

Living

MAGAZINE



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MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.



Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.

Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■

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Although Abram Reels comes from a family of competitive swimmers, he decided to pursue a sport that kept him out of the water: fencing. He enjoys the new group of people he has met through the sport.

COMPETING for TIME

Residents share how relationships are the “win” in sporting together

By Chantel Boyd

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades,

personal bests and other achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it's always a win.



Annabelle Collins, 10, races for the Off the Line Racing team and has a whole team behind her.

A racing family

Jennifer and Raymond Calkins and the rest of their family enjoy quad racing with their crew, Off the Line Racing.

“Our favorite part about racing is spending time with our family and our ‘racetrack family,’” Jennifer Calkins says.

The family has enjoyed making memories along the journey, traveling to different racetracks.

“Our favorite memories have been being able to travel and spend time with family and friends,” Calkins says, adding that the road trip to competitions is part of the adventure.

“We love sight-seeing, as we treat these trips as our vacations,” she says.

The family has traveled to numerous states for events.

Part of being on the racing circuit is attending various award banquets to receive recognition for their hard work.

“We love going to awards banquets and seeing all the achievements and growth made throughout the year. It makes all the hard work worth it,” says Calkins.

To keep their support network and fans who can’t travel to all the events updated, Calkins keeps a Facebook page where she posts videos and photos of Off the Line Racing.

The Facebook page also lists the schedule for races as well as when fundraisers will be happening. The race team has a heart to serve and often has fundraisers going on to benefit the community.

The Calkins family has a new generation of racers. Granddaughter, Annabelle, 10, became interested in the sport four years ago watching Brilen Rustan race.



The Off the Line Racing team includes, in front, Annabelle Collins and Jace Lucero; women from left: Taylor Krueger, Kristina Wilson, Chasity Haley and Jennifer Calkins; and men, from left: Austin Lamb, Eric Charlson, Brilen Rustan, Larry Haley and Raymond Calkins. Not pictured: Randy Horton.

“She started racing, then her little brother, Jace, started,” says Calkins, adding that Annabelle now has a team to support her in her racing passion.

“She is 10 years old and has a team of seven racers ranging in ages 7 to 49. Can you imagine a 10-year-old with her own race team?” Calkins asks.

Recently, Anabelle and her team have decided to race for a cause and have chosen to raise funds for Bras for a Cause, Madison County, with a goal of \$3,000. They often host fundraisers and sell T-shirts.

The family also purchases T-shirts as they travel to different races.

“We purchase T-shirts from all different races, and, when she out grows them, we are keeping them to make her a blanket,” Calkins says.

The race team appeared in the Covered Bridge Festival parade last year and plans on doing so again this year. The team wants to keep getting the word out about quad racing and encourage others to join in the fun or support their team.

“Quad racing is more than most people think it is. The racers do circle track and a TT (technical track). It takes focus, strength and long hours at the track, and at home, working on them,” Calkins says.

Whether it’s a circle track or technical track, for Jennifer and Raymond Calkins and their granddaughter, Annabelle, the best part is doing it together.

“The best part about racing are the memories and the friends you make at the track,” Jennifer says.



Izaak Wadle says HEMA uses techniques and equipment based on texts and manuals from 14th-18th century Europe.

Sword fighting

For Izaak Wadle, a Winterset High School graduate, sword fighting is not child’s play with sticks or cardboard cut-out weapons. For him, it’s authentic.

“I practice Historical European Martial Arts, also known as HEMA, sword fighting,” he says, adding that the techniques and equipment are based on texts and manuals from 14th-18th century Europe. Like Modern Olympic Fencing, HEMA is a sport involving swords. However, HEMA is focused on sword combat using actual historical techniques and weapons rather than modern Olympic rules and equipment.

The most common weapons used are the German or Italian longsword and rapier, military sword, and sword and buckler. The

FEATURE

protective equipment is reminiscent of modern fencing gear but is much heavier and provides better protection. Although the weapons are made for safe sparring, they are much heavier and hit with far more force than fencing weapons.

Wadle became interested in HEMA about two years ago when a good friend of his from Indianola, Gabriel Pottebaum, introduced him to the sport.

“He has been practicing it for almost 10 years, and I have been repairing and maintaining his swords for the past four years,” Wadle says.

Wadle has become so close with his friends in this sport that he says they are like family.

Wadle says HEMA appeals to him because of the sense of accomplishment he feels.

“It’s the sense of satisfaction that I can get from acquiring skill in a weapon and being able to effectually use it,” he says, adding that he is also a history buff, specializing in medieval and military history, specifically Polish military history.

“So, having the ability to be in a sport where I can study historical sources is appealing to me. Of course, it’s not all about the history. There’s a thrill that comes from combat sports that is hard to replicate,” Wadle says.

Wadle practices at House of Blades HEMA in Ankeny, where he is a club officer and the club armorer. House of Blades is a subset of the House of Rogues youth organization, and the group practices at Spirit Taekwondo. The club has about 40 participants, with regular classes averaging 10 to 15.

“We have people of all types and ages that can come together over

a shared love of fighting and competition,” he says. “We get a vast array of interests, ranging from people that purely enjoy the historical side of it, to people that see it as a true martial art and go to tournaments and competitions all over the United States and beyond.”

A large part of HEMA’s fun for Wadle is learning how to use actual historical swords, and the swords are a great source of joy and conversation to help bring people together.

“I’ve never been a big collector of sports memorabilia or equipment, but, as nerdy as it is, there’s a sense of satisfaction that I get from my sword collection. I am also a blacksmith and sword maker. I make and sell HEMA swords on the side, so finding HEMA also helped me find new purpose in another hobby I have done on and off for eight years.”

Wadle encourages anybody interested in trying out HEMA to give it a try.

“Come join us and give it a shot,” he says. “If anybody wanted to come



Izaak Wadle practices Historical European Martial Arts, also known as HEMA.

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check it out, whether it's to get some exercise, to just see some living history, or to compete in a combat sport, you would be hard pressed to find a better community than HEMA."

The small HEMA community is a tightknit group with a sense of brotherhood, camaraderie and family.

"HEMA has made me friends with people from all over the country, from all walks of life, and of all different types," Wadle says.

Fencing: a sport with no swimming

While most members of Melody Rose's family enjoy swimming competitively, her son, Abram Reels, decided he would prefer to try a sport that doesn't involve getting in a pool. He chose fencing.

Although Reels is no longer as nervous around water as he once was, it was that trepidation as a child that led him to find his passion for fencing.

Though fencing has its roots as a combat sport, modern fencing puts safety at the forefront with protective equipment and complex rules. It is now a sport of finesse.

Although the rest of Reels' family members are still swimmers, his siblings have been by him



Abram Reels has won medals and friendships through fencing.

to support his interest.

Reels is active at the Des Moines Fencing Club in West Des Moines.

"The people in fencing are fun, and it's cool to do," he says.

While it may have been an uneasiness about water that led Reels to look for a new means of competition, it was many of his favorite movies that led him specifically to choose fencing.

"I got interested in the sport because of 'The Princess Bride,' 'Pirates of the Caribbean,' 'Indiana Jones' and 'Star Wars.'"

He found more than just a new sport to become involved with.

"I found a club of people who are nerds like me," he says.

Reels wants others to know that, just as he found out there is nothing to fear about swimming, fencing, too, is a safe sport.

"Fencing is tons of fun, and the people there are nice. It's one of the safest sports you could partake in, so there is no harm in trying it out," he says.

Reels has had success in his sport and has won medals. He's also made some lasting memories.

"My favorite memories are beating an opponent who you've 'bouted' with before, who has had more experience, and who has beaten you on many occasions. To see yourself grow to be a worthy opponent against them is always up there as a favorite memory," he says. ■

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REAL ESTATE

By Jennifer Stover

REAL estate commissions

Recently the NAR reached a proposed settlement resolving various claims. The biggest change to come out of this settlement is Realtors will no longer be able to offer compensation on the MLS. This means agents may have to call listing agents before showing homes and ask if the sellers are willing to pay the buyer's agent. Which leads to the question: Do I have to pay a buyer's agent when I sell my home? The answer is no, and it has always been no. Commissions are negotiable. The next question is, should I pay a buyer's agent?



Here are a few things to consider:

- **Buyers are strapped for cash** – Typically it's first-time homebuyers who are strapped for cash. They will not be able to pay a Realtor a fee for showing/selling homes. All buyers need representation, but this is especially true for first time homebuyers who have never been through the homebuying process before.
- **Ensure all potential buyers tour your home** – By offering a buyer's agent a commission, you will ensure all potential buyers will be able to view your home.

Where do we go from here? Commissions are still negotiable, buyers want representation, and an agent's work and expertise for their clients still warrant being paid. What will change is conversations agents have with their clients. The real estate world will pivot, and agents will continue to work hard for their clients with their best interests in mind. ■

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

AUTOMOTIVE

By Dawn Lauer

SPRING maintenance

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

1. **Thoroughly clean the car, inside and out.** There's nothing like a good spring cleaning. A thorough wash and wax is the most important thing to do with your car once the winter ends.
2. **Check your tire pressure.** Tire pressure is especially important in the spring. If you added air during the winter, it can lead to overinflation as spring temperatures rise, which can cause premature tire wear.
3. **Inspect your wiper blades.** As spring starts and temperatures warm up, check your wiper blades for any signs of cracking or wear. You'll need those wipers for spring rains.
4. **Check under the hood.** Specifically, have belts and hoses checked to ensure they aren't brittle or heavily worn. Check your coolant to make sure it's not too old — an important factor for avoiding overheating as temperatures gradually climb.
5. **Check alignment and suspension.** Winter is known for being harsh on roads, which can be harsh on your vehicle. If you find yourself frequently traversing roads with huge potholes or rocks that have emerged from the asphalt, it could ruin your car's alignment or damage suspension components.
6. **Check the filters.** Spring is also known for pollen and allergies. You can keep them out or minimize their presence in the cabin by replacing the filter in your climate control system. ■



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

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EIGHT mistakes that can upend your retirement

Pursuing your retirement dreams is challenging enough without making some common, and very avoidable, mistakes. Here are eight big mistakes to steer clear of, if possible.



1. No strategy: Yes, the biggest mistake is having no strategy at all. Without a strategy, you may have no goals, leaving you no way of knowing how you'll get there — and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.

2. Frequent trading: Chasing “hot” investments often leads to despair. Create an asset allocation strategy that is properly diversified to reflect your objectives, risk tolerance, and time horizon then make adjustments based on changes in your personal situation, not due to market ups and downs.¹

3. Not maximizing tax-deferred savings: Workers have tax-advantaged ways to save for retirement. Not participating in your employer's 401(k) may be a mistake, especially when you're passing up free money in the form of employer-matching contributions.²

4. Prioritizing college funding over retirement: Your kids' college education is important, but you may not want to sacrifice your retirement for it. Remember, you can get loans and grants for college, but you can't for your retirement.

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

6. Not adjusting your investment approach well before retirement: The last thing your retirement portfolio can afford is a sharp fall in stock prices and a sustained bear market at the moment you're ready to stop working. Consider adjusting your asset allocation in advance of tapping your savings so you're not selling stocks when prices are depressed.³

7. Retiring with too much debt: If too much debt is bad when you're making money, it can be deadly when you're living in retirement. Consider managing or reducing your debt level before you retire.

8. It's not only about money: Above all, a rewarding retirement requires good health, so maintain a healthy diet, exercise regularly, stay socially involved, and remain intellectually active. ■

1. The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation and diversification are approaches to help manage investment risk. Asset allocation and diversification do not guarantee against investment loss. Past performance does not guarantee future results. 2. Under the SECURE Act, in most circumstances, you must begin taking required minimum distributions from your 401(k) or other defined contribution plan in the year you turn 72. Withdrawals from your 401(k) or other defined contribution plans are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty.³ 3. The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss. Past performance does not guarantee future results. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG Suite is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright FMG Suite.

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UNLOCKING potential

The importance of chiropractic care for growing kids

Did you know that chiropractic care plays a pivotal role in the development of children? Especially in the delicate, pediatric brain and nervous system, continuous growth demands the right input for proper function. As neural-based chiropractors, we comprehend the impact of early childhood stress — be it physical, chemical or emotional. These stresses can hinder optimal growth and development.



Think about it — birth trauma, reduced outdoor activity, increased screen time, missed milestones, sports and environmental toxins — they all add up. And it's not just physical stress; emotional stressors like academic pressures, bullying, family issues and anxieties about the future also take a toll.

But here's the good news: chiropractic care is a game-changer. By addressing stressors early on, we not only reduce their immediate impact but also enhance your child's resilience in facing future challenges. This brain-based approach to gentle and specific chiropractic addresses a stress response in the body. While we have to support reducing stress in our environment when possible, we also have to address the impact or consequences of stress. That is what our doctors are trained to do, and it all starts with an exam.

Ready to learn more about how chiropractic care can transform your child's life? Let's nurture their potential together. ■

Information provided by Dr. Tyler Davis, D.C. Flourish Chiropractic & Wellness, 108 W. Court Ave., Winterset, 515-384-0360, www.flourishchiro.life. Source: Your Genius Body by Andrew Rostenberg, DC

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CANCER beyond our control

June of 2022, my husband walked through the door of our house after seeing the doctor.

I will never forget the look on his face or the sound of his voice when he told me he had a tumor in his liver the size of a baseball. What followed the rest of that year, and into May of 2023, was a journey of doctor visits, tests, biopsies, surgeries and treatments. It was consuming on many levels, but there was always the hope it was leading towards the words we heard from the oncologist in May, "You are cancer free." However, at his first checkup in November, it was discovered that not only had the cancer returned, but it returned with a vengeance. It was back in his bile duct and had spread to his lungs. Stage four cancer with no hope of a cure.

We are not the only ones living out this horror. Innumerable families have been, and will be, subject to these similar circumstances in life. How do we personally deal with this new reality?

Both of us are Christians. We believe without doubt there is One True God, and the Bible is his treasure map for us in this life. The Bible says that Jesus was God in human form, and he chose to meet us where we are, hissy fits and all. Jesus paid our penalty for our



disobedience when he took on our sin at his death and resurrection. He gave us the spectacular gift of the Holy Spirit to be right here with us. Everything written here is very simply put. However, this trust in God is not easily lived out. As strong willed, self-oriented humans, we fight the One that controls everything ... for our own control.

Here we are, my husband and I, looking at a very short future together in this life. Do our knees buckle from fear, sorrow, anger? Yup. But with the help of our great Comforter, we choose not to live in the proverbial pot of self-pity. God has allowed this illness for reasons we may never clearly understand this side of Heaven. He never promised this life would be easy, in fact, he said it would very hard. He did promise to walk with us, guide us, teach us and, in the end, take us home to be with him. He has been faithful to that promise. Now it's time for one of us to go "Home." I will wait my turn. It seems God has something more for me to do. ■

Cindy Anderson currently serves as a biblical lay counselor for Redeemer Counseling Ministries. Cindy has served more than 30 years in youth ministry, most recently as a Youth for Christ missionary to military teens in Europe. She had also served in women's ministry leadership, and as a military Protestant Chapel Coordinator.

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SEASON was a highlight for Stamp

Coaching Hawkeye women's basketball through a fantastic year



Abby Stamp celebrates the Hawkeye Women's Basketball team's championship win. Photo by Iowa Athletics

The Hawkeye women's basketball season proved to be a fantastic one this year. No one knows that better than Abby Stamp. Abby has spent a 15-year career with Hawkeye basketball, first as director of operations, then as player development coach, and, for the last five years, as assistant coach. This year was a highlight of that career.

"We made it to the championship game last year, too. Coming off of that game, there was a collective sigh for a break," says Abby. "It's good but exhausting to finish a season and then spend another month of games and travel."

When it was over, they turned their thoughts to the season they'd have this year.

"I got a good feeling that we had a great group of ladies and that they were meshing really well," Abby remarks. "These ladies are a great group that sometimes you don't even have to coach much. At our Crossover at Kinnick event in mid-October, the ladies did something monumental and rose up to that moment. Probably after that is when I felt we could get to the championship game again this year."

One of Abby's personal favorite moments from the year includes the team's second game in Charlotte at a new women's event put on by community members.



Hawkeye Women's Basketball Assistant Coach Abby Stamp with Caitlin Clark. Photo by Iowa Athletics

"The event highlighted women's basketball," she shares. "It was sold out or close to it, and in our game against Virginia Tech, it was good to see our team rise up. That game seemed to give the ladies confidence for the rest of the year."

Another personal favorite moment was when the team played three games in three days in Florida in true tournament format.

"We played Kansas State in the final and won. We had played them three weeks earlier and lost," Abby shares. "It's not often in non-conference games that you get that kind of chance at redemption."

The championship game versus Nebraska was another in the list of Abby's top tier moments of the season.

"We were down eight points with two minutes to go. Caitlin hit a three, Kate hit a three, Gabbie made a huge block. They fought like crazy to make things happen, and it was really cool to see."

Abby states that, though Caitlin Clark brought a lot of light to the team, the light shined on the whole team. She says that the staff and team members did a great job this year supporting each other and lifting each other up to highlight each other's talents.



This year's basketball season was the highlight of her career says Hawkeye Women's Basketball Assistant Coach Abby Stamp. Photo by Iowa Athletics

"Moving forward, it will be a different team makeup, but we'll play the same kind of game we always have," she reassures fans. "We have a great freshman class coming in, and we have lots of good players on the bench. It will be a different level of coaching with the new group, and it will be fun to see where they can take things. There's a lot of excitement about these kids getting their turn." ■

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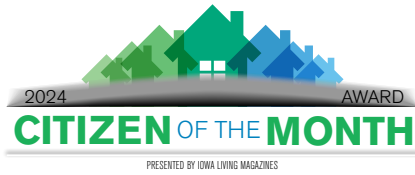
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POTTEBAUM finds joy in giving back

From 4H to cemeteries, veterinarian lends a hand.

Dr. Jim Pottebaum is the owner and veterinarian at Winterset Veterinary Clinic. He and his wife, Cindy, have also been involved in many efforts to serve the local community.



Pottebaum has a simple outlook regarding volunteerism.

“There’s no shortage of needs for volunteering,” he says. “There are a lot of things that need to get done, so you just get them done.”

Some of Pottebaum’s community service has directly related to being a parent.

“We raised three kids in Winterset. All three of them graduated from Winterset High. They’re all in their 30s now. But in doing so, you’re involved in softball, band, band boosters, Little League, you run the concession stand, just a lot of things, so you get to meet the kids that your kid is hanging around with,” says Pottebaum.

Pottebaum has also served as a coach and judge for many 4H events at the Madison County Fair, and he’s taught religious education classes to youth. He also tells of a unique project that he began with his son years ago.



Candice Dole and Brittany Hilsabeck of Scot Clark Farm Bureau present the Citizen of the Month certificate to Dr. Jim Pottebaum.

“Another hobby that I have is repairing old gravestones here in Madison County. In my mind, history is important. So, when my son was in high school, I used it kind of as a bonding thing,” says Pottebaum. “In the evenings and weekends, he and I would go out to many of these country cemeteries, and we would straighten headstones that were about to fall over, or headstones that had snapped in two, we had all the clamps and braces and glue to get them back together and get them back upright again, just so we could preserve some of that history.”

“It’s still something that I enjoy. I can do it when I have time, and when the weather is right. It’s rewarding and I enjoy that.”

Pottebaum belongs to a number of local groups, including the Rotary Club, Optimist Club, Knights of Columbus, and the Madison County Cattlemen’s group. Some of these organizations give scholarships to area students going on to college, and Pottebaum says there is a strong emphasis on encouraging youth to give back to the community as well.

“We really target kids that have done a lot of community service and volunteerism,” says Pottebaum. “Those are the kids that we try to reward with scholarships.”

Pottebaum takes satisfaction in knowing his efforts have made a difference to people. He recalls one particularly vivid example.

“Through the high school years of my kids, my wife and I were involved in the band booster club. For five or six years, continuously, we were at the halftime show of every football game, helping them get the marching band stuff set up and then put away,” Pottebaum says. “One thing that I really remember strongly was, a young girl who was probably a junior or senior in high school, and when we were all done one time, I was leaning on the fence watching the third quarter of the football game, and this girl came up to me and out of the blue she says, ‘You know, if I had a dad, I would want him to be just like you.’ I have never forgotten that.” ■



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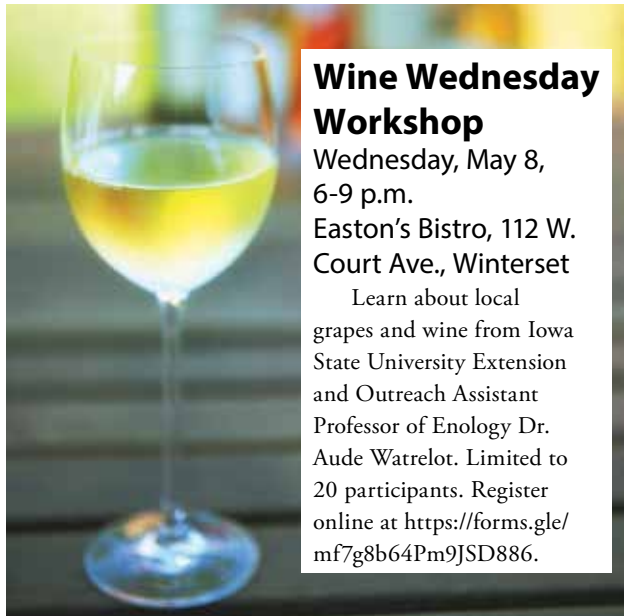
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Wine Wednesday Workshop

Wednesday, May 8,
6-9 p.m.
Easton's Bistro, 112 W.
Court Ave., Winterset

Learn about local grapes and wine from Iowa State University Extension and Outreach Assistant Professor of Enology Dr. Aude Watrelot. Limited to 20 participants. Register online at <https://forms.gle/mf7g8b64Pm9JSD886>.

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



Saturday Music at the Winery

Various dates, 6:30-9:30 p.m.
Covered Bridges Winery, 2207
170th Trail, Winterset
coveredbridgeswinery.com

• May 11, Matt Terronez
Quartet, \$5 cover charge.

Author Meet & Greet Book Signing

June 6, 6-8 p.m.
Speckled Hen Farms, 1578
N. River Trail, Winterset

Join an evening with author Sara Broers on the Speckled Hen Farms patio. Check out her new book "A Perfect Day Iowa" featuring Speckled Hen Farms. Your ticket price includes a signed copy of her new book and fresh baked pizza. Covered Bridges wine will be available for purchase by the bottle. Tickets are limited. Register at www.speckledhenfarmsiowa.com/event-details/book-release-author-book-signing-meet-greet.

Winterset Public Library events

123 N. Second St.

- **Saturday, May 18, 10 a.m. to noon, Intro to Embroidery.** Register at www.wintersetlibrary.org/calendar.
- **Thursday, May 23, 2-3 p.m.: Flower Arranging for Home or to Enter the County Fair.** Learn some pointers on floral design, flower arranging and how to keep cut flowers fresh.
- **Friday, May 24, Friday Flicks:** Bring a blanket and a friend and watch a family-friendly movie at the library starting at 1:30 p.m. Free popcorn.
- **Saturday, May 25, Tail Waggin' Tutors:** Sign up for a 15-minute time slot between 9 a.m. and noon. Kids can enjoy reading to a four-legged friend. There is no age restriction and families can sign up as a group or individuals. Register at www.wintersetlibrary.org/calendar.
- **Saturday, June 1, 9 a.m. to noon: Touch a Truck.**
- **Monday, June 3, 11 a.m. to noon: Magic Show,** for ages 6-11.

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

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.

Madison County Conservation Summer camps

For information and to register for summer camps, visit 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.
- Register at mycountyparks.com.

EVENTS IN THE AREA

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

Be sure to check for cancelations



Mother's Day breakfast buffet and bake sale

Sunday, May 12, 8 a.m. until noon
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

Enjoy a delicious Mother's Day breakfast which includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and "all you can eat" pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee for \$10—children younger than 10 \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran activities.

Vietnam War Living History Event

Iowa Gold Star Military Museum,
7105 N.W. 70th Ave., Johnston
Saturday, June 1, 9 a.m. to 5 p.m.
and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.

Valley Junction Arts Festival

May 19, 10 a.m. to 4 p.m.
100-200 Blocks of Fifth Street,
West Des Moines
www.valleyjunction.com

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival.

Big Grove Vinyl Market

May 5, noon to 4 p.m.
Big Grove Brewery, 555 17th St.,
Des Moines
www.biggrove.com

Six vinyl record vendors will be on hand selling thousands of vinyl records, CDs and memorabilia with nearly all genres of music on display.



Ankeny Art Festival

May 11
Uptown Ankeny, Third Street and
Walnut Street, Ankeny
www.ankenyartcenter.org/artfestival2024

Join the Ankeny Art Center for a fun-filled day of art, demonstrations, shopping, food, live music and more.

Festival royalty nominations sought

The Covered Bridge Festival Committee is seeking nominations for royalty to recognize at the event on Saturday and Sunday, Oct. 12-13. "We're excited to open our nominations up for this year's Covered Bridge Festival Royalty. We've had some wonderful Madison County citizens recognized and we cherish this long standing tradition" CEO Amara Huffine says.

Do you know anyone individuals who go above and beyond to make Madison County a better place to work, live, play and conduct business? Consider nominating them by visiting: www.Madisoncounty.com. Individuals and/or couples can be nominated through Friday, May 10. ■



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

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MEET Kara Henrichs

Morphology balloon parade, readers' theater and other fun lessons.

While growing up in Lenox, Kara Henrichs watched both her parents become involved in the school system as well as give back to the local community. This paved the way for her wanting to become a teacher. After graduating from Northwest Missouri State University, she taught third grade at Creston Elementary School before recently entering her first year with Winterset Community School District. She currently teaches fourth grade ELA.



Kara Henrichs teaches fourth grade ELA.

"Everyone was so welcoming. Winterset is feeling more like home, and a huge part of that is due to getting to know the staff and their families. In addition, I love being in the same school district as my daughter, who is in preschool," Henrichs says.

Henrichs says fourth graders are a pleasure to teach because they enjoy school, enjoy learning new things, and make learning fun with their positive attitudes. Her students have completed many fun projects this school year. One of these was a Morphology Balloon Parade before Thanksgiving break. For the parade, students were given a base of a word. Each student researched whether their word was Latin or Greek, determined the meaning of their word, created a poster with their word on it, and made a balloon to represent their word.

More recently, her students performed in reader's theaters for their parents. The focus of this activity was for students to practice reading fluently, reading accurately, and adding expression to their words. The fourth-grade math team added a math connection to the project, so students used their knowledge about coordinate planes and sketched backdrops for their performances. They then drew them to scale and worked as a team to decorate them.

"I thoroughly enjoy working with children and always have. Watching them grow and work together is something very magical. My students have taught me so much about myself and about teaching. We get to learn from each other, and I think that's very powerful. I also love that each day is different, which keeps things fun and exciting," Henrichs says.

During the remainder of the school year, Henrichs will continue learning more about her students and the staff she has the privilege to work with. When not teaching, she likes spending time with her family. She also enjoys time outdoors, going on walks, reading and playing with their labs. ■

MOVING on

Switching hairdressers can be stressful. Whether prompted by a relocation, dissatisfaction with current services, or simply the desire for a fresh perspective, navigating this transition requires careful consideration and tact.

To begin this, communication is key. Before making the switch, it's essential to articulate your reasons for seeking a new hairdresser. There are a number of reasons one feels the need to change and being transparent with a new stylist allows them to better understand your needs and expectations.

Research plays a crucial role in finding the right fit. Seek recommendations from friends, read online reviews, and peruse portfolios to gauge the expertise and style of potential hairdressers. Look for someone who specializes in your desired services and hair type and texture.

Approach your first appointment as a consultation rather than a full-service session. Use this opportunity to discuss your hair history, preferences and goals openly. Be receptive to their suggestions and expertise but be assertive in expressing your preferences and concerns. During the appointment, pay attention to the stylist's communication style, attentiveness and technical skills. Assess whether you feel comfortable and confident in their hands. Switching hairdressers can be a transformative experience, opening doors to new styles, techniques and relationships. ■





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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RECIPE

A CREAMY pasta delight perfect for dining outdoors

(Family Features) Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at michiganasparagus.org. ■

Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces

- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.



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FOREVER home

Tennessee native settles in Winterset.

In the two years Zach Williams and his family have lived in Winterset, they've found a lot to enjoy — and a forever home.

They chose to settle in the community in large part because of the town's charm. As for their home specifically, they decided on it because it was in their price range and offered easy access to numerous amenities. Over the past couple of years, the Williams family has also grown fond of their neighborhood and the great neighbors within it.

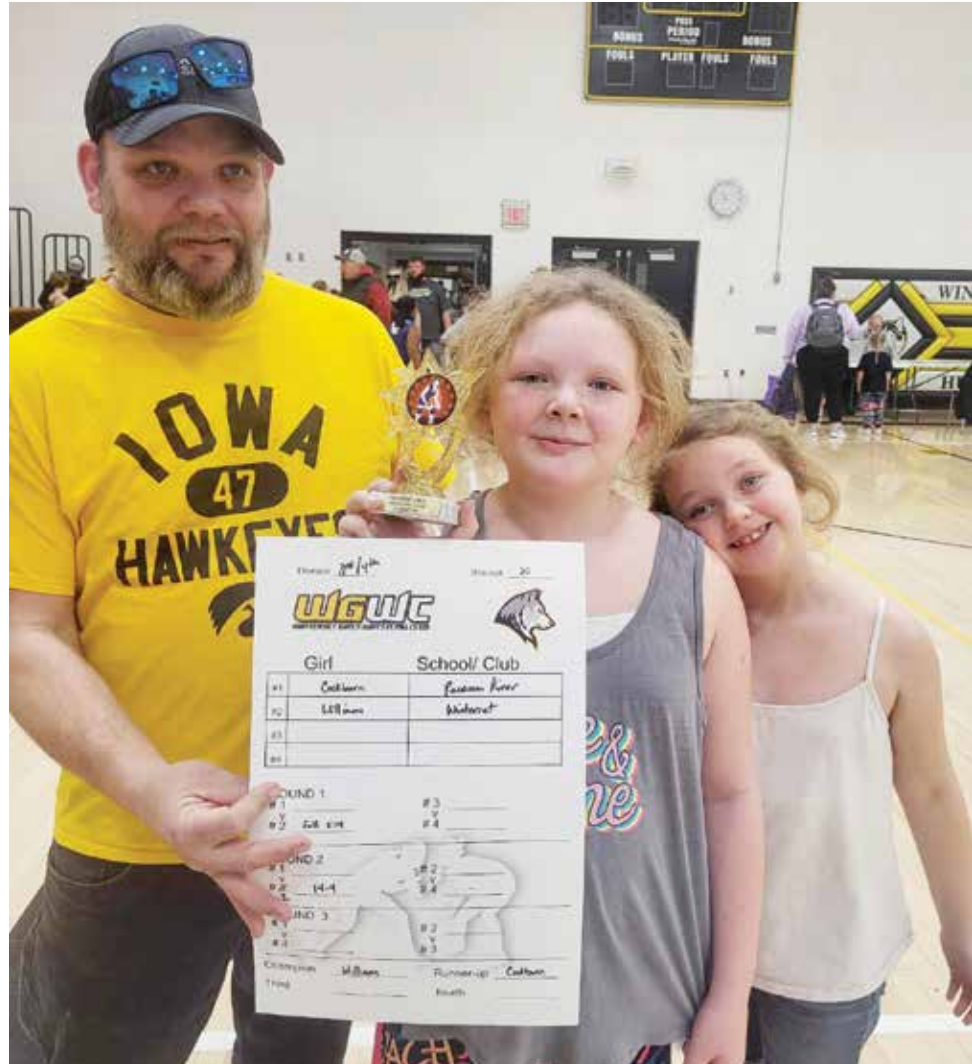
"The neighborhood is quiet but has kids that my kids can go outside and play with," Williams says.

He also enjoys the relationships he's built in Winterset since becoming a resident and the sense of community.

"I love being able to go to the store and run into friends," Williams says. "Also, I love the fundraisers such as the pancake breakfast for the various organizations. I love seeing the town come together for the homecoming parade and the Covered Bridge Festival and the other wonderful events this town puts together."

While he's not yet involved in any community organizations, Williams shares he'd be honored to get involved should the opportunity present itself. That's because he's found a real sense of belonging.

"For a family who was not raised in Iowa — we are originally from a small town in Tennessee — we moved to Iowa four and a half years ago and lived in Urbandale before deciding where our forever home would be," Williams shares. "We have looked into many surrounding towns, and we have decided that Winterset is where we will grow old and be buried." ■



Zach Williams says his family feels at home in Winterset, so much so that he says they plan to stay after moving to town two years ago.

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NAVIGATING homeowners insurance

Endorsements and exclusions explained

Homeowners insurance is a vital shield for your home, but unraveling its intricacies, like endorsements and exclusions, is key. Here's a detailed look:



Endorsements: Expanding coverage

Endorsements, also known as riders or floaters, are policy additions providing extra protection:

- 1. Flood insurance:** Standard policies typically exclude flood damage, making separate flood insurance crucial, especially in flood-prone locales where heavy rains or overflowing rivers pose risks.
- 2. Earthquake coverage:** Homes in seismic zones are vulnerable to earthquakes, but standard policies often omit coverage. Adding an earthquake endorsement ensures your home and belongings are protected from seismic shocks.
- 3. Sewer backup insurance:** Sewer backups can cause costly damage, yet they're not typically covered under standard policies. This endorsement steps in to cover repairs and replacements resulting from sewer system malfunctions, sparing you from financial strain.
- 4. Scheduled personal property:** For valuable possessions like jewelry, art or collectibles, standard coverage limits may not suffice. A scheduled personal property endorsement allows you to list and insure these items individually, ensuring they're fully covered in case of loss or damage.
- 5. Home business coverage:** Operating a business from home can pose unique risks that standard policies might not cover adequately. Adding a home business endorsement extends coverage to include business equipment, inventory and liability arising from home-based business activities, offering peace of mind to entrepreneurs.

Exclusions: What's not covered

Certain situations or perils fall outside the coverage scope:

- 1. Floods and earthquakes:** Damage from natural disasters like floods and earthquakes necessitates separate endorsements due to their exclusion from standard policies.
- 2. Wear and tear:** Gradual deterioration or lack of maintenance, such as roof leaks due to aging shingles, typically aren't covered.
- 3. Intentional damage:** Deliberate acts of destruction, like vandalism or arson, aren't covered by homeowners insurance.
- 4. Certain types of liability:** While personal liability coverage is standard, liability associated with specific activities like running a business or using motorized vehicles may require additional endorsements.
- 5. Certain types of property:** Items like motor vehicles, aircraft and watercraft usually have limited coverage or require specialized insurance policies due to their unique risks.

Understanding endorsements and exclusions in your homeowners insurance policy is crucial for comprehensive coverage. Take the time to review your policy and discuss your specific needs with your insurance agent to ensure your home and belongings are adequately protected against unforeseen events. ■

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



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TRAVELING with elderly friends or family

Going on vacation with family and/or friends is an incredible opportunity that will ensure you'll create happy memories for a lifetime. Traveling with friends and family creates an opportunity to bond and connect in ways you



may not get at home. In today's day and age, traveling is sometimes required, whether visiting family that lives far away, business trips or non-local emergencies. Whether for leisure or out of necessity, traveling with elderly people can be challenging if you don't prepare properly. This article will delve into some important steps to take and factors to keep in mind when traveling with elderly people to ensure a safe and enjoyable trip. Remember, if you plan properly, traveling with elderly people can be extremely rewarding for you and them.

Plan ahead: Careful planning is crucial when traveling with senior citizens. Research the destination thoroughly to identify potential obstacles or challenges, such as uneven terrain, stairs or lack of accessibility. Contact hotels,

restaurants and attractions in advance to inquire about their accessibility features and ensure they can accommodate your group's needs.

Pack wisely: Pack essential items to ensure the comfort and safety of senior travelers. This may include medications, mobility aids such as walkers or canes, comfortable clothing and shoes, adaptive equipment, and medical documents detailing any health conditions or allergies.

Allow for plenty of rest: Senior citizens may tire more quickly than younger travelers, so it's essential to allow for ample rest breaks throughout the journey. Plan a relaxed itinerary with plenty of downtime to prevent fatigue and ensure everyone can enjoy the trip at their own pace and avoid strenuous or physically demanding excursions.

Arrange for assistance: Depending on the individual's needs, consider arranging for assistance at airports, train stations and other transportation hubs. Many airports offer wheelchair assistance and priority boarding for elderly passengers, but it's essential to request these services in advance.

Be prepared for emergencies: Despite careful planning, unexpected situations may

arise during the trip. Be prepared for emergencies by carrying a first-aid kit, emergency contact information and copies of important documents such as passports, insurance cards and medical records. Inquire about obtaining travel insurance prior to your trip, which can save a lot of money in case of an emergency.

Communicate effectively: Open and clear communication is essential when traveling with senior citizens who have physical constraints. Discuss expectations, preferences and concerns with all members of the travel party beforehand. Stay patient and flexible and be willing to adjust plans as needed to accommodate the needs of senior travelers.

Above all, remember to enjoy the experience of traveling with senior citizens. Embrace the opportunity to create lasting memories and share new adventures together. With careful planning, patience and consideration, traveling with senior citizens who have physical constraints can be a fulfilling and enriching experience for everyone involved. ■

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

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OUT & ABOUT



A ribbon cutting was held for Overstock Oasis on March 29.



Erick Aguilar and Stacy Holtz at the chamber coffee held at Hardee's on April 5.



Jen Frease and Peter Loiler at the chamber coffee held at Hardee's on April 5.



Kevin Fifo, Amara Huffine and Brian Downes at the chamber coffee held at Hardee's on April 5.



Jodi Lake and Whitney Messerschmit at the chamber coffee held at Hardee's on April 5.



Zac Mortvedt and Jadyn Cooper at the track meet on April 18 held at WHS.



Kade Messer Dottie Reed at the track meet on April 18 held at WHS.



Grace Hockett and Jeff Bush at the track meet on April 18 held at WHS.



Coaches Reid Leichty, Trey Thompson and Michael Back at the track meet on April 18 held at WHS.



Josh and Kaylin Henry at the track meet on April 18 held at WHS.



Karin VanWerden and Angie Olson at the track meet on April 18 held at WHS.

OUT & ABOUT



Mrs. Hall's kindergarten class at Azria Health Winterset April 5.



Mrs. Davis' first-grade class at Azria Health Winterset April 5.



Mrs. Goodes' second-grade class at Azria Health Winterset April 5.



Ron Rutgers along with Mrs. Babcock's third-grade class at Azria Health Winterset April 5.



A ribbon cutting was held for the Play For All playground on April 6.



Lexi and Alex Wright at the ribbon cutting held for the Play For All playground on April 6.



Amara Huffine and Leslie Allen at the ribbon cutting held for the Play For All playground on April 6.



Jerry Parkin; Drew, Coen and Declan Barden; Tom Leners; and Peter Loiler at the ribbon cutting held for the Play For All playground on April 6.



The Bear in the Big Blue House at the ribbon cutting held for the Play For All playground on April 6.

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