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JULY 2024

Living

MAGAZINE

THE TRADITION *continues*

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events, exhibits and more
July 17-21**

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WELCOME

FARMING lessons for a town kid

The year was 1984, and I was choosing some of my elective courses while in high school. Several of my buddies were born and raised on farms, and they were all involved in FFA (formerly Future Farmers of America), which involved classwork. They convinced me, a town kid, to take the class, too. So I did.

Talk about a fish out of water. I was a good student, but the topics covered in the FFA class were beyond my scope. I first realized this at a soil judging event, where my buddies were nailing it and I was desperately lost.

We then had hands-on training on welding, and I was continually sticking rods to metal. In frustration, I submitted a piece from the scrap pile for my grade to our teacher, Mr. Greiman, which saved me for a while. "This is a good-looking weld, Goodman," Mr. Greiman told me. "You are really catching on." I wasn't.

The last straw was my livestock project, of which I did not have one. My buddies joked that I was going to have an ant farm. I knew I needed to find an out. I stuck it out for the semester and then quietly disappeared with a new respect for the farming culture and the know-how that is needed to be a successful farmer. It isn't easy.

I am reminded of my agricultural ignorance each year when I attend county fairs. As a child, I couldn't understand the fuss over all the farm animals. I was there for the carnival rides, the cotton candy and the demolition derby. Today, I make time to tour the livestock barns, and I revel at the work these young people put into all their projects. It signifies their commitment, dedication, competition and tradition — and those are things all of us can learn from.

See you at the county fair, and thanks for reading. ■

SHANE GOODMAN

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



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

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



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Nora Mersberger shows both dairy and meat goats, as well as other animals, at the Madison County Fair.

THE TRADITION *continues*

**Madison County Fair offers
events, exhibits and more
July 17-21**

By Rachel Harrington

If you are looking for a great place to spend some time this July, the Madison County Fair anticipates a week full of fun and entertainment. The county fair, which will take place July 17-21 at the Madison County fairgrounds in Winterset, will feature some annual fun as well as some new additions to the schedule.



Nora Mersberger and her goat, Arrow, have participated in the Madison County Fair and will compete again this year.

Todd McCullough is the Madison County Fair Board president, and he couldn't be more thrilled with the lineup for this year's fair.

"The fair is free entry," he says. "This year, we have some free entertainment. We added these events just to try something new this year," he says. "The Tumbleweed Crossing Wild West Show will be one of the new entertainment events. We couldn't book them last year due to their schedule being full, but we're glad to get them this year."

A carnival with rides for various ages of fairgoers will be an enhancement from last year. Additionally, T.J. Regul, The Quad City Magician, will showcase his talents for fairgoers' pleasure.

"I met him at the convention," Todd shares. "He'll be doing balloons and magic. He's pretty good."

Free live music, a new feature of the fair, will be offered before the rodeo. Rural Route will perform on Thursday night, and Corey Jamison will perform on Friday night. Rural Route is based out of Boone and performs "country music with a little rock and alternative twist," and Corey Jamison is a local rising music artist.

Horse and livestock shows will abound throughout the fair week, including cattle, goats, rabbits, poultry, sheep, horses, llamas,

alpacas and swine. On Sunday, after all the horse and livestock shows are complete, the livestock auction will be held.

"This is a premium auction for the 4-H exhibitor kids," Todd remarks. "It's a pretty big deal for them and helps them raise some money."

Younger fairgoers and their families can enjoy the Little Hands on the Farm petting zoo and the interactive activities around the farm animals. Food vendors will be plentiful.

"There's really good food at the fair, and we always look forward to that," Todd shares. "Almost all of the food is nonprofit."

The grandstand will feature some fun annual entertainment on both four wheels and four legs throughout the week. Wednesday will showcase side-by-side races, Thursday and Friday will be rodeo events, Saturday will spotlight the Circle Track Mud Run, and Sunday will be the Mud Bog. Wednesday evening will be the Madison County Fair Queen and King contest, Friday evening is the 4-H/FFA Dog Project Awards Ceremony and Trick Dog Competition, and Saturday boasts dancing horses in the horse arena, as well as a kiddie pedal tractor pull and cattle fighting contests.

"It seems you can see everyone else in town at the fair," Todd says. "We expect around 100



Nora Mersberger has won awards showing her goat, Arrow. This year, she will show meat and dairy goats.

fair campers this year. That's a lot of people for a county fair."

To see a full schedule and lineup for the 2024 Madison County fair, visit madisoncountyfair.net.

Showing goats and more

When Nora Mersberger moved to the country with her family as a young girl, she wanted a new animal. She and her parents decided to get a few goats.

"The goats were the start of our farm," Nora explains. "I've always loved goats. They're just cute, and they're funny, too. Goats have a lot of personality, and each goat is unique."

Her mother, Lauren, adds that goats are low-maintenance livestock, which made them perfect for their family in the beginning.

Nora first entered the kids' show at the Madison County Fair as a kindergartener.

"I started with three Nigerian dwarf goats," Nora says.

That was before she began showing with 4-H. She still has her original three Nigerian dwarves and has grown her goat herd over the last six years to include two Boer goats and two new baby Nigerian dwarf goats that were born near the end of April this year. The Boer goats are raised as meat goats, and Nigerian dwarf goats are dairy animals.

Nora, now 12, is a member of the Sharp Shooters 4-H Club in Winterset. Last year, she and her Nigerian dwarf goat, Arrow, went home with the Grand Champion prize for the dairy specialty breed. This was Arrow's second time winning the Grand Champion prize at the fair. Nora is currently the only one in the club who shows goats in both the dairy and meat divisions.

"The Boer that I'm showing this year will be in the meat division, and, afterward, he'll go to auction," Nora shares, adding it will be her third goat to go to auction.

To prepare for the fair, Nora feeds her Boer goats well year-round to fatten them up for the meat division. The Mersbergers typically free-range their herd in the fair-weather months and will move them around to have a steady supply of grass on which to feed. Nora also has to practice often with each breed so they show well.

"I spend a lot of time walking them so they get used to walking on a lead," Nora explains. "We also keep their hooves trimmed throughout the year so they don't have trouble walking. The week before the fair, we

shave each of the goats to their breed's show standard."

In the dairy division, she can show goats that are at least 2 years old and have had babies. The female goats receive a different shave than the males.

Besides goats, Nora also shows chickens and rabbits.

"Thankfully, our fairgrounds are fairly contained," Lauren shares. It doesn't take long to get from barn to barn, and the rabbits and chickens are in the same barn.

"I am excited to show the new babies this year and see how they do," Nora says. "I'll show them in the dairy division, and Arrow will be there again as well."

Looking forward to a prize

Grace England, who graduated from high school this spring, has shown swine since she was 5 years old.

"My siblings showed pigs before I did," she shares. "I first showed as a Clover Bud in carcass shows until I became a true 4-H'er."

This year, Grace is excited to show two of her pigs, Bryan and Zach.

"I'm especially proud of Bryan," she explains. "I got him in March. Our family gets January-born pigs from local farms so they can be fed and manipulated to prime weight by fair time."

Preparing swine for the fair is a months-long process.

"We get our pens set up and ready for our new pigs, and once they're home, we immediately set them up on base feed," Grace shares. "I use Elite 200. I start to manipulate their feed in April or May, and we feed to fit the pig. For instance, Bryan was on the smaller side, so I started him on Game On to fatten him up. Zach was too big, so he received something different. They both were given Gut Bomb. It kind of smells and tastes like birthday cake, and it helps their bellies drop so they will swing."

She also begins training her pigs to walk.

"Bryan caught on to holding his head up and walking within a week. He's the fastest-learning pig I've ever had. Zach took longer because of his breed type being a bit more fat, grumpy and slow."

When it is fair time, Grace gets her pigs show-ready, starting with a good bath.

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Saturday July 20th • 7pm Mud Bog

Sunday July 21st • 7pm Circle Track Mud Run



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FEATURE

“Bryan has white spots on him, so I will wash him with purple shampoo and Dollar Tree shampoo,” she explains. “I use Oraglow to exfoliate and get rid of dead skin from the pigs the day before the county fair. We also shave them before the fair, but that’s beginning to be taboo. On show day, I feed them a water supplement, so they don’t get dehydrated throughout the day. I take them for their weigh-ins and show them. The judges give feedback on why the pig is not number one. Based on the feedback, I try to manipulate the pig so it can be ready in August for the state fair. After the state fair, my family takes our pigs straight to the Milo Locker.”

Currently Bryan is at about 180 pounds, still considered lightweight, and Grace anticipates him to get to around 210 pounds by the county fair.

“They gain weight really fast,” she says.

Zach is currently a little bigger, somewhere between 200-210 pounds.

“I’m generally not a competitive person,” Grace says, “but I’m really proud of Bryan and excited to show him and see what the judges think. Often you see seniors winning due to their experience. I’m excited at the possibility of being the head person.”

Besides showing pigs, Grace participates in static projects. This year, she will be doing a speaking project.

“Last year, I did a static project on the mental health of farmers,” she remembers. “It went to the State Fair, and I won a scholarship for it.” ■



Grace England has worked with her pig, Bryan, to get him in top shape for this year’s swine show.

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REAL ESTATE

By Jennifer Stover

BUYER'S remorse

Buyer's remorse is a common, albeit unsettling, feeling for new homeowners. Your home is likely the largest purchase you'll ever make, so it's only natural to wonder if you made the right choice. But if the feeling is getting you down, follow these dos and don'ts to manage your mindset.

Do pull out your home wish list. If you're feeling regretful about your purchase, compare your initial "home wish list" to the home you bought. Does it have all or most of the features you wanted? If so, your buyer's remorse is likely a fleeting feeling that will subside once you start getting settled in. If your home is different from your list, remind yourself why you made those compromises.

Don't look at other houses. It's tempting to continue perusing real estate listings or slowing down every time you drive by a "for sale" sign, but please refrain.

Do start decorating. If your new house is still empty, it might not feel like "home" to you yet. So, start making it your own. Paint the walls, display your favorite artwork and hang stylish window treatments.

Do take a breather. From the time you start shopping for a mortgage to the moment you sign your closing papers, the homebuying process can feel like it's taken over your life. If your normal routines were disrupted by house hunting and loan applications, get back on track. ■

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



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AUTOMOTIVE

By Dawn Lauer

CHANGE the cabin air filter

When was the last time you had your cabin air filter changed? Chances are, it's been a while. It's recommended to have your cabin air filter changed regularly, roughly every 15,000 to 25,000 miles. If you travel on a lot of gravel, it may get full of dust sooner and need to be changed more frequently.

Your cabin air filter is a critical component of your vehicle. It cleans the air moving through the HVAC system and stops pollutants like dust and pollen from getting inside your vehicle. Changing the cabin air filter isn't just about air quality though, it's also a safety concern. A clogged filter hinders your vehicle's ability to defog or defrost your windshield quickly.

Signs that it may be time to change your cabin air filter include:

- Weak airflow from the vents. This can be especially noticeable during the summer months when running your air conditioning on high.
- Musty or unpleasant odor coming from the vents.
- Excessive noise when running the air or heat.
- Whistling sound from the cabin air intake ducts.

Simply replacing the dirty, clogged filter can help avoid other problems like premature failure of HVAC components. It may seem like a small thing to do, but it can make a big difference. ■

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



PLANNING for retirement

How much to contribute to your 401(k)

When you start a new job and sign up for your company's 401(k) plan, one of the first things you will need to decide is how to contribute to the plan from your salary/wages. While this may appear a simple decision, it has a lot of consequences. It affects how much money is deducted from your paychecks, your tax bill and how much you will have once you retire. The following article takes a look at a few factors which you should consider when you make that decision.



Consider your employer's 401(k) matching plan

Find out what percentage of your paycheck is eligible for company matching. One of the most common cases is that the employer will match 50% of your contributions up to a certain percentage of your pay (usually in the 4-6% range). Bear in mind there may be a vesting schedule on the matching plan. It is best to speak with your employer to learn all the details of the plan.

Aim to save an adequate amount for retirement

While aiming to meet employer contributions is a nice goal, often those rates are not enough to build a decent amount to live off once you are retired. Research indicates that an adequate savings amount is around 12% of the average salary — or more if you can afford it. The more you can save now, the less stress it will be once you are older and retired.

Increase the amount you save over time

If you can't save the recommended 12% or more immediately, one strategy is to start lower and increase the rate of saving over time. Often, your salary will increase with tenure or seniority, and you can afford to increase your contributions to your 401(k) without necessarily breaking the bank.

Start saving as early as you can

The younger you start contributing to your 401(k), the more you will have in the account when it is required. The power of compounding interest is on your side here. There is no age where it is too late. If you have the opportunity, seize it with both hands.

Conclusion

Saving for retirement is a critical part of working life, and, with the above tips, you can be well on your way toward a comfortable, well-deserved retired life free from financial worry. ■

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BEAUTY

By Annie Wiseman

R.E.S.P.E.C.T.

Let's talk about our time.

It's unbelievable to me how busy everyone is these days. It's impossible to get anything done without scheduling it. This couldn't be more true for anyone in a service-oriented industry. This includes salons, healthcare, restaurants and many other businesses. It's important to address the negative affect cancelling and/or not showing for your appointment has on the service provider's precious time.

In the salon world, we live by our appointment schedule. This means we plan our kids' sports schedules, family vacations, lunch dates and doctor's appointments around our client appointments. So, when we've planned accordingly and our client cancels last minute or doesn't show at all, it disrupts the entire flow of our day. That time slot, which could be used to go to the grocery store or accommodate another client, is now completely wasted.

Most of these businesses listed do an amazing job of sending out timely appointment reminders. This is all an effort to avoid implementing the necessity of strict cancellation policies which can cause awkwardness in any business relationship.

It goes without saying that unpredictable circumstances can lead to one being unable to attend their appointment. But, in my 26 years of working in this industry, that percentage is very low. I'm simply pointing out that it's much appreciated when you value our time and make your scheduled appointment a priority. We certainly do the same for you. ■

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.



HEALTH

By Dr. Amanda Queck

CHIROPRACTIC care and heart rate variability

Many people can attest to the benefits of chiropractic care for pain relief. But did you know that the reason chiropractors work so closely with the spine is because of its direct impact on the nervous system? Chiropractors see "pain" and "symptoms" as "check engine lights." When the "check engine light" turns on, it's our job to detect what triggered that signal and help the body function at its best.

One of the tools we use is a technology called heart rate variability (HRV). Your HRV helps to determine how your nervous system is able to adapt and recover from the various stressors that life brings on. Whether it is mental or emotional stressors, physical stressors or environmental stressors, your body is constantly working to adapt. Your HRV helps determine how well your body can make those adaptations, and it is controlled by two parts of your nervous system that we know as your sympathetic nervous system (like the gas pedal in your car) and the parasympathetic nervous system (your body's brake pedal). We need both systems to function when they are supposed to, just like we need both the gas pedal and brake pedal to work when they need to. If your nervous system is out of balance, your body sends a message that it is imbalanced that is most noticeable to you as pain. This is why HRV is something we measure in our office to help determine how well your body will respond to chiropractic care. ■

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



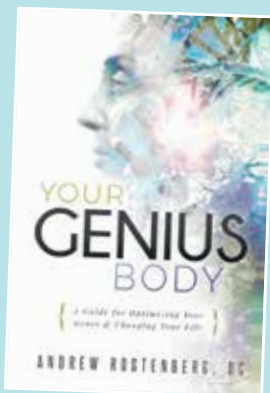
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Dr. Amanda Queck

DEALING with manipulation

Dealing with people who are master manipulators can cause a great deal of difficulty in life. Manipulation is using sinful behavior to get what we want. Manipulators use behaviors like anger, threats and coldness to get what they want. Here are a few suggestions for dealing with manipulation:



1. Do not fear man: Although we never stop loving someone, we cannot allow the fear of them or their threats manipulate us into bowing to their desires. Instead, commit to honoring God in the face of the repercussions of our manipulator. This is a necessary starting point to find peace and freedom in our circumstances. We must fear God over man.

2. Set boundaries while remaining patient: It's so easy to cave in or just remove manipulative people from our lives. The problem is manipulators are usually people we love dearly, and, because we love them, we desire to help them be free of their manipulative behaviors. These people typically have a long history of manipulation and probably grew up learning these behaviors. We must recognize that change takes time.

To do this, you will need a good plan. What will you do? How will you respond? What are your limits for dealing with the

manipulation? Without a plan and boundaries, we can easily fall back into old habits of giving in or caving to the relentless pressure of our manipulator. A good game plan is not always easy, so getting outside counsel is necessary. Seek godly counsel that you can trust to help you honestly assess the situation and create realistic boundaries.

3. Commit to action: Change takes action. Learning to communicate and work through our conflict with manipulators is not easy but is necessary. Learning to speak honestly, being gentle in our responses, being open to reason in our decisions, and holding firm in humility when saying no must be modeled consistently to help people change. I have found the following verses very helpful in dealing with the conflict that comes with manipulation. Commit to living this out with your manipulator.

2 Timothy 2:24-26 ESV: And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, (25) correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, (26) and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will. ■

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

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KNIGHTS of Columbus see needs, take action

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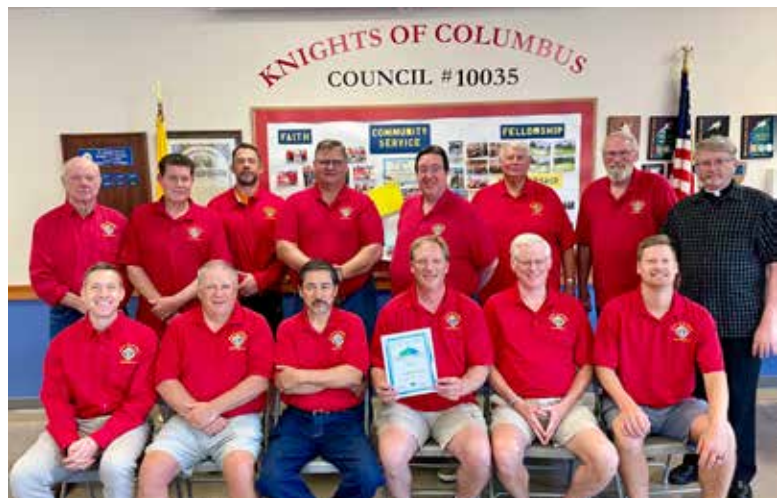
In and around Madison County, many people in need have been supported by the Knights of Columbus, Council No. 10035. The Knights of Columbus is a worldwide

organization with more than 12,000 local councils. Local Grand Knight Dave Sents shares some history and information about the local group.

“Our Council No. 10035 was organized April 12, 1989, with 34 men from St. Joseph Catholic Church, Winterset,” Sents says. “We continue to meet monthly and have approximately 81 members. Membership is open to all men of St. Joseph Catholic Church. We are a Catholic faith-based organization that is available to help families and organizations in need.”

Two annual events highlight the year for the local group.

“We assist families and charities with financial support and volunteer labor. We host a golf tourney, and we host an annual gala, scheduled for Feb. 15, 2025. It is a dinner and dance at Knotty Pine venue,” Sents says. “Both of these events are open to the public. The



Knights of Columbus Council 10035, Winterset

golf tourney proceeds go to our Compassion Fund. Fifty percent of the Gala's net proceeds go to Hold Our Youth Tight (HOYT), and the balance goes to the Compassion Fund.”

Another popular tradition is the Knights' fish fry events during Lent.

“We served 1,613 dinners at our six fish fry events in 2024. We also conduct an annual Tootsie Roll drive in the fall to collect money for Madison County Association of Special People (MCASP). Our council also has a scholarship fund that provides two students a \$500 college scholarship,” Sents says. “Since 2009, the Knights of Columbus has donated \$177,000 to local charities and individuals.”

The local Knights of Columbus officers are Dave Sents, grand knight; Danny Baessler, deputy grand knight; Tom Miller, secretary; Jeff Nolan, treasurer; Brady Pugh, financial secretary. Spiritual leaders are Father Tom Dooley and Deacon Sam Sullivan.

The group recently donated \$4,500 to the six school districts in Madison County to help offset deficiencies in their student hot lunch programs. The Council's Compassion fund started with a \$2,000 gift from a local person who received benefits from MCASP and decided to donate money to the Knights to help start the compassion fund.

Since 2018, the Knights of Columbus Compassion Fund has raised \$60,000, which goes back to families and organizations in Madison County and continues the scholarship program. Sents notes that the group's contributions of financial support and scholarships are not limited to St. Joseph Catholic Church members.

The group prides itself on responding quickly in times of need, as shown by the actions of five members of the group.

“They helped a family south of Greenfield that posted on Facebook they needed help after the tornado. Our group showed up unannounced and went to work. We spent the afternoon removing trees and helping the family organize their belongs,” Sents says. ■



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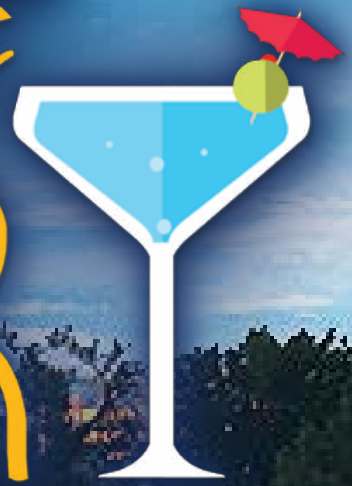
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Summer Reading activities

Winterset Public Library, 123 N. Second St.
www.wintersetlibrary.org/summer-reading-program/

• **Tinkering on Tuesdays STEAM activities**, July 9 and July 23, 1-3 p.m. No registration is required for the come-and-go activity. Build, create, investigate and explore, for ages 6 and older.

• **Weekly guessing game.** Each week, come into the library to guess the number of items in the jar. This all-ages game will run through July 27. One guess per person per week. Winners receive a prize.

• **Free Movie at The Iowa Theater**, Friday, July 12, 10 a.m. Concessions available for purchase.

Iowa Master Conservationist Program

Thursdays, Aug. 22-Oct. 3, 6:30-8 p.m.

Iowa State University Extension and Outreach will offer the Iowa Master Conservationist Program at the Warren County Extension Office and various Warren County locations, providing participants with hands-on interaction with the diversity of the state's natural resources. The program teaches about Iowa's natural ecosystems and the diversity of conservation challenges and opportunities that exist in the region. Graduates of the course learn to make informed choices for leading and educating others to improve conservation in Iowa.

The program consists of approximately 12 hours of online curriculum and seven face-to-face meetings. Registration for the course is \$75 and is due at the time of registration. To register, contact the ISU Extension and Outreach Warren County office at 515-961-6237 or bcecot@iastate.edu. The deadline to register is Friday, Aug. 2, with a maximum of 15 participants.

The Winterset Stage camps

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

• **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.



80/35 Music Festival

July 12-13

Water Works Park, 2201 George Flagg Parkway, Des Moines

80/35 is moving out of downtown and into Water Works Park. The new location allows the festival to include camping for the first time. Headliners: Killer Mike and OK go.

Hinterland

Aug. 2-4

Avenue of the Saints Amphitheatre, 3357 St. Charles Road, St. Charles
www.hinterlandiowa.com

Just a half hour outside of Des Moines is the state's largest music festival that continues to draw nationally renowned names to the small city of St. Charles. More than 20 musical acts will take the main stage and entertain travelers, campers and music lovers alike. Headliners: Aug. 2: Hozier; Aug. 3: Vampire Weekend; Aug. 4: Noah Kahan.

Madison County Conservation Summer camps

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

• **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.

Pressure canning and freezing workshop

Thursday, July 18 from 5-9 p.m.

Warren Lodge No. 53, 1606 W. Second Ave., Indianola

Learn all the basics of pressure canning and freezing at this Food Preservation Workshop offered by Iowa State University Extension and Outreach Preserve the Taste of Summer program. Cathy Drost, human sciences specialist in food and health with ISU Extension and Outreach, will lead the workshop.

During the hands-on workshop, participants will learn the basics of pressure canning and safely freezing food, hear the most up-to-date canning and freezing recommendations, make and can green beans, and take home and enjoy a jar of green beans that they canned. The cost of this hands-on workshop is \$40. Participants can register for the workshop at <https://go.iastate.edu/SGVIVY> by July 12. To learn more or to ask questions, contact Bethany Cecot at bcecot@iastate.edu or 515-961-6237.



EVENTS IN THE AREA

Be sure to check for cancellations

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

ART SHOWS

Des Moines Art Center

Des Moines Art Center, 4700 Grand Ave., Des Moines

www.desmoinesartcenter.org

Through Sept. 22: "Hurricane Season" by Deborah Jack

Ankeny Art Center

1520 S.W. Ordinance Road, Ankeny

www.ankenyardcenter.org

Through July 24: Tracy Ingham displays primarily oils and oil pastel paintings.

Through July 24: Troy Cannon shows 20 original works of wild animals.

July 31 - Sept. 24: Seso Marentes "explores the intersections of identity, culture and home through art."

July 31 - Sept. 24: Jonah Haug specializes in mixed media art and graphic design.

Olson-Larsen Galleries

542 Fifth St., West Des Moines

olsonlarsen.com

Through July 20: Annual Landscape Show 2024

Mainframe Studios

900 Keosauqua Way, Des Moines

www.mainframestudios.org

First Fridays of the month: See the creators behind the masterpieces while enjoying live music, food and, of course, art.

July: Vivé! Latino Art

August: Photography

September: Fashion

Anderson Gallery

Harmon Fine Arts Center, 1310 25th St., Des Moines

Moines

andersongallery.wp.drake.edu

Sept. 5 - Oct. 20: Ken Buhler and Kim Uchiyama

Polk County Heritage Gallery

Polk County Administration Building, 111 Court Ave., Des Moines

polkcountyheritagegallery.org

Through Aug. 15: Iowa Exhibited 2024 - Annual Juried Show



CITYVIEW's Summer Stir - East Village

Friday, July 26, 5-9 p.m.

East Village, E. Locust St., Des Moines

CITYVIEW's traveling cocktail party is back in East Village. 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 summerstirs.dmcityview.com. ■

STAGE PRODUCTIONS

Ankeny Community Theatre

1932 S.W. Third St., Ankeny • www.ankenycitycommunitytheatre.com

Aug. 2-11: "Vanya and Sonya and Masha and Spike"

Carousel Theatre of Indianola

Indianola High School Auditorium, 1304 E.

First Ave., Indianola

www.carouseltheatre.org

Weekends July 19-28: "Urinetown"



Des Moines Metro Opera

Pote Theatre, 513 N. D St., Indianola • www.desmoinesmetroopera.org

July 12, 17, 21: "Pelléas & Mélisande"

July 13, 18, 19: "American Apollo"

Des Moines Performing Arts

Des Moines Civic Center, 221 Walnut St., Des Moines • www.dmpa.org

Aug. 20 - Sept. 1: "Moulin Rouge: The Musical"

Des Moines Playhouse

831 42nd St., Des Moines • www.dmplayhouse.com

July 12-28, Wednesdays through Saturdays: "School Of Rock - The Musical"

Des Moines Young Artists' Theatre

Stoner Theater • www.dmyat.org

July 19-28: "The Prom," 221 Walnut St., Des Moines



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MEET therapy dog Miley

Turning students' days around

Miley is a 2-year-old golden retriever that began visiting Winterset Middle School in January 2023. Middle school special education teacher Jill Hatten chose Miley with the intention of her becoming a therapy dog, and she has not been disappointed. Miley was ready for the Therapy Dogs International test before she was old enough to take it. She passed the exam in December 2022 just after turning 1 year old.

"Miley and I started working on obedience very early on. She is a quick learner and has many commands such as sit, down, stay and, the hardest one for her, leave it," Hatten says.

During the year, students can earn tickets for demonstrating positive behavior and use them to purchase items from the Paw Law store. One of the many things students can purchase is a play date with Miley. During the play date, students visit Hatten's classroom where Miley demonstrates her tricks and students learn about therapy dogs.

"Dogs brighten everyone's day. They have an incredible positive effect on everyone — students



Teddy Hanson relaxes with Miley.

and staff. Not only does Miley bring joy, she also provides a sense of calm for struggling students," Hatten says.

Hatten currently has four other dogs at home, but Miley is her only therapy dog. She learned about therapy dogs from a colleague and friend who has had therapy dogs for years. Although



Samantha Burkett has a one-on-one moment with Miley.

there are no changes planned for next year, Hatten is looking forward to taking students' suggestions for new tricks Miley can learn.

"Therapy dogs benefit the entire staff and student body. Just seeing Miley in the morning can help turn someone's day around," Hatten says. ■

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BRING joy to mealtimes by dining together

(Family Features) The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

“Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being,” said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. “As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way.”

Visit barilla.com/recipes to discover more dishes that can help you follow the Mediterranean lifestyle. ■

Cellentani Caprese pasta salad

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 7

- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste



DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.

Linguine with zucchini carbonara

Linguine with Zucchini Carbonara

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 8

- 5 egg yolks
- 1 cup Pecorino Romano cheese, grated, divided
- 1/2 cup milk
- salt, to taste
- 1 tablespoon extra-virgin olive oil
- 1 medium zucchini, julienned
- 1 box Barilla Linguine
- 1 tablespoon fresh mint, chopped
- black pepper, to taste

DIRECTIONS:

- Bring large pot of water to boil.
- In bowl, mix egg yolks, 1/3 cup Pecorino Romano cheese and milk. Season with salt, to taste. Set aside.
- In large skillet, heat olive oil and cook zucchini.
- Cook pasta according to package directions. Reserve 1/2 cup cooking water.
- Mix pasta in pan with zucchini. Add egg yolk mixture and 2 tablespoons cooking water. Combine well.
- Add remaining cheese and mint; mix. Season with salt and pepper, to taste.



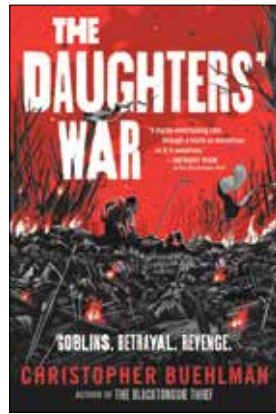
'The Daughters' War'

To be perfectly clear before we start, this is a book about grief. It is a story of loss and war and lives cut short in the pursuit of survival. Sure, this is a military fantasy at its most basic level, but, in truth, it is an ode to the beauty of grief, growing up and becoming something extraordinary.

Galva is the youngest daughter of prominent family, and instead of staying cloistered safety, she chooses to train with an experimental army unit that will likely mean her death. Humans are edging toward extinction, and the goblins just keep coming. Brutal, cunning and overwhelming, these goblins want one thing only: to tear down humanity and make them into livestock. Paired with a diverse and fascinating array of comrades, Galva will fight for her people's right to live and lose almost everything along the way.

This is not an easy book to read, but the starkness and gritty horror make the moments of humor and hope that much more powerful. The prose is hypnotic and stunning, like an epic poem, and will linger long after the cover is closed. It is absolutely worth the tears. ■

— Review by Julie Goodrich



By Christopher Buehlman
6/25/24
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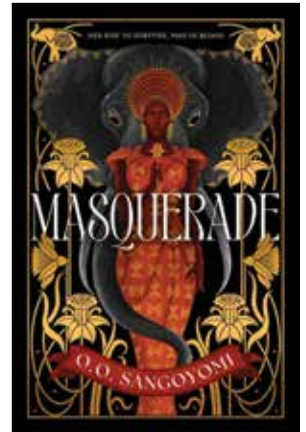
'Masquerade'

There have been a handful of times in my life when I felt so wildly out of place that I couldn't tell up from down. That kind of upheaval is a powerful motivator for digging deep and finding out what you're made of. Transformation, power and self-discovery weave through this gripping, gorgeous story I fell in love with from the first page.

Òdòdó is a blacksmith in Timbuktu, a city being ground down under the heel of warrior king. Òdòdó's struggle suddenly changes, however, when she's kidnapped to be the bride of a warrior king who refuses to take no for an answer. Left with little recourse, the story follows Òdòdó as she learns to reclaim her power, navigate the politics of her new city, and embrace the power she finds unexpectedly at her fingertips.

This is a deep, tense and deeply satisfying story that weaves together West African myth with the classic story of Hades and Persephone in a unique and utterly enthralling tale. I love the blending of the familiar and the new. This feels like a classic in the making. ■

— Review by Julie Goodrich



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INSURANCE

By Eric Johnson

5 THINGS nobody tells you about homeowners insurance



1. It's a good idea to start with an independent insurance agent.

Buying a bathmat online is convenient, but buying insurance is a bit more complicated than a bathmat. A local independent insurance agent will help you with an "insurance checkup." This will evaluate any home updates and coverages to help you avoid potential gaps. They can also help you compare quotes from multiple insurance carriers to fit your specific situation.

2. Your policy has exclusions and special limits, and you need to know what they are.

It's easy to buy and forget about your insurance. But, every insurance policy has exclusions, like floods and earthquakes. Your policy may also include special limits on items such as jewelry, trailers and watercraft on your property. Exclusions are listed throughout your policy. A good way to understand your policy's exclusions is to review it with your local independent insurance agent. They can break it down for you to make sure you avoid potential gaps in your coverage.

3. Tell your agent about updates and changes to your house.

You buy your house, you buy insurance, they send you a packet, and then you don't think about it again. But, let's say you've lived in your home for a few years. Maybe you renovated your kitchen or put on a new roof. Or maybe you added a central alarm system. Updates like this can change the value and rebuilding cost of your home. If you don't update your policy and tell your agent, you may be underinsured and might be missing out on a possible discount for your new alarm system.

4. Maintaining a personal home inventory may help your claims process.

The last thing you want to think about after your home suffers a devastating loss is, "What did I have in there?" An easy way to create and maintain a personal home inventory is to take pictures of each room of your house every year. This may help jog your memory about what was inside your house. This is important to keep updated since homes seem to accumulate more and more things as time goes on.

5. Your coverage amount may not be the same as the cost of your house or the market value.

There is a big misconception that your homeowners insurance coverage amount is the same as what you paid for your house. That is wrong. If your house needs to be rebuilt, you may need coverage for debris removal, materials and labor, which, in some cases, exceeds the amount you paid for your house or the market value. It's also important to note that both the market value of your home and the cost to rebuild will vary greatly. ■

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

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A BALANCED diet for our seniors

As we age, our nutritional needs evolve due to changes in metabolism, muscle mass and overall health. For senior citizens, a balanced diet is crucial to maintain vitality, support cognitive function and prevent chronic diseases.



This guide provides an overview of the key components of a healthy diet for older adults and practical tips to implement these dietary changes.

Nutritional needs for seniors:

- **Calories and energy needs:** Seniors generally require fewer calories due to a slower metabolism and reduced physical activity. However, the need for essential nutrients remains unchanged or may even increase. It is important to incorporate protein into seniors' diets to preserve muscle mass and strength. Additionally, be sure to add complex carbohydrates that are rich in fiber to support digestive health. Limit and try to avoid saturated fats and trans fats to aid in heart health.

- **Vitamins and minerals.** Calcium and

Vitamin D are critical for bone health. Include dairy products, fortified plant-based milks, leafy greens and fatty fish. Seniors may need supplements if dietary intake is insufficient.

Vitamin B12 is important for nerve function and red blood cell production and is found in animal products and fortified cereals. Seniors often need supplements due to decreased absorption.

Potassium helps maintain blood pressure and electrolyte balance. Sources include bananas, oranges, potatoes and spinach. Magnesium supports muscle and nerve function, found in nuts, seeds, whole grains and leafy greens.

- **Hydration.** Dehydration is a common issue among seniors due to a diminished sense of thirst. Aim for at least eight glasses of water per day. Include hydrating foods like fruits (watermelon, cucumbers) and soups to help meet fluid needs.

Practical tips for a senior-friendly diet

Balanced meal: Each meal should include a source of protein, healthy fat, complex carbohydrates and a variety of colorful vegetables and fruits. Small, frequent meals can be more

manageable and help maintain energy levels throughout the day.

Adapt to health conditions: Adjust the diet to accommodate chronic conditions like diabetes, hypertension or heart disease. For example, reduce sodium intake for hypertension and manage carbohydrate intake for diabetes. Work with a healthcare provider or dietitian to tailor dietary recommendations based on individual health needs.

Social factors: Eating can be a social activity; encourage shared meals with family or community groups to enhance the dining experience.

Supplements: While food should be the primary source of nutrients, some seniors may benefit from supplements to address specific deficiencies. Consult with a healthcare provider before starting any new supplement regimen.

Making informed dietary choices can lead to better physical health, increased energy levels, and enhanced overall wellbeing. ■

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

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A ribbon cutting was held for Roger Roberts Construction. Photo by Vicki Minor



Ray Pater and Peter Loiler at the Madison County Chamber coffee held June 14 at Roberts Construction.



Brian Tarlton at the Madison County Chamber coffee held June 14 at Roberts Construction.



Roger, Dillon and Nick Roberts of Roger Roberts construction at the Madison County Chamber coffee held June 14 at Roberts Construction.



Jennifer Frease, Susan McDonald, Ashton McKeever and Vikki Weeks at the Madison County Chamber coffee held June 14 at Roberts Construction.



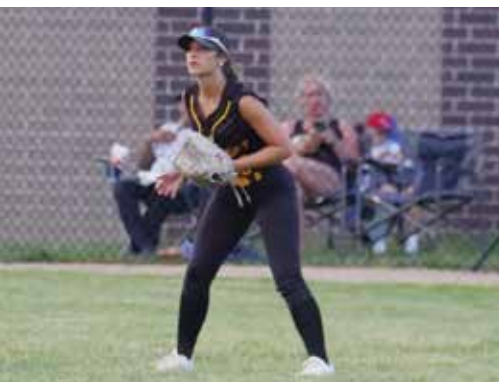
Erin Pater and Laura Luckinbill at the Madison County Chamber coffee held June 14 at Roberts Construction.



Nick Roberts and Leah Knobloch at the Madison County Chamber coffee held June 14 at Roberts Construction.



Jessica Roberts, Mari Mishler and Patty Roberts at the Madison County Chamber coffee held June 14 at Roberts Construction.



Mya Adkins at the Winterset High School softball game played June 12 at home. Photo by Lacey Forsyth



Neela Applegate at the Winterset High School softball game played June 12 at home. Photo by Lacey Forsyth



Zoe Breeding at the Winterset High School softball game played June 12 at home. Photo by Lacey Forsyth

OUT & ABOUT



Eli, Emmy, Graham and Olivia enjoying Petite Cafe.



A ribbon cutting was held for The Speakeasy June 7. Photo by Vicki Minor



Charlotte Speer, Jacki Waltz and Toni Waltz at the airing of the quilts held June 8. Photo courtesy of Madison County Chamber



Debbie Field, Jodi Lake, Amara Huffine and Sandy Hoenig at the chamber coffee at the Speakeasy June 7. Photo courtesy of Madison County Chamber



Author Sara Broers presented her new book, "Perfect Day Iowa," at Speckled Hen Farms on June 6. Photo courtesy of Madison County Chamber



Leslie Allen, Catherine Stetzel, Amara Huffine and Sandy Kordick celebrating National Donut Day at the Chamber on June 7. Photo courtesy of Madison County Chamber



Clint Eshelman and Susan McDonald at the farmers market on June 8. Photo courtesy of Madison County Chamber



Karlee Akers at the Winterset High School softball game played June 12 at home. Photo by Lacey Forsyth



Macy Olson at the Winterset High School softball game played June 12 at home. Photo by Lacey Forsyth



Melody Reels and Sylvia Moody at the Touch a Truck event June 3 at the library. Photo courtesy of Madison County Chamber

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Tony Bohnenkamp 11 AM - 1 PM

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Ted Stockton 4 PM - 6 PM

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Stage 2 Lake Front

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<https://commons.wikimedia.org/w/index.php?curid=113710725>

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