had grandkids. Ted was a loving family man and lived life to the fullest with his heart transplant. He coached Little League and junior and senior high football at Murray, and enjoyed hunting, fishing, college football, sitting by the fire, and reading the paper.

He was 34 when he received his new heart in 1983. He had been diagnosed with idiopathic cardiomyopathy.

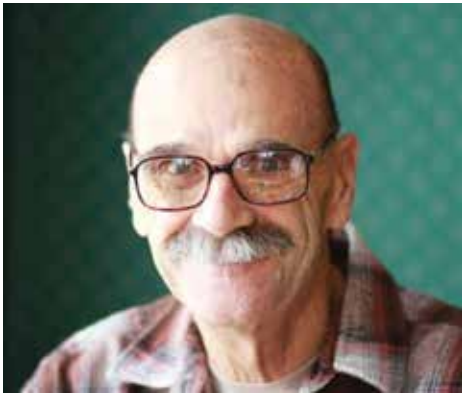
“My dad lived to be almost 70,” says Chelsea. “It was kind of a miracle my brother and I were born post-transplant because the medicines he was on drastically affected him, so they were told he probably wouldn’t have any more kids.”

Chelsea is grateful for the anonymous donor who gave her dad the gift of life and who made her birth possible.

“The donor was someone from the Chicago area who passed away in a motorcycle accident,” she says. “It’s crazy to think that, because of the organ donation, my dad was able to bring my brother and me into this world.”

In addition, Ted was able to attend graduations, walk his daughters down the aisle at their weddings, and become a grandpa.

“These were all things we weren’t sure would ever happen,” Chelsea says. “Dad’s best memories were living the slow life in southern Iowa with



Ted Nowakowski, who died in 2018, lived for more than 34 years after his heart transplant. His daughter, Chelsea Christensen, is grateful that her father lived long enough to have her and to be part of his family's lives for those decades.

his loving wife and kids. I think that was always his dream, and he got to live that.”

Right before the transplant, Ted's heart was working at about 25% of what a normal heart would be.

“His goal was to see his only daughter's first birthday. There was a six-month wait after being put on the transplant list that was stressful to both him and my mom,” says Chelsea.

These were pre-cell phone days, so any time they left the house, Chelsea's parents had to notify three people so that they could be tracked down if they got the call that a heart was available.

Though Chelsea's family never knew much about the donor, they did realize that the best day of Ted's family's life was the worst for the donor's family.

“If I met them, I would give them a big hug,” she says. “I don't think telling them ‘thank you’ would be enough. Because of them, I got to experience life. And not just life, but life with a dad.”

Chelsea wants to raise transplant donor awareness.

“It is so important,” she says. “I love that I got to live because my dad got to. My favorite picture is of him on the swing — it's just him living life.”

### From recipient to advocate

Cathy Simon is a big proponent of organ transplants, and for good reason. She received a kidney transplant in June of 2023.

“I am active in the National Kidney Foundation. I was in D.C. at the Kidney

Summit advocating for kidney-related legislation,” she says.

Cathy is passionate about the topic, as she has been a recipient twice in her lifetime.

“My first transplant was 30 years ago from my mom, Susan Anderson,” she says. “My second was last June from a deceased donor after I spent two years on dialysis.”

Cathy is grateful for donors like her mom and the anonymous donor who have given her the gift of life.

Cathy was first diagnosed with kidney disease when she was 25 years old.

“I was told I would need a kidney transplant sometime shortly,” she says.

They found her mother was a match, and Cathy's new kidney provided her with an active life for 30 years.

“I have enjoyed the quality of life that good health allows, including raising a family and working full time,” she says.

Cathy's mom, now 83, continues to be in good health, a testament to the fact that a donor can have a healthy life with one kidney.

“My mom has traveled to all seven continents. Donating a kidney at age 53 has not slowed her down,” Cathy says.



## HIRTA PUBLIC TRANSIT

HIRTA is a public transportation system available for anyone for any reason in Winterset and all of Madison County!

All of HIRTA's vehicles are 100% ADA Accessible.



**HIRTA**  
On Demand

Download the HIRTA On Demand app on the App Store or Google Play!



Apple logo® and Apple Store® are registered trademarks of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

1 (877) 686-0029 [www.RideHIRTA.com](http://www.RideHIRTA.com) [erides@RideHIRTA.com](mailto:erides@RideHIRTA.com)

In 2021, Cathy's renal function began to decline.

"I spent the next two years on dialysis," she says. "During that time, I was fatigued, nauseous, puffy, and uncertain about my future."

Throughout that time of uncertainty, Cathy did not lose hope.

"My faith sustained me through this, as did my incredible husband, Randy, who took on the role of caregiver with courage and compassion," she says.

While Cathy was on dialysis, several loved ones volunteered to be evaluated for donating one of their kidneys to her.

"The gratitude Randy and I feel toward these individuals is indescribable," she says.

Cathy was placed on the wait list for a kidney transplant. The typical wait time can vary, but it is three to five years on average. In early June 2023, Cathy received the call that a kidney was available.

The family of a 40-year-old on life support had made the heart-wrenching decision to withdraw life support and donate the organs.

Cathy and her family felt a range of emotions. "We felt shocked, excitement, fear and

sadness," she says. "My husband and I decided to take the option of the deceased donation. Twenty-four hours later, I had a new, working kidney."

Cathy's quality of life again improved.

"I was freed from dialysis prison," she says. "Now, I have no diet or fluid restrictions. I have the energy to enjoy life and pursue new interests."

Cathy doesn't know the name of her donor or where the donor lived.

"Recently, I wrote a letter to the donor's family. The Iowa Donor Network (IDN) will mail my letter to the family and continue protecting donor and recipient confidentiality. If both parties want to meet, the IDN will arrange it."

The letter was difficult for Cathy to write.

"I don't know if the donor had a spouse or children. But somewhere out there is a momma who is grieving for her child. I hope the family will someday read my letter and gain some comfort from it," she says.

Cathy is grateful for both the gifts of a lifetime she has received.

"The decision they made changed the course of my life," she says. "I will take tender care of

## How to become an organ donor

Register with the DMV or register online at the Iowa Donor Network website, [www.iowadonornetwork.org](http://www.iowadonornetwork.org).

- 637 Iowans are waiting for an organ transplant.
- 103,388 people are on the National Organ Waiting List.
- 16 Iowans are waiting for a heart
- 559 Iowans are waiting for a kidney
- 347 organs were transplanted in Iowa in 2022.

this new kidney, just like my mom's."

The best memory Cathy has made since her most recent transplant was a trip to Washington, D.C., with Randy and their grandson, Ethan.

"Randy and Ethan enjoyed the museums and monuments while I joined the 168 National Kidney Foundation Patient Advocates on Capitol Hill," she says.

For more information, visit [www.kidney.org](http://www.kidney.org)/advocacy and [www.kidney.org](http://www.kidney.org). ■

Announcing our newest

# Health & Rehab Services



An Affiliate of **MERCYONE**

SPEECH THERAPY  
**Pediatrics Speech Therapy**

OCCUPATIONAL THERAPY  
**Lymphedema Clinic**

RESPIRATORY THERAPY  
**Pulmonary Function Testing**

300 W Hutchings St., Winterset, IA 50273 | (515) 462-5206 | [madisonhealth.com](http://madisonhealth.com)

With hundreds of years of combined experience,  
our office provides you with a

**true hometown experience,  
from beginning to end!**



[madisoncountyrealty.com](http://madisoncountyrealty.com)

**JENNIFER STOVER**

cell: 515-480-3389

[jenniferstover@madisoncountyrealty.com](mailto:jenniferstover@madisoncountyrealty.com)

*The Right Agent For You!*

## REAL ESTATE

By Jennifer Stover

# HOME inspections from the seller's side

Often, home inspections focus on the buyer's side of the transaction and items they should look out for during the inspection. However, sellers also need to have good advice from their Realtor during the inspection period. It can be a nerve-wracking position to be in as a homeowner, so here are a few tips to help navigate the process.



**1. Trust your Realtor** – Your Realtor will help you differentiate between minor and major inspection findings. They will also help you craft a game plan for any repair requests.

**2. Allow time** – Rushing the home inspector isn't going to do you any favors. You should expect the process to take a minimum of two to four hours, depending on the size of the home. It's generally best for the seller to leave during this time.

**3. Fully operational** – Make sure that all utilities are on and provide remote controls for any associated equipment such as lights or fans. This will make it easier for the inspector to do their job as quickly as possible.

**4. Be prepared** – Know which items the inspector is looking for: water damage, roof condition, leaking pipes, HVAC age and functionality. These are big ticket items that pose a safety or health issue.

Maintenance of a home is important and the key to a great home inspection. ■

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

## AUTOMOTIVE

By Dawn Lauer

# OUT of alignment

While spring brings some wonderful things like warmer temperatures and longer days, it also brings us potholes. Potholes are an unfortunate result of the harsh Iowa winters that take a toll on our roadways and, in turn, on our vehicles. As much as we try to avoid them, you may just accidentally hit a large pothole head on. Doing so may cause more than just a loud thud. It can actually throw off your car's wheel alignment.



Your car being out of alignment might not always be noticeable at first. There are no warning lights or indicators if your alignment is off. However, if you notice your vehicle pulling to the left or right, a vibration in your steering wheel, or that the steering wheel is off-center when driving straight, you should get it into your trusted automotive repair shop to have it checked out.

During an alignment, the technician will inspect three main things: camber — the inward or outward angle of the tire when viewed from the front of the vehicle; toe — the extent to which tires turn inward or outward when viewed from above; and caster — the angle of your steering axis when viewed from the side of your vehicle. Without proper alignment, your tires will wear unevenly, requiring you to replace them prematurely.

Proper wheel alignment is important for your vehicle in many ways, but, most of all, it ensures optimal drivability and safety. ■

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

**\$10 OFF  
WHEEL  
ALIGNMENT**

Offer valid thru 4/30/24

**QUALITY  
— CAR CARE —**

**515.462.1035**  
1012 N. 10th St.  
Winterset, IA

FROM OIL CHANGES TO OVERHAULS,  
**WE FIX IT ALL.**



# WISE decisions with retirement in mind

Certain financial and lifestyle choices may lead you toward a better future.

Some retirees succeed at realizing the life they want; others don't. Fate aside, it isn't merely a matter of investment decisions that makes the difference. There are certain dos and don'ts — some less apparent than others — that tend to encourage retirement happiness and comfort.

**Retire financially literate.** Some retirees don't know how much they don't know. They end their careers with inadequate financial knowledge and yet feel they can prepare for retirement on their own. They mistake creating a retirement income strategy with the whole of preparing for retirement and gloss over longevity risk, risks to their estate, and potential health care expenses. The more you know, the more your retirement readiness improves.

**A goal to retire debt free — or close to debt free.** Even if your retirement savings are substantial, you may want to consider reviewing your overall debt situation.<sup>1</sup>

**Retire with purpose.** There's a difference between retiring and quitting. Some people can't wait to quit their job at 62 or 65. If only they could escape and just relax and do nothing for a few years, wouldn't that be a nice reward? Relaxation can lead to inertia, however, and inertia can lead to restlessness and even depression. You want to retire to a dream, not away from a problem.

The bottom line? Retirees who know what they want to do — and go out and do it — are positively contributing to their mental health and possibly their physical health as well. If they do something that is not only vital to them, but important to others, their community can benefit as well.

**Retire healthy.** Smoking, drinking, overeating, a dearth of physical activity — all these can take a toll on your capacity to live life fully and enjoy retirement. It is never too late to change habits that may lead to poor health.

**Retire where you feel at home.** It could be where you live now; it could be a nearby place where the scenery and people are uplifting. If you find yourself lonely in retirement, then look for ways to connect with people who share your experiences, interests and passions — those who encourage you and welcome you. This social interaction is one of the great, intangible retirement benefits. ■

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment. Citation: 1. CNBC.com, December 2, 2020





**CENTRAL IOWA'S PREMIER ROOFING COMPANY**

ROOFING • SIDING • DECKS • ADDITIONS  
REMODELS • & MORE



Thank you for your votes!

**FAVORITE HOME IMPROVEMENT CONTRACTOR**

**CALL OUR TEAM TODAY!**  
**(515) 689-3700!**

*Locally Owned & Operated*



Let us help you feel **CONFIDENT**  
about your **FUTURE**



**FRIENDLY, CONFIDENT HELP**

*We make it a priority to know and understand the investment and insurance industries to better educate and serve our clients!*

**Jason Kleemeier, CFP®**  
Financial Consultant



224 E. Hwy 92, Suite B, Winterset

**515-462-4608**

[www.oneywealth4me.com](http://www.oneywealth4me.com)



**ONEWEALTH**  
*Personalized Wealth Management*

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Cambridge and OneWealth are not affiliated.

# SS Therapy and Consulting



Taking on life's challenges one step at a time.

**Free Therapy**  
Offered with Interns  
Immediate Availability

**Therapy for All Ages**  
Most Insurances Accepted

**Neurofeedback  
Brain Maps  
and Training Available**

**CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!**

**Contact [admin@sstherapyandconsulting.com](mailto:admin@sstherapyandconsulting.com)  
(515) 528-8135 to schedule**

**TELEHEALTH APPOINTMENTS AVAILABLE**

4725 Merle Hay Rd. Ste 205, Des Moines, IA  
[www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com)

## HEALTH

By Shelly Stewart-Sandusky, MS, LMFT

# LIVING with an anxiety disorder

Anxiety is a common emotion everyone experiences at some point, generally when there is a situation or stressor that warrants an anxious response, after which, unhealthy levels of anxiety will go away as the situation is resolved. Problematic anxiety doesn't go away. People who suffer from anxiety disorders often experience anxiety in a chronic way, resulting in thought patterns and physical symptoms that are a constant part of their life. For instance, racing thoughts that can't seem to be stopped or deflected, constant worry or fear of something bad happening, and physical symptoms such as fatigue, muscle tension or nausea, among others. For a person with an anxiety disorder, it can be hard to imagine not having to constantly battle your own mind to be functional throughout the day or to always be worried about something even when there doesn't seem to be a reason to worry. But there are different things you can do to help.



- Therapy can be a helpful way to process through anxiety and learn about coping strategies to better manage it and to learn about triggers and patterns associated with your anxiety.
- Medication management with a psychiatrist or psychiatric nurse practitioner can be helpful for some people.
- Meditation can help calm the central nervous system and help give your mind a reset that helps alleviate some anxiety. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

# SPRING INTO WELLNESS



**Flourish**  
Chiropractic & Wellness  
Children • Adults  
Prenatal & Postpartum Care

108 W Court Ave, Winterset (515) 384-0360 [flourishchiro.life](http://flourishchiro.life)



## HEALTH

By Dr. Amanda Queck

# SPRING into wellness

Spring is in the air. As we transition into longer and warmer days, it is important to think about springtime maintenance for your body. Here are a few tips:



- **Regular chiropractic care** – Not only can chiropractic adjustments help with joint pain, support the inflammatory response, and improve flexibility and overall mobility, but being under regular chiropractic care helps your nervous system become more adaptive to stressors (including those seasonal allergies).
- **Get moving** – We like to say that movement is the best medicine. It helps boost natural energy levels, strengthen your muscle tone and, ultimately, allows for better joint mobility.
- **Focus on higher nutrients** – It is easy to get caught up in which foods to avoid or what diet to follow, but what is more important is making sure that your body is getting the nutrients it needs. Focus on eating healthy fats (such as avocados, nuts and seeds), lean proteins and nutritious carbohydrates (such as sweet potatoes, whole grains and legumes).
- **Embrace restful moments** – We thrive best on seven to nine hours of sleep. As you wrap up your day, try to spend at least 30 minutes before bed with no screentime. Try journaling to recap your day or planning for tomorrow so your mind is clear before your head hits the pillow. ■

Information provided by Dr. Amanda Queck, D.C. Flourish Chiropractic & Wellness, 108 W. Court Ave., Winterset, 515-384-0360, [www.flourishchiro.life](http://www.flourishchiro.life).

# REBUILDING trust God's way

Trust is defined by the Merriam-Webster Dictionary as, "To place confidence in or to rely on." Based on that definition, how does confidence and reliance get rebuilt after it's been torn down? In other



words, how is trust restored after it's been broken? These are tough questions that don't always have easy, black-and-white answers. There is a vulnerability and risk involved in trusting others, and, when that trust is broken, relationships change. Rebuilding trust takes time and grace-driven effort, especially when we are committed to doing it God's way.

There are many passages of Scripture that deal with this matter, but one of my favorites is found in Matthew 18:21-22: "Then Peter came up to him, 'Lord, how often will my brother sin against me, and I forgive him? As many as

seven times?' Jesus said to him, 'I do not say to you seven times, but seventy-seven times.' "

The context of Matthew 18 has Jesus teaching his disciples about humility, being serious about killing sin, compassion for the lost, how to respond when sinned against, and how Jesus really shocks Peter with this response. It seems that Peter might be patting himself on the back when asking Jesus if forgiving his brother seven times is sufficient. Jesus' response would have been like a slap in the face to Peter. Jesus has a way of taking things to the next level and exposing our hearts. Many times, we don't want to go the extra mile when it comes to forgiving others when we've been wounded, and doing it over and over is extremely difficult.

We are not called to be door mats and let people constantly run over us, but we are called to forgive. Withholding forgiveness from others is essentially us "playing God." That never goes well. Forgiving others doesn't always lead to full reconciliation right away. Rebuilding trust takes

time, and there is wisdom in being cautious with certain relationships where trust has been broken.

I'll end with Paul's words in Colossians 3:12-13: "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

There is no better way than rebuilding trust God's way and remembering how much we've been forgiven. Looking to Jesus and His finished work on the cross only helps us in difficult seasons where trust has been broken. ■

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.

## THE STRUGGLES OF LIFE ARE REAL.

Our counselors are trained to come alongside you, walk with you, and encourage you from the Bible.



Schedule your appointment today.

Marriage | Family | Crisis |  
Addiction | Grief | and more

[www.redeemerwinterset.com](http://www.redeemerwinterset.com)  
113 S John Wayne Dr, Winterset



# TEACHERS' SUBTITLES. Another Frankenstein. More Spider-Verse. And laugh-out-loud moments.

If you have not been to the movies lately, you've missed some good films. Some of these will still be in theaters, but others might be close to streaming. Keep this article handy to remind you to look for them.



### “The Teachers’ Lounge”

I knew nothing about this movie going in and have praised it ever since that day. It is nominated for Best International Film (formerly known as Best Foreign Film). It is in German with subtitles. By the way, contrary to public opinion, no one has ever been injured by a subtitle. The movie is about a teacher in a German school who discovers a co-worker is responsible for thefts in the teachers’ lounge. When she confronts her, you know what hits the fan. And, of course, the person denies the accusation, and it becomes a “she said/she said” battle with the accuser being the one who is persecuted. It is a powerful film and a powerful statement on the world we live in. One of the best films I saw last year. **Grade: A**



### “Lisa Frankenstein”

I drove across Des Moines from the south-side Fleur Cinema to Waukee and The Palms Theatres to see the second movie of the day, a modern twist on the Frankenstein story. My expectations were low, but the film managed to surprise me. It was entertaining and, at times, charming. A high school girl hanging out with a guy who literally pulled himself from his grave during a lightning storm is a unique story, but Diablo Cody, who wrote the great movie “Juno” back in 2007, shows that she still has the chops to write a funny and clever film. **Grade: C+**



### “The Zone of Interest”

“The Teachers’ Lounge” was intense and powerful, but this look at the people living in an opulent home next to the notorious Auschwitz prison camp ranks close. It’s an oddly made film, giving us scene after scene of their everyday life with little formal storytelling. It is a story that is difficult to believe. The screams and gunshots were completely ignored as if they didn’t happen. Tough to sit through, but a fascinating tale. **Grade: A-**



### “Madame Web”

Dakota Johnson from the “Shades of Grey” films joins the Marvel Universe as a fringe character in the Spider-Verse in an effort from the Sony company to continue to milk the Spider-Man deal they signed years ago with Marvel Comics. The film has been universally trashed, and Johnson has been excoriated. My grown son and I went to this with low expectations, and we both enjoyed it. Not sure what people were expecting. **Grade: C+**



### “Bob Marley: One Love”

My knowledge of Bob Marley is limited. I know a couple of his songs, but the depth of

his political activism and his dogged artistic drive were surprising to me. The movie is well made, but I really could have used subtitles as the accents, though accurate, were difficult to understand. It is a good movie that I will rewatch at home with subtitles and will probably appreciate it even more. **Grade: B+**



### “Drive-Away Dolls”

Director/writer Joel Coen (of the Coen brothers) gives us a raunchy and profane story of two women on a road-trip in a car with a unique present in the trunk. The movie and the language never hold back, which produces a mixture of shock and “laugh-out-loud” moments. One of the craziest movies I’ve seen in a while, and it is sure to offend many. **Grade: C**



### “Dune: Part 2”

One of the movies I was most looking forward to this year. Director Denis Villeneuve and a tremendous returning cast deliver a super-long (2:45) sequel that, in my opinion, brings up more questions than answers. I loved the first film, but this sequel was long and confusing. Word to the wise — if you are going to see this film, do yourself a favor and drive to Waukee and see it in the IMAX theatre. Visually stunning! **Grade: B- ■**

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

**FREE COMMUNITY EVENT!**



# BBQ RIB COMPETITION

**JUNE 1 • 3PM**

AT THE CORNER OF HIGHWAY 169 AND 92

KIDS ACITIVIES • BEER GARDEN • FOOD TRUCKS • LIVE MUSIC

**FIREWORKS  
DEMO!**

*Tony Wenck's*  
**FACTORY OUTLET  
FIREWORKS**  
HIGHWAY 169 & 92 WINTERSSET



OPENING DAY  
FIREWORKS  
SEASON!

HUGE SALE  
ON ALL  
FIREWORKS



## 'An Education in Malice'

Is it weird that I wish I had been sent away to boarding school? I've read so many books about people having strange and fantastic adventures when sent to some gothic revival mansion in the deep woods, I feel like I missed something important at my run-of-the-mill school. At least I have the wildly popular dark academia genre to help me cope with my dull youth.

Laura Sheridan leaves her stifling childhood behind to attend a prestigious and secretive writing program at a mysterious east coast college. The normally introverted and awkward Laura soon finds herself drawn to Carmilla, a darkly beautiful and brilliant classmate she despises, at first. Both young women are soon caught under the spell of an enigmatic poetry professor who revels in their rivalry and encourages their adoration. The enemies quickly become something more intense as political and supernatural mysteries twist and turn their youthful naivete into something darker.

Lush, haunting and perfectly paced, this is a beautiful and unsettling story that wasn't nearly long enough. I recommend this to anyone who needs a little passion and intrigue in their life, or if your memories of school are as boring as mine. ■ — *Review by Julie Goodrich*



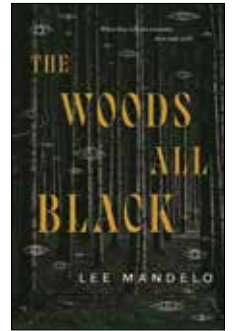
By S.T. Gibson  
2/13/24  
352 pages  
\$18.99  
Orbit

## 'The Woods All Black'

Appalachian horror is having a moment, and I am loving every second. There are threads of Shirley Jackson, William Faulkner and even Stephen King woven into this tale of a community gone bad. This twisted, dark novella is full of monsters — most, but not all, of them human.

It's the 1920s, and the frontier nursing service sends Leslie, a war-weary nurse, to Spar Creek to provide the backwater with the standard medical care they desperately need. Upon arrival, he finds a town on the verge of horrific violence in the name of religion. Acting quickly and with no regard for the horrors that await him, he tries to save a child with the unfortunate affliction of being different.

This is an unrelenting, high-speed thriller with a cast of complex characters who are still living in my brain. For a story set more than 100 years ago, it feels startlingly modern and serves not just as a cautionary tale but a grisly reminder of both the cost and value of being yourself, social pressure be damned. ■ — *Review by Julie Goodrich*



By Lee Mandelo  
3/19/24  
180 pages  
\$19.99  
Tordotcom

# You need customers. We have readers. Let's get together.

Let me show you how advertising creatively with this community magazine can bring our readers into your doors.

You want ideas? I have them.  
Contact me today and expect results!

**Kristine McDonald**

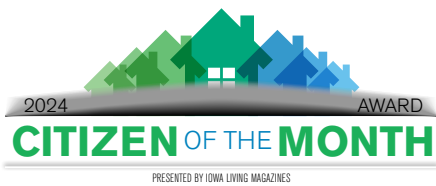
515-975-3543

kristine@iowalivingmagazines.com



# WOMEN'S Giving Circle: Doing more together

Contributions exceed a quarter of a million dollars.



The Madison County Women's Giving Circle is a local organization that came about from a realization that a group could do more together than separately, and it appears they have achieved that, since they've given out more than a quarter of a million dollars to local causes.

Six members of the group — Bobbie Kennedy, Peggy Sullivan, Laura Bertelson, Kristie Hirschman, Lindsay Baessler and Jacque Mohs — met to share the history and purpose behind their involvement.

The group meets once every quarter, and each member is asked to give \$50 per meeting. Those in attendance at the quarterly meetings hear brief presentations by a few local charitable organizations, and the members vote on which charitable group will receive all of the collected money, which is generally around \$5,500 to \$6,000. The meetings are kept to no more than an hour, since the group aims to respect everyone's time. And although attendance at the quarterly meetings is encouraged, it is not required.

Mohs recalled how the group began more than a decade ago.

"I really think this organization was the brainchild of Pat Nelson," says Mohs. "She had heard about a similar organization, and she sent out an email to about 10 to 15 people she knew to see if they might be interested. Then we ended up forming a small group in 2011 for a planning meeting. Since the group started in 2011, as of ending 2023, the group has collected and distributed \$252,953. Last year alone was \$25,722, with 130 members."

Peggy Sullivan says her membership in the group has been an eye-opener.

"I didn't realize all the needs. And once you start seeing the people presenting, you're just blown away with all the needs," she says.

One noteworthy need that the Women's Giving Circle helped meet relates to the tornado that impacted Winterset in March of 2022.

"We did First Responder counseling after the tornado. We paid for counseling because there were many of them that were struggling," says Mohs.

The group welcomes new members. There is no requirement to live in the county. Any interested women are encouraged to contact a member with any questions. The current roster is around 130 members, and the goal is to exceed 150.

Bobbie Kennedy says her membership in the group has been



Felicia Weeks and Brittany Hilsabeck of Scot Clark Farm Bureau present the Citizen of the Month certificate to the Madison County Women's Giving Circle board members: Jacque Mohs, Bobbi Kennedy, Peggy Sullivan, Kristie Hirschman and Laura Bertelson. Not pictured is Lindsay Bessler.

personally fulfilling.

"You can always do a little bit on your own, but if you get like-minded people and push toward a common goal, all of a sudden, it can make a meaningful difference in the lives of the families and people, and even us as members," she says. "You feel really good about being part of the group and the difference you've made." ■

**Strength. Stability. Service. And us.**  
Thank you for voting us favorite  
Madison County Insurance Agency!



Scot Clark Agency Master Ag Wise Certified  
(515) 462-4774 • 1303 N 6th Avenue, Winterset, IA 50273

**FARM BUREAU FINANCIAL SERVICES**

Auto | Home | Life | Annuities | Business | Farm & Ranch

Farm Bureau Property & Casualty Insurance Company,\* Western Agricultural Insurance Company,\* Farm Bureau Life Insurance Company\*/West Des Moines, IA. \*Company providers of Farm Bureau Financial Services PC044 (7-16)

**Do you know a citizen who deserves recognition?  
Nominate him or her at [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).**

Be sure to check for cancelations



## Building Better Birders Workshop

April 19 and April 20  
Madison County ISU Extension Office unless otherwise noted

This free Madison County Conservation workshop includes a variety of sessions, and participants can choose to attend as many as they want. No registration required. Call 515-462-3536 for more detailed directions to workshop locations. Sessions are:

- April 19, 5-6:30 p.m., Wetland Birds of Iowa; 7-8:30 p.m., Birding, Internationally.
- April 20, 6-9 a.m., Waterfowl Watch at Jensen Marsh; 10-11:30 a.m., Shorebirds of Iowa; 1-2:30 p.m., Grassland Birds of Iowa; 3-4:30 p.m., Common Feeder Birds of Iowa; 5-6:30 p.m., Warblers of Iowa.

## Winterset Public Library events

123 N. Second St.

• **Friday, April 5**, 1-5 p.m., Acoustic Jam Circle. All ages are welcome to strum, pick, fiddle, sing along, or just listen the first Friday of each month.

• **Monday, April 8**, 11 a.m. to 4:30 p.m., Solar Eclipse Activities

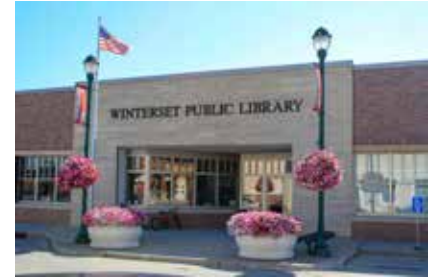
• **Mondays**, Game On! Recommended for ages 10 and older. Enjoy Xbox 360, Wii, Ninetendo Switch and board games. Occasional food project or craft included. No registration required.

• **Tuesdays**, 1:30-4 p.m., Adult Game Day, for ages 19 and older. Join for some laughs and fun competition. Many games to choose from or bring your own favorites. Snacks are welcome. No registration required.

• **Wednesday, April 10**, 6-8 p.m., Snowdrops in Winter Watercolor Class. Note: A latex painting supply will be used during class. Class size is limited. For adults, ages 19 and older. Call the library to register, 515-462-1731.

• **Friday, April 12**, 6:30-8 p.m., Zen Stone Painting. Join for an evening of stone painting and relaxation. All supplies provided. Register by calling 515-462-1731.

• **Monday, April 15**, 6:30-7:30 p.m., Plant. Grow. Fly. - The Blank Park Zoo. Learn why the Zoo cares about pollinators and the importance pollinators play in our ecosystem. This program is designed to encourage and educate from the perspective that no effort is too small and that each and every one of us can do our part to help pollinators thrive simply by planting pollinator-friendly plants.



## Tending Iowa's Land: Pathways to a Sustainable Future Madison County edition

Session 1: April 21, 3-5 p.m., Pammel Park Lodge with Dr. Jim Pease  
Session 2: June 2, 3-5 p.m., 1157 Prairieview Ave., Winterset, with Kathy Woida

The Madison County Foundation for Environmental Education will be hosting four community discussions around the book, "Tending Iowa's Land," edited by Cornelia F. Mutel. In a straightforward and friendly style, Iowa's premier scientists consider what has happened to our land and outline viable solutions that benefit agriculture as well as our human and wildlife residents. Each discussion will feature a contributing author from the book. The events are free, and no registration required. Each event will conclude with an optional hike. Refreshments will be provided by Winterset Veterinary Center. The last two sessions TBA.

## Wild Lights Festival

April 5 - May 27, 7:30-10:30 p.m.  
Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

[blankparkzoo.com/events/calendar/wild-lights-festival](http://blankparkzoo.com/events/calendar/wild-lights-festival)

The Blank Park Zoo's Wild Lights Festival returns. Visitors can view more than 50 hand-crafted creations that light up the zoo. The illuminated Asian mythical creatures create plenty of photo opportunities for families.

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

**GET ZAPPAR**  
ZAP THE CODE TO DONATE

Available on the App Store and Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

## Top Quality Windows, Siding & Doors!

**America's BEST CHOICE**  
Your HOME Improvement Source

- No High-Pressure Sales
- Professional Installation
- Made in the USA

**515-276-6506**  
[abcwin.com/desmoines-ia](http://abcwin.com/desmoines-ia)



# EVENTS IN THE AREA

Be sure to check for cancelations

## Painted Dog Conservation in Zimbabwe with Dr. Greg Rasmussen

Thursday, May 2, 6-7:30 p.m.  
Winterset Public Library

Madison County Conservation Board presents Dr. Greg Rasmussen, a 2023 Indianapolis Prize nominee and wildlife conservationist who has studied the critically endangered painted dog for more than 30 years, one of the longest studies of the species ever conducted. Working in Zimbabwe, he is the founder of Painted Dog Research Trust, whose mission is to both continue with research into the species and build for the future of conservation by meaningfully incorporating Zimbabwean students to develop local capacity and tomorrow's conservationists.

## Iowa Trail Run Series

April 6 and April 13  
Different locations  
iowatrailruns.com


The Iowa Trail Run Series is back for 2024. Races April 6 will be at Center Trail Des Moines with a 4-mile and 8-mile race. The Iowa Trail Run Series continues with a 5K, 10K and half-marathon at the Sugar Bottom trail in Solon on April 13.

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

## Madison County Conservation Summer camps

For information and to register for summer camps, visit [www.mycountyparks.com/County/Madison/Events.aspx](http://www.mycountyparks.com/County/Madison/Events.aspx). Camps include:

- **June 5-6: Prehistoric Pammel**, ages 5-7, explore fossils and prehistoric secrets in Pammel Park.
- **June 12-13: Overnight Survival Camp**, boys 8-13, Pammel State Park.
- **June 12-13: Overnight Survival Camp**, girls 8-13, Pammel State Park.
- **June 19-20: Nature**. It's all about connections, ages 5-7, Pammel State Park.
- **June 21: Full Moon Float**, all ages, kids with adult, Pammel State Park.
- **June 26-27: Kids Vs. Parents**, battle for the title of Wild Champion, for families, Pammel State Park.
- **July 9-10: Spiders, Snakes and Sasquatch**, ages 8-12, uncover the secrets of the feared creatures of Pammel State Park.
- **July 11-12: Water Wonderers**, ages 8-12, discover the aquatic marvels at Fellowship Forest, Pammel State Park.
- **July 16: Camp Classics**, ages 5-7, prepare for a day of hiking, creek stomping and s'mores galore, Pammel State Park.
- **July 25-26: Predators and Planets**, ages 8-12, explore the fascinating world of Pammel Park's predators and discover the Milky Way through a telescope.
- **July 30: Water Rescue Session 1**, ages 8-12, learn comprehensive canoeing essentials to equip participants to handle unexpected challenges on the water, Pammel State Park.
- **July 31: Water Rescue Session 2**, ages 8-12, learn comprehensive canoeing essentials to equip participants to handle unexpected challenges on the water, Pammel State Park.



**LEWIS HISTORIC DISTRICT**

**JUDGE LEWIS HOUSE BED & BREAKFAST**  
*Affordable lodging in one of Winterset's most historic homes*

**UNDER NEW OWNERSHIP!**

1145 W Summit, Winterset 515-468-8948  
[www.judgelewishouse.com](http://www.judgelewishouse.com)

*Feel more confident and secure about your financial future.*

**KEELING WEALTH ADVISORS**

Powered by Ameriprise Financial

*Call today to get started.*

Scan the QR code to take the 3-Minute Confident Retirement® check.




5435 NW 100th St, Ste 300 | Johnston  
515-253-8200 | [keelingwealthadvisors.com](http://keelingwealthadvisors.com)

Keeling Wealth Advisors is a private wealth advisory practice of Ameriprise Financial Services, LLC.  
Not FDIC or NCUA Insured | No Financial Institution Guarantee | May Lose Value

# EVENTS IN THE AREA

Be sure to check for cancellations

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



## Elks Spring Style Show Fundraiser

Saturday, April 6, from 10 a.m. to 2:30 p.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.



## Tori's Angels 'Spreading Our Wings'

April 11, 5:30-8:30 p.m.

Stine Barn, 4000 Turnberry Drive, West Des Moines  
[torisangels.org](http://torisangels.org)

The Tori's Angels Foundation has helped more than 145 kids with life-threatening medical challenges until their 19th birthday. This fundraising event includes cocktails and hors d'oeuvres; live and silent auctions including Chicago Cubs tickets / hotel/field passes package, Chiefs and Packers tickets, bourbon and wine baskets and travel packages; and an opportunity to meet some of the kids and families who have been assisted.

## Saturday Music at the Winery

Various dates, 6:30-9:30 p.m.  
Covered Bridges Winery, 2207 170th Trail, Winterset  
[coveredbridgeswinery.com](http://coveredbridgeswinery.com)

- April 6, Gina Gedler & The Boys, \$5 cover charge.
- April 13, Thankful Jazz Trio, \$5 cover charge.
- April 27, Weary Ramblers, visit [coveredbridgeswinery.com](http://coveredbridgeswinery.com) for tickets for this special event.
- May 4, Ducharme-Jones full band, \$5 cover charge.
- May 11, Matt Terronez Quartet, \$5 cover charge.

## 4K for 4-H

Saturday, April 13, 9 a.m.  
Packet pickup April 12  
Madison County Fairgrounds  
Madison County 4-H Youth Council is holding a 4K Run & Walk with prizes awarded to age group winners. Registration is \$20. For more information and registration link, visit [www.facebook.com/madisoncounty4HIowa/](http://www.facebook.com/madisoncounty4HIowa/).



## Sunday Wine Down

April 14, 2-4 p.m.  
Covered Bridges Winery, 2207 170th Trail, Winterset  
[coveredbridgeswinery.com](http://coveredbridgeswinery.com)

Corbett Reeves will perform. There is no cover charge.



## Spring Gallery Night

April 19  
Historic Valley Junction, 137 Fifth St., West Des Moines  
[valleyjunction.com](http://valleyjunction.com)

Spring Gallery Night in Historic Valley Junction showcases artwork by regional, national and international artists. From original artwork, custom jewelry, ceramics, glass, furniture, folk art, fine art reproductions and much more. ■

## You Can Grow Orchids

Saturday, April 13, 10 a.m. to 3 p.m.

Canoyer Garden Center, 3355 S.E. Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.



## Events at The Brenton Arboretum

Various dates

The Brenton Arboretum, 25141 260th St., Dallas Center

For more information or to register, visit [www.TheBrentonArboretum.org/events](http://www.TheBrentonArboretum.org/events).

- April 18, Nature Club, varying times. Register by age group.
- April 21, noon to 3 p.m., Earth Day Celebrations; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels.

## Drake Relays

April 24-27

Drake Stadium, 2719 Forest Ave., Des Moines  
[godrakebulldogs.com](http://godrakebulldogs.com)

The Drake Relays draw premier track and field athletes from around the country and some of the best in-state high school track athletes to Des Moines.



# MEET Josh Jeffs

Career change provides way to give back to his hometown.

Josh Jeffs has lived in the Winterset community for the majority of his life. After graduating from Winterset High School in 1992, he attended Iowa State University but eventually left school to work full time for a local civil engineering company. Then, in 2019, Jeffs decided to return to college because it was important to him to finish what he had started years ago. He enrolled at DMACC where he earned an associate's degree and made the big decision to pursue a bachelor's degree in education at Simpson College, where he graduated in 2022.



Josh Jeffs, a graduate of Winterset High School in 1992, now teaches at the Winterset Middle School.

Now, Jeffs has returned to his alma mater where he teaches sixth grade for the Winterset Middle School. He had hoped to teach with the Winterset district because he has a lot of pride in his hometown, and being a part of its education system is a way for him to give back to his community.

"I love the sense of community I feel within the entire working staff of our school district. It can be a bit overwhelming at times for a first-year teacher, but the support I have received from other teachers and administrators has always been positive and encouraging," Jeffs says.

Jeffs enjoys teaching sixth-graders because it is a fun and interesting age to teach. He also sees so much potential in his students and enjoys the challenge of making that vision more clear for them.

His students have been learning about the writing process and writing for different purposes. For example, during the holiday season, students wrote an argumentative essay on which "old-school" Christmas toy was the best. Toys such as Lincoln Logs, Tinker Toys, marbles, dominoes, Lite Brights, and even a toy cash register were set up in stations around the classroom. Students were then given 10-15 minutes at each station to interact with the toys and gather background information for their essays.

For Veterans Day, students wrote thank you letters to active service members. Later, in February, his students wrote thank you notes after touring Simpson College, which gave them a chance to express their gratitude in a different way.

"It's always rewarding when a student begins to understand new concepts and strategies academically, but I personally enjoy the moments when students are laughing and collaborating with each other as they continue developing their social skills while learning," Jeffs says.

During the remainder of the school year, Jeffs is looking forward to his students finishing strong and helping them prepare for the big jump to junior high school next year. When not teaching, he enjoys spending time with family and friends. He also enjoys attending local sporting events and can usually be found at a Winterset event cheering on the Huskies. ■

# DO WE really need a trim every 6 weeks?

The purpose of regular trims is to keep the ends of the hair healthy so we can grow it, color it and style it. If we don't get regular trims, the hair splits and can break off, leaving the ends straggly looking. It's actually important to trim your hair while you are growing it out for length. I tell people that getting a trim is equal to filing your fingernails. When one files their nails, they don't lose length, it only makes the nail smooth. If you didn't file your nails ever, they'd snag on things and tear off, making it impossible for the nails to grow long and strong.




It's similar with our hair. Little trims keep the hair strong and ready to withstand abuse so it can grow long. Fine-haired people need a nice, blunt edge to maximize fullness. Their hair is more easily susceptible to breakage, thus needing frequent trims. For thick-haired people, hair grows out of its shape due to the bulk and volume they have. Frequent trims (and thinning out) keep their hair under control, making it easier to manage. Give your favorite stylist a call today; your everyday look insists. ■


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.

Full Service Salon & Day Spa

# AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES





## SALON 107

Haircuts | Hair Coloring  
Texture Waves | Micro-Blading  
Eyelash Extensions | Facials

### 515-462-HAIR

# PUT a traditional spin on Cinco de Mayo

*(Family Features)* Whether Cinco de Mayo means an opportunity to celebrate your family's heritage or it's simply an excuse to gather with the ones you love, every holiday truly is about the same thing: special moments together.

Take this year's festivities the traditional route with recipes that combine familiar favorites with ingredients you normally may not use otherwise, such as cactus. This Mexican Cactus Pork Stew makes Cinco de Mayo a cinch with the use of a Dutch oven.

Visit [Culinary.net](http://Culinary.net) to find more family-friendly recipes perfect for celebrating holidays throughout the year. ■

## Mexican cactus pork stew

- 1 pound pork shoulder (leftover or fresh)
- 1 medium onion, chopped
- 1 jalapeno pepper, chopped
- 3 cups beef broth
- 1 can (28 ounces) diced tomatoes
- 2 cans (15 ounces each) mild chili beans
- 1 cup chopped cactus (nopales)
- 1 tablespoon garlic powder
- 2 tablespoons smoked paprika
- 1 teaspoon cayenne pepper
- salt, to taste
- pepper, to taste
- 4 green onions, chopped, for garnish
- 1/4 cup chopped cilantro, for garnish

- If using fresh pork, in Dutch oven, cube and brown it with onion and jalapeno pepper. If using leftover pork, reheat in Dutch oven with onion and jalapeno pepper.
- Add beef broth, diced tomatoes, chili beans, cactus, garlic powder, smoked paprika, cayenne pepper and salt and pepper, to taste.
- Simmer 25 minutes then garnish with green onions and cilantro.





**A+ LAWN & LANDSCAPE**  
The Educated Experts

**CALL NOW!**  
**515-482-0153**



**A+ NATURAL LAWN CARE**  
The Educated Experts

*"Our Organic Program!"*

**FREE 1<sup>st</sup> LAWN APPLICATION**

Call for details!

New Customers Only. With full season program. Up to 20,000 sq ft. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.

**IRRIGATION FROM THE LAWN EXPERTS!**



**A+ IRRIGATION & LIGHTING**  
The Educated Experts

**Call Now!**  
**515-428-0153**

**50% OFF SPRINKLER STARTUP**

New customers only. With full season program. Must pre-pay. Good up to 12 zones. Not valid with any other offer. Expires 5/31/24.

**\$300 OFF ANY NEW IRRIGATION SYSTEM INSTALL**

Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.

# A NEIGHBORHOOD with team pride

Residents show off their fandom with flags.



Neighbors on West Court Avenue show their team spirit by flying flags of their favorites.

West Court Avenue knows how to do game day right.

On any given college football Saturday (or even NFL Thursdays, Sundays or Mondays), residents on the street put out their favorite team flags.

The tradition started around the time Dennis Shaw moved to the neighborhood in 2016. He and other neighbors have a flag hole installed by the Winterset Optimist Club, which puts out American flags on patriotic holidays. Most days of the year, though, the holes are empty.

So, Shaw, who's a big sports fan, and his neighbors thought, "Why not use it throughout the year by displaying team flags?"

Today, about 10 homeowners on West Court Avenue share their team pride by putting out feather flags on game day. Teams represented range from the Kansas City Chiefs to the Iowa State Cyclones, Iowa Hawkeyes, Tampa Bay Buccaneers and more.

"You name it, it's out there on game days," Shaw says.

It's fun to see everyone putting out their flags on football Saturday mornings, he adds.

"We hoot and holler at each other," Shaw says. "We give each other thumbs up or thumbs down. We just have a good time with it."

One of Shaw's favorite memories is from a few years back when the Chiefs played the Buccaneers in the Super Bowl. One neighbor is a big Tampa Bay fan while another is a Kansas City fan, so, of course, there was some friendly smack talk going on in the neighborhood. One neighbor even has three flag holes in his yard because his family members support different teams.

"It builds camaraderie in our neighborhood," Shaw says. "We have a good time with it and take a lot of pride in our neighborhood."

Shaw shares that the neighborhood is very supportive of the Optimist flags, so when those are out on holidays, they don't impede. Aside from sports flags, Shaw also puts up flags for special occasions, like a recent Easter one.

Ultimately, Shaw feels displaying team flags builds discussion

opportunities.

"Sports can bring people together and be great conversation starters among neighbors," he says. ■



## HOW CLEAR IS YOUR VISION?

**ACCEPTING NEW PATIENTS**  
of all ages

EXAMS // LENSES and FRAMES  
CONTACT LENSES // EYE HEALTH

SCHEDULE YOUR APPOINTMENT TODAY!

# Adel Vision Clinic

813 Main St. • Adel

515-207-7400

www.adelvisionclinic.com



Quality Eye Care  
on the Square




Marcia Holstad, OD   Barbara Scheetz, OD

## TORNADO safety tips

The severe storm season seems to be starting earlier and earlier. Here are some tips to help prepare you and your family for severe weather, including tornados.



While we rely heavily on technology and weather alerts today, there are some signs that Mother Nature provides before a tornado. They are: green sky/clouds, hail, flying debris, low-lying cloud with a rotation, stillness and quiet, and the sound of a freight train coming toward your neighborhood.

### Before the storm

**Be prepared.** Tornadoes can strike at any time with or without warning. Make sure your family knows your plan of action if a tornado warning is issued for your community. Some things to consider include discussing the best place to take shelter in your home, the difference between watches and warnings, the county you reside in, steps you will take during and after the storm, and creating a safety kit.

**Practice, practice, practice.** Being prepared for a tornado is just the first step in keeping your family safe. If you don't practice the steps you put in place, panic and injury could occur.

**Protect important information.** Consider storing important information in your safe, storm shelter, safety deposit box at your local bank or electronically. Important information could include your policy, loan/mortgage papers, medical information (i.e., allergies, regular medications, or a brief medical history), important telephone numbers, a personal home inventory, birth certificates and social security cards.

### During the storm

- If your home has a basement, seek shelter there immediately. If there's a sturdy object in your basement, like a workbench or pool table, crawl under it to protect yourself from falling objects. If your basement has windows, consider a place away from the windows.
  - If your home doesn't have a basement, seek shelter immediately in an interior room like a closet or bathroom.
  - If you live in a mobile home or are camping in a camper, consider finding a designated safety shelter.
  - If you are driving, seek shelter immediately or drive away from the tornado at a right 90-degree angle because tornadoes usually travel from west to east. Also, parking under an overpass will not protect you from a tornado. Find a ditch, culvert, or other low-lying area and cover your head. Be cautious of water flow if lying in a ditch or culvert.
  - If you live in a dormitory or apartment building, find safety at the lowest place you can access and the most interior part of the building. Use stairwells to get there and, like fires, avoid the elevator. ■

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

# YES!

We install sump pumps.

Clogged Drains - Full Service Plumbing  
Camera Inspection & Locating Sewer Lines  
Hydro-Jetting - Sump Pumps - Water Heaters

**ROTO-ROOTER**  
PLUMBING & DRAIN SERVICE

PLUMBERS

**OPEN 24/7**  
INCLUDING HOLIDAYS  
**515-278-5668**  
rotorooterdesmoines.com

SERVING POLK, DALLAS, WARREN,  
GUTHRIE, MADISON & CLARKE COUNTIES

## Let our team help you find the BEST RATES for your Home, Auto, Farm and Business!

**IFG**  
INSURANCE

INTEGRITY Financial Group | A partner of Integrity Financial Group

520 Walnut St. Waukee | 224 E. Highway 92, Suite B, Winterset  
515-987-9598 | 515-462-4553

ifgtoday.com

# LONG-TERM care insurance

As healthcare costs are escalating and the population is aging rapidly, long-term care insurance has emerged as a critical financial tool to mitigate the expenses associated with extended medical care needs. This comprehensive guide aims to shed light on what long-term care insurance entails, its importance, how it works, and factors to consider when choosing a policy.



Long-term care insurance is a type of insurance designed to cover the costs associated with extended care services beyond what traditional health insurance or Medicare covers. It primarily includes assistance with activities of daily living (ADLs) such as bathing, dressing and eating, as well as services provided in a variety of settings such as nursing homes, assisted living facilities or in-home care.

As people age, the likelihood of needing long-term care increases. According to the U.S. Department of Health and Human Services, about 70% of people turning 65 can

expect to use some form of long-term care during their lives. Without insurance coverage, these expenses can quickly deplete savings and jeopardize financial security, potentially burdening family members.

Long-term care insurance policies vary widely in coverage, cost and eligibility criteria. Typically, policyholders pay premiums either monthly or annually in exchange for coverage. When the insured individual requires long-term care, they can access benefits according to the terms outlined in their policy.

Before binding your long-term care policy, it is important to consider the following factors.

- **Coverage options:** Policies may differ in the types of care covered, such as nursing home care, assisted living or in-home care. Understanding what services are included and excluded is crucial.

- **Benefit amount and duration:** Policies have limits on the maximum benefit amount and duration of coverage. Consider factors like inflation protection and whether the benefit is paid for a set number of years or for life.

- **Elimination period:** This refers to the waiting period before benefits kick in. A longer

elimination period typically results in lower premiums.

- **Premiums and affordability:** Evaluate the affordability of premiums over the long term, considering potential increases as you age.

- **Provider reputation and financial stability:** Research the insurance company's reputation, financial stability, and history of rate increases or claims denials.

- **Health qualifications:** Insurers may require medical underwriting to determine eligibility. Pre-existing conditions could affect coverage or premiums.

Long-term care insurance offers a vital financial safety net for individuals facing the prospect of needing extended care services in the future. It is important to begin considering long-term care insurance as early as possible, even if you don't need it yet. The sooner you get it, the lower the cost. Understanding the nuances of different policies and assessing personal needs and financial capabilities are crucial steps in making informed decisions about long-term care insurance. ■

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

## COMPASSIONATE CARE • STATE-OF-THE-ART PROGRAMS • PERSONALIZED SERVICES



**MOVE IN SPECIALS**

## Independent Living

— AT AZRIA HEALTH! —

### SPACIOUS & AFFORDABLE LIVING

- Weekly Light Housekeeping
- Meal Service • Laundry Available On-site



## SCHEDULE A TOUR TODAY!

Contact Us at 515.462.1711  
 email: wintersetinfo@azriahealth.com  
 www.azriahealth.com

1015 WEST SUMMIT STREET, WINTERSET

**Inquire for open positions  
 FT and PT are available!**



# OUT & ABOUT



A ribbon cutting was held March 15 for Rena Kiwi Treats.



Jen Carlson, Robin Dick and Shay Carlson at the chunky blanket class held at Madison County Winery on March 16.



Janet Haynes and Leslie Allen at the March 15 ribbon cutting for Rena Kiwi Treats.



Loiwanda Case and Shaun Kniep at the chunky blanket class held at Madison County Winery on March 16.



Nancy Calvert and Mary Beth Morrow at the chunky blanket class held at Madison County Winery on March 16.



Jillian Kniep and Donetta Phelps at the chunky blanket class held at Madison County Winery on March 16.



Melissa White and Sara Lambert at the chunky blanket class held at Madison County Winery on March 16.



Annette Brummel and Megan Toney at the chunky blanket class held at Madison County Winery on March 16.



Laura Luckinbill and Michelle McNamara at the chamber coffee held at the American Legion on March 15.



Donna Jackson and Melissa Callstrom at the chamber coffee held at the American Legion on March 15.



# OUT & ABOUT

# CHAMBER Coffee

The chamber coffee was held at the American Legion on March 15.



Peter Loiler, Lance Queck and Jeff Longman



Ray Dawson, Phil Macumber and Jon Stetzel



Jason Kems, Ed Nelson, Terrie Nelson and Terry Houseman



Debbie Field and Elaine Ware



Michaela Allsup and Jami Mccuddin



Maria Forgy and Terri Kuhns



Rachel Eller and Toni Tindle



Wayne Martens, Commander of the Legion Jason Kems and Nicole Kems



Jessie Lowry and Tami Garrison



Amara Huffine and Jacob Larson



Shanna Lacy and Autumn Davis

**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## AUCTIONS

**WRIGHT AUCTION CO.** "Your Locally Owned, Full-Service Auction Company" **MACHINERY CONSIGNMENT SALE, MONDAY, APRIL 8, 2024 9 A.M. CALL TO CONSIGN TODAY!** 641-398-2218. Hwy 218, Floyd, IA. [www.wright-auctionco.com](http://www.wright-auctionco.com) (mcn)

## AUTOMOBILES

**CASH FOR CARS!** We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! **NEWER MODELS too!** Call 1-877-978-2510. (mcn)

**GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS.** Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## CABLE/INTERNET

**BEST SATELLITE TV** with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

**DIRECTV Sports Pack.** 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-434-0020 (mcn)

**HI-SPEED INTERNET, ANYWHERE!** Shop With A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. CALL NOW 1-877-449-1844. (mcn)

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 877-683-5440. (mcn)

## FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call **NATIONAL DEBT RELIEF!** We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

## HEALTH & MEDICAL

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your

FREE Dental Information Kit with all the details! 1-855-973-9175 [#6258](http://www.dental50plus.com/midwest). (mcn)

**DIAGNOSED WITH LUNG CANCER and 65+?** You may qualify for a substantial cash award. NO obligation! We've recovered millions. Let us help!! Call 24/7, 1-866-533-1701. (mcn)

**ATTENTION OXYGEN THERAPY USERS!** Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (mcn)

**Portable Oxygen Concentrator May Be Covered by Medicare!** Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

## HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

**AGING ROOF? NEW HOMEOWNER? STORM DAMAGE?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

**WATER DAMAGE CLEANUP:** A small amount of water can lead to major damage to your home. Our trusted professionals dry out the wet area and do repairs to protect your family and your home's value! If you have water in your home that needs to be dried, call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

## MISCELLANEOUS

**LONG DISTANCE MOVING:** Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

**NEED NEW FLOORING?** Call Empire Today\* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's

Guide 1-877-516-0706 or visit [dorranceinfo.com/Midwest](http://dorranceinfo.com/Midwest) (mcn)

**Safe Step. North Americas #1 Walk-In Tub.** Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

**YOU MAY QUALIFY** for disability benefits if you have age between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

## WANT TO BUY

**PAYING TOP CASH FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster. Call: 866-314-9742. (mcn)

**TOP CASH PAID FOR OLD GUITARS!** 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

## HEALTH & FITNESS

**VIAGRA and CIALIS USERS!** 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 [www.dental50plus.com/ads#6258](http://www.dental50plus.com/ads#6258) (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

## HOME SERVICES

**Aging Roof? New Homeowner? Got Storm Damage?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code! (ACP)

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777 (ACP)

## MISCELLANEOUS (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit [dorranceinfo.com/ads](http://dorranceinfo.com/ads) (ACP)

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-479-1516 (ACP)

**Safe Step. North America's #1 Walk-in tub.** Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

**DIRECTV Stream - Carries the most local MLB Games!** Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

Replace your roof w/ the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24 Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Alaska, Europe, Hawaii + dozens of other popular trips! Starting at \$1649 pp (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax & enjoy. Call 1-877-626-1958 M-F for more details. Use promo code YMT2024 for \$250 off. Limited time only. (ACP)

Home Break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢ a day! Call 855-401-1151 (ACP)

INTRODUCING  
**SUMMERSET** *Realty*



**Voted favorite  
Madison Co Realtor!**  
Rachel Eller, Broker • Owner



515-468-5635 [www.summersetrealestate.com](http://www.summersetrealestate.com)



# April Specials!

SALE PRICES GOOD APRIL 1-30, 2024

Whirlpool® \$2,599



25 cu ft, 36" wide French door with external crisper drawer, LED lighting and external ice maker/ water dispenser  
WRX735SDHZ

MAYTAG® PET PRO



MVW6500MW



MED6500MW

HAVE PETS? NEED THIS!

Washer Removes 5X more pet hair with Pro Pet Filter  
Dryer has XL lint trap to remove loads of pet hair

SURPLUS OF GAS RANGES

STARTING AT \$729



We deliver, hook up and can convert to LP if needed!

FREEZERS

\$999 EACH

MAYTAG®

\$1,049 EACH

5 YEAR PEACE OF MIND ▪ 5 YEARS PARTS + LABOR



STARTING AT \$349

REFRIGERATOR OR FREEZER, YOUR CHOICE!

MZC5216LW

MZF34X16DW



\*PAIR PRICE ONLY

MED6230RHW

MVW6230RHW

Washer New 4.7 CU FT. Deep Wash option

Electric dryer 7.4 CU FT. Hamper door



\*PAIR PRICE ONLY

MVWP586GW



MEDP586KW

3.5 CU FT. Power Wash Cycle. Commercial Grade Residential Washer.

7.4 CU FT. Commercial Grade Residential Dryer. Wrinkle Control.

Whirlpool® \$799



Dishwasher with Stainless Steel Tub, 3 Rack, Fingerprint Resistant Stainless Steel  
WDT750SAKZ

\*Pick-Up Pricing\*

Limited Quantities

CLOSE-OUT SERTA BEDS

STARTING AT \$399 /SET

HURRY - STOP IN TODAY!

MAYTAG® \$999



- 33" Wide
- Top Freezer Refrigerator
- 21 Cu Ft
- Powercold feature
- Fingerprint resistant

MRT311FFZ

Always a good time to shop local!

916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-2

515-993-4287

ADEL & WINTERSSET

Est. 1960

T.V. & APPLIANCE • HEATING & COOLING

www.adelwintersettv.com

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-2

515-462-2939