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JUNE 2024

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WELCOME

FOUR reasons to participate in community theatre

Have you thought about getting involved in community theatre? If you want to participate, organizers will surely find a place for you. But what's in it for you personally? How about...

1. You can develop your creative talents.

Community theatre provides a supportive environment for people to explore their creative abilities. Whether you enjoy acting, singing, dancing or working behind the scenes, community theatre has opportunities for you to develop your skills and grow as an artist.

2. You can build confidence and self-esteem. Performing in front of an audience can be nerve-racking, but it can also be empowering. Participating in community theatre can help build confidence and self-esteem while learning to overcome fears and take risks. Through rehearsals, performances and feedback from peers and mentors, performers gain a sense of pride and accomplishment that carries over into all areas of their lives.

3. You can develop important life skills at any age. Community theatre is more than just a hobby; it is also an opportunity to develop life skills. From time management and teamwork to problem-solving and communication, the skills that performers learn through theatre can help them succeed in many aspects of life. In addition, community theatre provides a sense of belonging that is often difficult to find elsewhere. Performers build lasting friendships with their peers and develop connections with mentors and volunteers who share their passion for the arts.

4. You can make a difference in your community. The arts have the power to bring people together and make a positive impact in the community. By participating in productions, people have the opportunity to inspire, entertain and educate audiences of all ages. Community theatre programs strive to make the arts accessible to all people in the community, regardless of background or financial resources.

Are you inspired enough now to want to get involved? You can start by reading this month's cover story. Then take the leap and reach out to organizers and say, "How can I get started?" You will be glad you did.

Thanks for reading. ■

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Curtain call

Residents share their experiences on stage

By Chantel Boyd

For many people, public speaking is their worst fear. They recall suffering from butterflies in the stomach or worse before stepping out on the stage for their elementary school programs and the terror of having to speak in front of their peers in high school speech class. For them, the thought of performing before the public in a stage production sounds as appealing as being tarred and feathered. Others actually seek the spotlight, volunteer to memorize lines and create play props, and eagerly await the day the curtains are drawn back and the show begins. Some of these people share their reasons why center stage is the place they want to be.

Teaghan Lemon, front, has enjoyed many roles on stage. Photo by Teddi Yaeger

Like a family

Theresa Caligiuri, a member of the Winterset Stage board, directed the group's last show, "Drinking Habits," and has been in several others. She has this saying about thespians who belong to the same troupe: "A family that plays together... stays together."

Caligiuri has a unique perspective because she is involved in community theatre both on stage and behind the scenes.

"I think I have just about done it all — stage managing, props, costuming/makeup, acting and, most recently, directing."

Caligiuri has been intrigued by everything related to theatre productions.

"There is an element of magic to the theatre. When done right, you can take an audience away from the everyday and pull them into the story you are showing them," she says. "The audience becomes a part of that journey you are showing them — a journey that starts with words on a page that the cast and crew transform into a new reality."

Caligiuri has been in an exhaustive list of productions and has played a variety of roles. No matter the role, she says she enjoys the enchantment.

"My favorite part is the magic of it all, the sense of community you get from the experience, and becoming a 'mini family' with everyone involved in the shows."

Caligiuri says she is honored to sit on The Winterset Stage board.

"I have a hands-on role in community theatre plans. I would love to see our children's theatre programming grow."

Caligiuri is a big fan of how theatre positively impacts young people.

"Theatre builds confidence, and it is an amazing cognitive developmental tool that is fun, engaging and magical," she says.

Caligiuri says she can't imagine her life without community theatre in it.

"The theatre is deeply ingrained in me, and I will always be a part of it in some way, shape or form," she says.

Caligiuri encourages would-be actors to take a beginner's theatre class.

"The Winterset Stage offers them once or twice a year, and they are a low-key, no-pressure and enriching theatre experience," she says. "Every other summer, we have youth educational programming. This is that year, and we offer scholarships."

She also suggests volunteering backstage



Theresa Caligiuri's publicity photo for "Wonderful Life."

to get a feel of all the action if one wants to be involved without performing.

Caligiuri was introduced to theatre by her school theatre teacher, Shelly Webb. Local theatre leaders Scott Smith (The Winterset Stage) and Megan Barrett (The Madison County Music Co.) have positively impacted her more recently.

"Their creativity, drive and willingness to teach have been instrumental in helping me," she says.

Caligiuri has so many positive memories about theatre that she says it's difficult for her to pick a favorite. Still, the most recent is fresh in her mind.

"Directing this last show, 'Drinking Habits,' gave me many core memories," she says.

She's had many other memorable roles along the way and has enjoyed being on stage alongside her family.

"Sharing the stage with my actual family has been amazing, too, and the same can be said for all the 'theatre family' I have gained along the way," she says.

An early interest

Scott and Bernadette Lemon enjoy watching their daughter, Teaghan Lemon, 13, perform in local productions. She performs with The Winterset Stage and Madison County Music Co. productions.



Teaghan Lemon has performed in several productions.

"I'm an actress, have starred in lead roles, and have also helped tear down sets," she says. "I have performed in 'Seussical,' 'Get Smart,' 'Bye Bye Birdie,' 'Willy Wonka the Musical' and 'The Cat and the Bell.'"

When asked what her favorite part of acting is, Teaghan doesn't hesitate with her answer: "When the whole show comes together on opening night and your hard work pays off."

Teaghan plans to enroll in high school theatre next year and possibly participate in a summer musical.

She suggests that would-be thespians start small.

"You can start with a small role to see if you like it," she says.

The older and more experienced actors Teaghan has performed with have influenced her and helped her develop her skills.

"My favorite memory was the 'Bye Bye Birdie' production. It was fun working with so many actors and having a good-sized role. I loved singing the 'We Love You Conrad' song," she says.

Her parents are proud of her hard work.

"We feel that being in theatre is a valuable way to learn how to interact with all ages," Scott says.

"We love seeing Teaghan grow creatively, as she enjoys being in the process of theatre," her mom, Bernadette, says.

Pursuing an acting career

Karna Meggison's son, Brenden Tyer, is a senior in high school, and she couldn't be prouder of his theatre work.

"He's been in plays, musicals and musical theatre. After graduation, he's going to New York City to pursue acting as a career," she says.

Brenden says he likes the temporary getaway that acting provides.

"Being an onstage actor, I like being able to become someone else for a bit, escaping reality, and getting to live another life," he says, adding that he has had roles in "Charlotte's Web," "The Sound of Music" and "Adam's Family Musical," among others.

Brenden's older cousin, Mason Tyer, influenced him to pursue theatre, and his director encouraged him to keep building his skills. His choir director, Jon Barrett, also encouraged him.

"He not only helped me become the wonderful singer I am today but kept pushing me to go out of my comfort zone and encouraged me not to give up singing and acting," Brenden says. "I owe my career to those two men."

He says he enjoys getting to know the cast in each production.

"Spending time with my fellow cast members, making memories that will last more than a lifetime, is my favorite part of being in theatre," he says, adding that one of his



Brenden Tyer, left, will continue to study acting after high school.

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favorite memories isn't even from being on stage.

"I love laying outside during rehearsal with my friends while we wait for our scenes," he says.

Brenden has big plans for his move to New York City.

"I am attending the American Musical and Dramatic Academy for a musical theatre degree. After I graduate, I will begin auditions for Broadway shows," he says.

If someone is interested in theatre, Brenden encourages them to go for it.

"You won't regret it. Theatre has been the best part of my high school career, and it only happened because I wanted to try something new," he says.

Children's theatre experience

Christa Seaman's daughter, Jane, is only 10 years old and participated in theatre for the first time in the play "Willy Wonka" in April of this year, put on by Madison County Music Co. at the high school auditorium in Winterset.

"I had two lines and a two-line music solo," Jane says.

"It was such a joy to see Jane put her time and energy into practicing for her musical," Christa says.

Jane became interested in theatre because she thought being part of a play would be fun.

"I had seen a few musicals before and thought it would be fun to be a part of one," she says, adding that her favorite thing about participating in theatre is seeing it all come together.

"I love seeing how everything works. I wasn't expecting you to need many different things for a play, like set decorations, big speakers and microphones," she says.

Jane wants to encourage others who are interested in theatre to pursue it.

"Everyone you meet is encouraging," she says. "Even if you only have a few lines, you can practice every day or every week to feel confident."

Jane says the director of the play, Megan Barrett, and the adult helpers have been most influential in her acting journey. She is proud of



Jane Seaman and her director, Megan Barrett

the hard work she put in.

"When we finally finished the show, I felt proud to have been a part of it all," she says.

"The play was such a great opportunity for her," Christa says. "On performance day, she was anxious but ready. I was so impressed with the whole performance, and Jane had such a great experience. She learned much about what it takes to put on a musical and now has more confidence being on stage and performing."

Like mother, like son

Ashley Roberts is happy her son, Gabe Forst, is involved in theatre in the Winterset area. Theatre has been an interest of hers as well.

"I've always loved theatre as well," she says. "I was in several musicals and plays in high school, so I'm happy my kiddo has shown interest in it."

Gabe is involved in children's theatre through Madison County Music Co. and his church.

"I am an actor and have also helped with set designs," he says.

Gabe became interested in acting when he was younger.

"I've watched all kinds of movies and musicals," he says.

So far, Gabe has been in "Seussical the



Gabe Forst participated in "Seussical, the Musical Jr" in 2023 and "Wonka Jr." this year.

Musical Jr." and "Wonka Jr."

"I've also participated in my church's Christmas production since 2019," he says.

Gabe's favorite thing about theatre is being able to become another person.

"I also enjoy meeting new people. Being the center of attention isn't so bad either," he adds.

Gabe plans to continue his theatre experience with Madison County Music Co. as long as he is eligible, which is eighth grade.

"When I get to high school, I hope to audition for any plays or musicals they will be doing. I'd love to become a professional actor," he says.

If someone is interested in becoming an actor but is a little nervous, Gabe has some advice: "Just go for it. You'll never know if you like it or if it might be great if you don't try."

Gabe has been positively impacted by the Barretts, who oversee Madison County Music Co.

"They have been a big influence on my acting career, from the tips and advice they give to just being a good support system," he says. "They always encourage me to do my best and try new things."

Gabe has many good memories of theatre.

"Laughing, dancing, and hanging out with my friends has been the best part," he says. ■

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REAL ESTATE

By Jennifer Stover

HOME myths to unlearn

Homebuyers have access to a wealth of information about the home-buying process. Friends and family, social media — everyone has a lot to offer. While much of this guidance can be solid, some of it may be outdated or inappropriate for your situation. Here are some of the most common misconceptions.



1. Down payment. Fact: A 20% down payment hasn't been required to buy a home for decades, if ever. Many home loans allow a down payment as low as 3%. Although down payments of less than 20% are common, keep in mind you will need to pay PMI (private mortgage insurance) on a conventional loan if you put down less than 20% of the purchase price.

2. Buying a fixer-upper will save you money. Fact: True fixer-upper homes need a lot more than a fresh coat of paint. These homes generally have major problems, some of which may not be visible. Even a skilled home inspector can't see inside walls. If you're looking into a fixer-upper, you should get quotes on the repairs needed beforehand. You'll have to be patient, good with finances and willing to sacrifice all your spare time to work on your home or pay someone to get your home fixed up.

3. You need excellent credit to buy a home. Fact: Good home loans and attractive rates are available for people with less-than-perfect credit as well as those with excellent credit. Who can't qualify? People who develop a habit of always paying cash for their purchases. Establishing positive tradelines and using credit responsibly is what lenders are looking for. ■

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

BEAT the summer heat

It's a good idea to test out your air conditioning to ensure it's functioning properly before we get too far into the hot, humid Iowa summer. Not much is worse than jumping into your 100-degree vehicle only to find out the AC system isn't working like it should. It's one of those things that's easy to take for granted — until you don't have it. Here are common issues that can affect your AC.



• **A refrigerant leak** is one of the most common causes of a car's AC not working. It could be the result of rubber seals and hoses breaking down over time and allowing the refrigerant to escape.

• **A damaged or failing compressor** will not be able to properly regulate the refrigerant flow in the AC system, and, as a result, the AC will not function properly. When your air conditioning isn't cooling as much, it could be a sign of a failing condenser.

• **Electrical problems** such as failed switches, a blown fuse, or a problem with the control module can affect your AC. Fuses can short out and make the AC stop working, or a loose connection can create an electrical short.

Keep yourself cool all summer long. Have your air conditioning checked before summer gets underway or as soon as you notice a problem to save yourself a lot of grief, time and money. ■

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

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A DECISION not made is still a decision

Whether through inertia or trepidation, investors who put off important investment decisions might consider the admonition offered by motivational speaker Brian Tracy, "Almost any decision is better than no decision at all."¹

This investment inaction is played out in many ways, often silently, invisibly and with potential consequence to an individual's future financial security.

Let's review some of the forms this takes.



Your 401(k) plan

The worst indecision may be the failure to enroll. Not only do nonparticipants sacrifice one of the best ways to save for their eventual retirement, but they also forfeit the money that any employer matching contributions represent. Not participating holds the potential to be one of the most costly indecisions one can make.

The other way individuals let indecision get the best of them is by not selecting the investments for the contributions they make to the 401(k) plan. When a participant fails to make an investment selection, the plan may have provisions for automatically investing that money. And that investment selection may not be consistent with the individual's time horizon, risk tolerance and goals.

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.

Non-retirement plan investments

For homeowners, "stuff" just seems to accumulate over time. The same may be true for investors. Some buy investments based on articles they have read or based on the recommendations of a family member. Others may have investments held in a previous employer's 401(k) plan.

Over time, we can end up with a collection of investments that may have no connection to our investment objectives. Because of the dynamics of the markets, an investment that may have made good sense at one time may no longer be advantageous today.

By not periodically reviewing what we own, which would allow us to cull inappropriate investments — or even determining if the portfolio reflects our current investment objectives — we are making a default decision to own investments that may be inappropriate.

Whatever your situation, your retirement investments require careful attention and may benefit from deliberate, thoughtful decision making. Your retired self will be grateful that you invested the time ... today. ■

1. Brainy Quote, 2021. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG 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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BEAUTY

By Annie Wiseman

ARE 'expensive' shampoos worth the money?

The simple answer is yes. If the only goal was clean hair, then you could just use dish soap. Instead, the main objective is to leave the hair's integrity in optimal condition — especially with all the manipulating we do to our hair (coloring, perming and heat styling). We expect a lot from our hair, so it's very important that we nourish and replenish each strand so we can continue to "abuse" our hair in the way that make us beautiful.



Parabens (a form of preservative), sulfates (a harsh cleansing detergent) and water are used excessively in lesser expensive shampoos to maximize the product's bulk and shelf life. These ingredients strip the hair of natural oils, leaving hair looking dull and lifeless. One needs to use more product, which makes you use it up faster. Salon-grade shampoos are more concentrated with quality ingredients, making it sensible to use less. So, in the end, the cost can actually even out.

A note to all men everywhere: Please invest in quality grooming products. And start at an early age. Using the cheap stuff does not help your fight against male pattern baldness. If an investment of around \$20 a month helps reduce the amount of hair you lose over time, then I'd say that is most definitely worth it.

Invest in your hair. You wear it every day. ■

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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Dr. Amanda Queck

HEALTH

By Dr. Amanda Queck

CHIROPRACTIC care for sleep

As summer approaches, one of the common issues many people struggle with is sleep. As chiropractors, we get an opportunity to support many people through these sleeping challenges. From one aspect, when people struggle with pain of any kind, it often hinders their sleep.



Chiropractic care is a natural way to provide pain relief, which ultimately leads to a better quality of sleep for many people. But, for some people, pain is not the issue with their sleeping patterns.

Another factor that could be impacting sleep patterns is the longer days we experience in the summertime, often affecting our circadian rhythm (or sleep cycle). The longer periods of daylight can trick our bodies into thinking they are not tired, leading to a later start to sleep, making it more difficult to wake up and start the day. Believe it or not, chiropractic care could help here as well. When we are adjusting the spine, we are having an impact on the body's nervous system. Your nervous system operates similar to your car. You have a "gas pedal" (or the sympathetic nervous system) and a "brake pedal" (or your parasympathetic nervous system). When your circadian rhythm is off, it is usually a result of being in what we call "sympathetic overdrive." In other words, you are constantly flooring your "gas pedal," and your "brake pedal" does not engage when it needs to. Chiropractic adjustments can help balance your nervous system and, ultimately, lead to a more restful night's sleep for many people. ■

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

CANCER beyond our control, Part II

Where is God in this?

“If he’s God, why does he allow bad things to happen?”

This is probably one of the most asked questions by humans. There are a myriad of writings addressing the question from both a Christian and non-Christian standpoint. The writing that believers turn to for anything beyond our understanding and control is the Bible, God’s explanation to us for everything. It is our ultimate manual for living in this world. Reading the Bible, the Holy Spirit speaks understanding to us.

Genesis chapter three is a great place to start to explain why we have sickness, war, natural disasters and anything else to do with answering the question above. God had told Adam and Eve not to eat the fruit from the Tree of Life. The original temptation presented to Adam and Eve was, “You will be like God” if you do. They chose to do what they were told not to do ... because they wanted to. The great price of their disobedience was that they were physically and spiritually forever separated from God. The physical result of that choice is an earth and its inhabitants groaning under thousands of years living with this curse of sin.



Out of His great love for us, He didn’t leave anyone to die without hope of rescue from the curse of sin. God has given us a life after this one — one that will never end. He gave us a beautiful mind of our own with the freedom to choose how we will live it. He built a bridge of redemption for us in the one called Jesus, the Word that became flesh.

How do we personally apply this? We take everything a step at a time with the knowledge God is guiding our path. Nothing in this life happens without God’s knowledge or permission. My husband’s cancer is part of this earth’s curse. We have asked God to take this disease away, but even if he doesn’t, God will use it for good somehow. His word says so. We choose to trust the One that created this earth and holds our breath in His hands. Deuteronomy 31:8 says, “The LORD is the One who will go before you. He will be with you; He will not leave you or forsake you. Do not be afraid or discouraged.” We would be lost in this nightmare without God and the intervention of the Holy Spirit each day. We will continue to trust Him. ■

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 has also served in women’s ministry leadership and as a military Protestant chapel coordinator.

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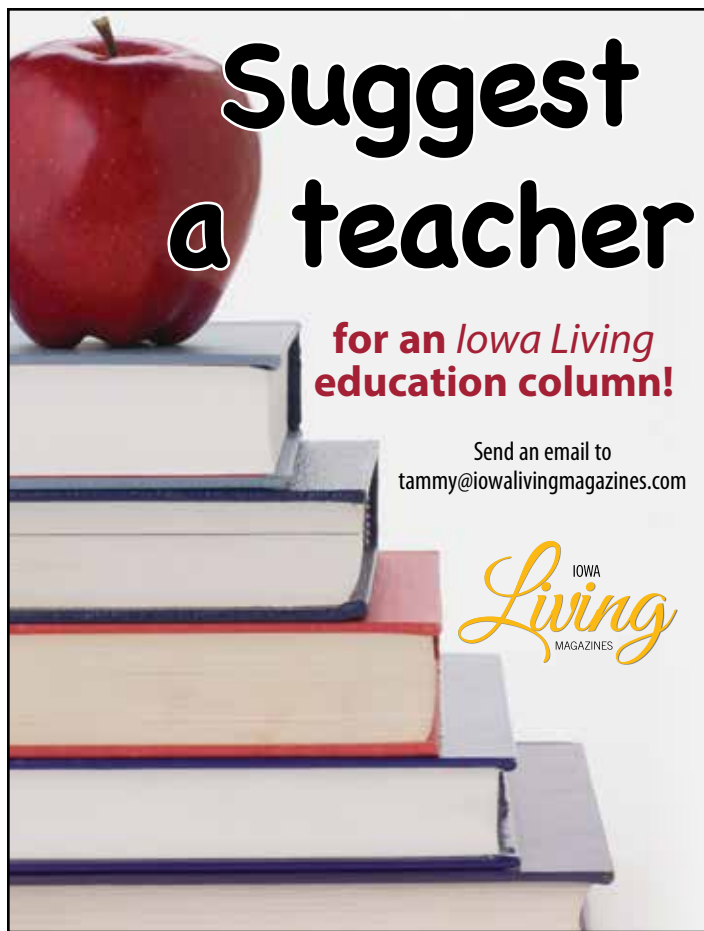
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NEWS BRIEF

LEAD DSM announces YLI graduates

Lead DSM announces the graduation of the Youth Leadership Initiative (YLI) Class of 2024, which includes 33 student leaders from 18 central Iowa high schools, including Brookelynn Davis, Winterset High School.

The Youth Leadership Initiative provides high school students with leadership experiences and community connections that enhance confidence and encourage involvement in all levels of community life.

Students met once per month from September 2023 through April 2024 to explore topics on leadership, while learning about regional opportunities and issues. "We challenge YLI students to use their enhanced leadership skills to find new ways to impact the community, putting into practice our vision of a thriving community for all," said Kelly Royal, program manager for YLI. ■


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CUPBOARD at New Bridge offers food, respect

Organizations, businesses pitch in to help those in need.

When individuals and families are facing tough times and agree to accept help, their second wish or request is often for respect. The New Bridge Church food cupboard program is designed to

provide both the food and respect recipients need.

Linda Anderson of New Bridge Church in Winterset explains that the food cupboard has been operating for 10 years and has seen many changes during that time.

"The first year, there were a lot of bumps," she said.

The early changes were mostly about finding more efficient ways to serve the recipients, as well as streamlining the process of how the items are shelved. Anderson pointed out that, like everything else, the food cupboard was impacted by the pandemic.

"We've had to be willing to change due to COVID and how things have evolved," she says. "Now, there are two rooms of food, and recipients go through and choose what they want from the items offered."

Anderson says many organizations help make the food cupboard a reality.



Felicia Weeks and Kim Clark of Scot Clark Farm Bureau present the Citizen of the Month certificate to the food cupboard at New Bridge Church. Staff and volunteers are pictured. Staff members include, pictured, Claudia Royal, Sheryl Neri, Linda Luneburg and Donna Saveraid. Not pictured are Linda Anderson and Shari Carlson.

"We get two loads of food from the Food Bank per month. And we get donations. The Cattlemen donate hamburger once a month, and we get ground pork sausage from Hy-Vee once a month," she said. "We get 20 half-gallons of milk each month from Future Farmers of America Alumni, and we have people that donate money, so whatever foods we don't get in, we go out and buy."

The food cupboard's only requirements for recipients is that they be in need and reside in Madison County. On average, about 35 to 40 households receive food each month. The church uses around 20 volunteers each month to operate the cupboard. Some help carry food, others run the registration table for first time recipients, and others serve as greeters. Anderson says more volunteers are welcome.

Anderson says the timing of the food cupboard is purposeful, since many recipients find that state aid is running low by the second half of each month.

"We have it on two days, but recipients can only come one time per month. It's always the third Thursday and the next day, Friday," she says. "That's our goal — to help them through that tough time."

Volunteers at the cupboard strive to be sensitive and respectful to all recipients. Anderson stresses that anyone can fall on hard times, so the volunteers treat everyone in a nonjudgemental way. She says she has seen many examples of recipients who went through a tough time but now no longer need the cupboard.

"There are a lot of people that came in the beginning, but their circumstances have changed, and now they can support themselves," she says. "That's our success story."

Anderson adds that the volunteers try to share additional resources if they learn of an individual or family with needs beyond what the cupboard provides. Friendly conversation is something they are also happy to provide to anyone who wants it, she says.

"Another success is just the connections that we make with people," Anderson says. "Something that we started just last month: One of our church members is now playing hymns on the piano while people await their turn in the cupboard." ■



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Winterset Ballet & Dance workshops

Register online for the following workshops at www.wintersetdance.com/spring-and-summer-2024-sessions.html. Offered are:

- **Twinkle Bear's Storybook Adventures, ages 2-3, June 11-13, 10-10:30 a.m., \$20 per day.** This camp is a perfect way to introduce little ones to dance in a fun way with dance incorporated into a storybook adventure.
- **Princess Magic Dance Camp, preK and kindergarten, June 10-14, 10 a.m. to noon, \$150 for the week.** Learn ballet, tap and jazz routines to favorite songs. Crafts and snacks are provided each day.
- **Dollhouse Dream Dance Camp, grades 1-5, June 10-14, 12:30-2:30 p.m., \$150 for the week.** Think Pink! Dancers learn ballet, jazz and hip-hop routines to favorite songs like "Pink" and "Dance the Night" and more. Crafts and snacks provided.

Madison County Women's Giving Circle meeting

Tuesday, June 25, 6:30 p.m.
Union State Bank Community Room,
611 W. Highway 92, Winterset

The Madison County Women's Giving Circle's second quarter meeting is coming up. Social hour starts at 5:30 p.m. with the meeting 6:30-7:30 p.m. Anyone who might be interested in joining or learning more about MCWGC is welcome to attend. Members are women who live in (or have ties to) Madison County and wish to support women and children in need who live in the county. Local charitable 501(c)(3) tax-exempt non-profits or other qualifying tax-exempt organizations who wish to present information about their projects for supporting women and children in Madison County should arrive by 6:15 p.m. to register to present. Applicants must provide a brief description of their project, their tax-exempt status, plus an email address and telephone number where they may be reached. Three organizations will be selected (by drawing) to present at the meeting, and each will be allocated four minutes to present and four minutes to answer questions. One nonprofit will be selected by vote, after the presentations, to receive this quarter's donations. If more than three nonprofits wish to present, the rest will each have two minutes to talk about their project.

The Winterset Stage camps

Register online at www.thewintersetstage.org/education-programs.html. Camps include:

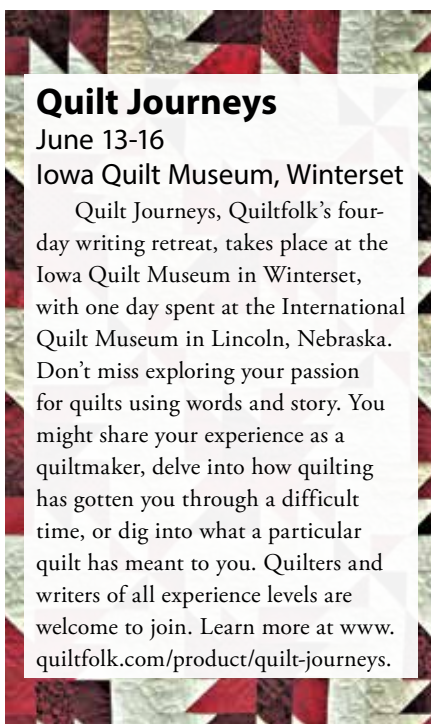
- **Musical Theater/Show Choir, ages 10 and older, June 25, 26, 27, 9 a.m. to noon, \$75.** Enjoy song and dance in the musical theater style.
- **A Play in 2 Days, Sr., ages 10 and older, July 1-2, 9 a.m. to noon, \$50.** From casting to performance in just two days.
- **A Play in 2 Days, Jr., ages 5-9, July 9-10, 9-11 a.m., \$40.** Explore all the elements of theater and create a short play in this mini-session.
- **Summer Stage Camp, ages 8 and older, July 15-19, 9 a.m. to 3 p.m., \$170.** Spend the full week creating characters and staging a full production.



Fifth Annual Knights of Columbus Golf Outing

Friday, June 28
Lakeview Country Club

The Knights of Columbus will be holding a golf outing with proceeds going to the Knights of Columbus Compassion Fund for those in need in Madison County. The event is a four-person best shot format with golf and lunch included in the cost of \$240 per foursome. Registration is at 9 a.m. with the shotgun start at 10 a.m. To register, contact Tom Berry at 515-991-2857.



Quilt Journeys

June 13-16
Iowa Quilt Museum, Winterset

Quilt Journeys, Quiltfolk's four-day writing retreat, takes place at the Iowa Quilt Museum in Winterset, with one day spent at the International Quilt Museum in Lincoln, Nebraska. Don't miss exploring your passion for quilts using words and story. You might share your experience as a quilter, delve into how quilting has gotten you through a difficult time, or dig into what a particular quilt has meant to you. Quilters and writers of all experience levels are welcome to join. Learn more at www.quiltfolk.com/product/quilt-journeys.

Youth Summer Art

Various dates
Winterset Art Center

Youth Summer Art is offered for students in first grade through 12th grade. Different themes provide a chance for students to explore art techniques and artistic mediums. Classes are divided into age groups, allowing a comfortable environment for children to express their creativity. Register students for the grade they are entering. Class size is limited. Register at <https://winterset-art-center.square.site/s/shop>. Workshops include Kids Canvas Painting, June 4-6; Sculpting Clay Creatures, June 11-13; Mixed Media Mash-up, June 18-20; and Creatures of Myth & Magic, June 25-27.

Winterset Public Library events

123 N. Second St.

- **Watercolor Class - Bluebirds in Spring, Tuesday, June 11, 6-8 p.m.** Join to paint this bird that nests in early spring and brings much joy. To register, call 515-462-1731.
- **Story Time, ages 0-5 (special guests: Waste Management), Wednesday, June 12, 10-11:30 a.m.** A Waste Management employee will talk to the kids about reduce, reuse, recycle. Children will be able to ask questions and safely explore the Waste Management truck up close.
- **Movie at The Iowa, Friday, June 14, 10 a.m. to noon,** for ages 6-11.
- **Jeff Kluever Civil War Program, Thursday, June 20, 5-6 p.m.,** for ages 19 and older.
- **Kinetic Movement Performance, Friday, June 21, 10-11 a.m.,** for ages 6-11.
- **Science Center Mobile Planetarium, Monday, June 24, 10-10:30 a.m.,** for ages 6-11.

EVENTS IN THE AREA

Be sure to check for cancellations

Johnston Green Days

June 13-15

Terra Park, 6400 Pioneer Parkway, Johnston
www.johnstongreendays.org

This annual Johnston community celebration is complete with a business expo, parade, carnival, bags tournament, Johnston alumni night and live entertainment in the beverage garden. Those who plan on attending should expect to "Paint the town GREEN!"



Raccoon River Palooza

Saturday, June 8,

8 a.m. to 8 p.m.

Raccoon River Park, 2500
Grand Ave., West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.

Waterworks Park Concerts

Various dates

Lauridsen Amphitheater, Des Moines
Water Works Park, 2251 George Flagg
Parkway
dsmwaterworkspark.com

June 11: Robert Plant and Alison Krauss
with JD McPherson at 7 p.m.

June 13: Jon Pardi with Carter Faith at
6:30 p.m.

June 21: REO Speedwagon with Night
Ranger at 6:30 p.m.



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Madison County Conservation Summer camps

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

- **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.



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EVENTS IN THE AREA

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Jasper Winery Summer Concert Series

2400 George Flagg Parkway,
Des Moines

www.jasperwinery.com

When the warm weather rolls in, Jasper Winery welcomes all for its Summer Concert Series, occurring Thursdays from 6-9 p.m., May through August. Bring your lawn chair, listening ears, appetites and thirst.

June 13: Decoy

June 20: The Nadas

June 27: Damon Dotson Band

'STOMP'

June 20-23

Des Moines Civic Center,
221 Walnut St., Des Moines

www.dmpa.org

"STOMP" returns to the Des Moines Civic Center. The percussive performance has been entertaining audiences with its unique rhythmic style since 1991 and has been performed more than 20,000 times.

Cajun Fest

June 22

Cowles Commons,
221 Walnut St., Des Moines

www.cajunfestiowa.com

Get ready to put some south in your mouth. The self-proclaimed Mardi Gras of the Midwest is an all-day celebration of Cajun culture, from food to music and back to food again.



Iowa Take Steps Walk

Saturday, June 22, 9 a.m.

Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn's and Colitis Foundation. The event starts at 9 a.m. with a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org.



CITYVIEW's Summer Stir - Downtown Des Moines

Friday, June 21, 5-9 p.m.

Court Avenue District, downtown Des Moines

CITYVIEW's traveling cocktail party is back in downtown Des Moines. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit <https://summerstirs.dmcityview.com>.

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More events

• **JUNE 6-9: Governors Days.** A three-day festival in Grimes with food trucks, live entertainment and parade. Grimes South Sports Complex, 750 S. James St., Grimes. www.governorsdays.com

• **JUNE 7-9: Pride Fest.** There were more than 40,000 attendees at last year's celebration. Live performances, food, drinks, all in the name of Pride. Historic East Village, Des Moines. www.capitalcitypride.org/pride-fest

• **JUNE 15: Macksburg Skillet Toss.** Think you can toss it with the best of them? If not, there's still a parade. Macksburg City Park, Macksburg. www.macksburgskilletthrow.com

• **JUNE 15: The Barn Town Get Down** will feature at least 50 breweries, meaderies and cideries from across the country. Barn Town Brewing, 9500 S.E. University Ave., Waukee. www.barntownbrewing.com

• **JUNE 15: Neighbor's Day Celebration.** Hosted by the Iowa Juneteenth Organization. From noon to 7 p.m. at Western Gateway Park, 1000 Grand Ave., Des Moines. www.iowajuneteenth.org

• **JUNE 22: Ankeny Pride Parade.** This will be the third installment of this parade with food, fun and festivities throughout the evening. From 4-9 p.m. at Ankeny Market and Pavilion, 715 W. First St. www.ankenypride.org

• **JUNE 23: Iowa Reptile Show.** Speak directly with some of the top reptile breeders with access to thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available to the public. Starting at 10 a.m. Hilton Garden Inn, 205 S. 64th St., West Des Moines. www.coldbloodedexpos.com ■



MEET Katie Van Dyke

Enjoys seeing students' personalities and skills grow

Katie Van Dyke lived most of her adult life in the Urbandale, Grimes and Johnston area where she worked in healthcare. However, due to unexpected life events, she decided to relocate with her children to the Winterset community. She began working as a teacher's associate for the Winterset Community School District in 2019.

"When I started, I had no idea what to expect, as the education field is quite different compared to healthcare. But as I started to learn new skills and began to gain confidence, Winterset and the school district started becoming more and more my new sense of home," Van Dyke says.

She eventually decided to become a teacher and returned to school in 2020. She obtained a master's degree and ELA endorsement from Simpson College. She has since continued her education and plans to obtain a Strategist II endorsement at the end of April. Van Dyke also works as a special education teacher at Winterset Junior High.

"One of the greatest reasons I enjoy working for the Winterset District is the culture, support and initiatives combined. The school system strives to create an environment where students can feel successful, where teachers are able to grow professionally, and with a team atmosphere where we can truly provide a learning environment based on building relationships," she says.

Van Dyke enjoys working with students at the junior high level because of the growth in their individual personalities and skills. She enjoys seeing their creativity and likes that every day is different.


Each morning, Van Dyke starts with greeting students. Then she sets daily expectations, provides tools and resources to students, provides instructional activities, lends support and assistance when needed, and collaborates with the junior high team to provide the best possible learning experience and environment.

"I feel blessed as my rewards outweigh the challenges," she says. "My rewards are simple and start with just being able to greet students daily, being able to say, 'Have a good day,' help solve problems, help students smile through the struggles but, even more so, being able to celebrate whatever success looks like in the moment," Van Dyke says.

Outside of being a teacher, Van Dyke is a mom first and foremost. She plays soccer and football during the spring and summer months, learns video games, goes to the swimming pool, walks around the community, and everything else that is involved in being a parent. This summer, she also hopes to find a new destination to watch fireworks, as the Fourth of July is their favorite holiday of the year. ■



Katie Van Dyke enjoys teaching special education at the junior high level.




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SCRUMPTIOUS ways to simplify springtime meals

(Family Features) From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit littlepotatoes.com. ■



Easy as 1-2-3 potato salad



Prep time: 2 minutes | Cook time: 5 minutes | Servings: 4

- 1 package A Little Savory Herb Microwave Ready Little Potatoes, with included seasoning pack
- 2-3 tablespoons green onions, chopped
- 1/2 cup mayonnaise or plain Greek yogurt

DIRECTIONS

- In microwave, cook potatoes 5 minutes according to package directions.
- Combine seasoning pack, chopped green onions and mayonnaise or Greek yogurt.
- Pour dressing over cooled potatoes. Stir gently and serve.

Shrimp, broccoli and potato skewers

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.

MONSTERS. Sinners. Civil war. Vulgar notes.



"Godzilla X Kong" (in theaters)

I'm a little shocked to be reviewing yet another Godzilla/King Kong movie, but I can tell you my expectations were super low. I took my nephew Adam over the Easter weekend, and we both enjoyed it. It seems the two creatures have been lying low in two separate parts of the world, Kong in the Hollow Earth and Godzilla sleeping in the Coliseum in Rome. That would make a pretty boring monster movie, so, fortunately, every old monster comes back to try to take over the planet. Mothra even makes an appearance. Literally, all hell breaks loose and the two big guys need to unite for our planet to survive. I can tell you that this action on the IMAX screen in Waukeg was quite fun to watch. Super loud and stupid. **Grade: B+**



"In the Land of Saints and Sinners" (in theaters)

I've been guilty of knocking Liam Neeson, who seems to make a new movie every six months, and they all seem to be a slight variation on the prior one. I was pleasantly surprised with this one. Neeson's character has a history, so he retired to Ireland, but he has a part-time job dispatching bad guys on the side. When a child molester is killed, his sister and some IRA members come looking for Neeson. This movie has more story than the last few Neeson movies, and, I have to admit, I liked it a lot. **Grade: B+**



"Monkey Man" (in theaters)

Dev Patel has proven himself to be an accomplished actor. He can now add director to his resume. In this revenge tale, he shows off his ability to not only tell a story but to do so with some of the most impressive, frenetic action scenes you will ever see. Unfortunately, the story-telling does not keep up with the action, and the movie suffers because of it. **Grade: B-**



"The First Omen" (in theaters)

The original 1976 horror film with Gregory Peck is long lost in most moviegoers' minds, but in this era of filmmakers not being able to generate new ideas, they dip back into past films and, in many cases, like this one, do it poorly. The movie tells the story of a woman in a convent in Italy who seems to get creepier and creepier as the movie goes along. It eventually devolves into a horror mess that was just a little too much for me. OK, maybe a lot too much for me. **Grade: D-**

"Civil War" (in theaters)

Directed by Alex Garland (Ex Machina), this movie shows a time when there was anarchy in the streets of America, and we follow a group of journalists trying to get to Washington, D.C., to interview the President before the nation falls. There is plenty of killing and torturing en route to D.C. This will be different for most



viewers, but, in my mind, this shows a glimpse of what America might have looked like if Jan. 6 had not been stopped. An America that didn't end well. The movie doesn't take sides but shows what could have happened. It's a scary sight. **Grade: B+**



"Wicked Little Letters" (in limited theaters)

I needed to see a movie to round out my radio show, and the pickings were slim. So I headed to the Fleur Theatre on the south side of Des Moines. For years, the Fleur has offered excellent arthouse and independent movies. I had no idea what this movie was or who was in it. Sometimes you stumble into greatness and have a fun time. Based on a true story, set in the olden days, this one tells the tale of an English woman accused of sending vile and vulgar notes to people in her small village. It is a mystery to the townspeople who is behind this. "Wicked Little Letters" is both shocking and laugh-out-loud funny. It's probably already out of the theaters by the time you read this but look for it on the streaming services. You'll be glad you did. **Grade: A ■**

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.

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Has your sump pump been working overtime this spring? Are you confident it will continue to work if we experience heavy rainfall events this summer? And the critical question, Are you properly insured in the event it doesn't work and you have water in your basement? Water backup coverage is not automatically included in the standard homeowner's policy. The coverage is available by endorsement for additional premium. Coverage starts at \$5,000, and additional amounts are available in \$5,000 increments. It is not uncommon to need water backup coverage of \$25,000 or even \$50,000 if you have significant finished square footage in your basement.

Neither the standard homeowner's policy or the water backup endorsement provides coverage for water seepage or surface water that enters through the basement floors or walls or through an egress window. June 30, 2018, northern Polk County experienced a significant rain event of 5-10 inches in a short amount of time. Many homeowners had significant water damage that was not covered by their homeowner's insurance. This type of damage caused by surface water run off would have only been covered with a flood policy, which is not common in areas outside of designated flood zones that are unsuspecting of having flooding.

As they say, an ounce of prevention is worth a pound of cure. There are several options available to further protect your basement from water backup. A battery backup system allows your sump pump to continue to work even if your house has lost power. Water power sump pumps are becoming more common. They use the pressure from the city water source to create a vacuum which pulls the water out of the sump pit, requiring no electricity. Another option is a wireless sensor that can be placed near the top of the sump pit. If it ever gets wet, an alert message is sent to your cell phone.

If you have the unfortunate experience of having water in your basement, you should contact a reputable expert in mitigating water damage. As we are moving into the season where heavy rainfall events are common, it is a good time to test your sump pump by dumping a bucket of water in the pit to ensure it is operating as it should. Additionally, contact your insurance agency to confirm that you have adequate coverage in the event the sump pump fails to do its job. ■



WHAT'S IN YOUR GARAGE?



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

SENIOR living options

Navigating senior living options can be a daunting task. Among the most common choices are assisted living and independent living facilities, each tailored to meet different needs and preferences.

Understanding the distinctions between these two types of communities is an important aspect of making informed decisions that align with the individual's lifestyle and requirements.

What is independent living?

Independent living facilities cater to seniors who are still active, self-sufficient and seeking a vibrant community environment. Residents typically reside in private apartments or homes within a communal setting. These communities offer an array of amenities and services geared toward promoting an independent and socially engaging lifestyle. Residents of independent living facilities have freedom and autonomy



to maintain control over their daily routines, activities and schedules without the need for assistance with activities of daily living (ADLs). However, they are generally responsible for managing their own healthcare needs and appointments. Generally, independent living is more affordable than assisted living due to the fewer services provided.

What is assisted living?

Assisted living facilities are designed for seniors who require some level of assistance with activities of daily living (ADLs) such as bathing, dressing, medication management and meal preparation. These communities provide personalized care and support services tailored to the individual's needs while promoting independence and dignity. Assisted living facilities offer nursing care and other supportive services. Trained staff members are available around the clock to provide assistance and respond to emergencies. Residents in assisted living facilities benefit from coordinated healthcare services, including assistance with

medical appointments, monitoring of health conditions, and access to onsite healthcare professionals. Due to the additional services and care provided, assisted living facilities tend to be more expensive than independent living. Costs can vary based on the level of care required and the facility's amenities.

Choosing the right option

When considering the choice between assisted living and independent living, it's essential to assess the individual's needs and level of independence. Independent living may be suitable for active seniors seeking a maintenance-free lifestyle with opportunities for socialization, while assisted living may be more appropriate for those requiring assistance with daily activities or healthcare management. Assisted living and independent living facilities offer distinct advantages and cater to different lifestyles and care needs. ■

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

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WINE Walk

The Wine Walk was held May 11 on the square.



Jared Neally and Zach Stemsrud of US Cellular



Randall Parkin and Izzy Hatch of the Iowa Quilt Museum



Beth Schwertfeger, Amara Huffine and Stephanie Gerleman of Madison County Chamber



Jane Dawson of White Cottage and Adrienne Messer



Kris Miler and Luann Gilman at BShannon Designs



Jody Smith and Nicole Kems of Angel Wings



Rachel and Arren Wetzel of Wompy Bear



Dan and Shari Bush of The Drift



Curt Rickets and Laresa Carney



Kathy Johnson of ReHome



Bruce and Terri Wagner of Jessie's Junk

OUT & ABOUT



Becky Shaw, Terri Kuhns and Danny Baessler of Village Bootery



Callie McNeese, Trina Trindle and Annie Wiseman of Salon 107



Garen, Sara and Carolyn Palmer of Overstock Oasis



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Stefanie Miller, Molly Meyer, Melissa Parks and Sarah Farley



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