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Making Winterset better, one page at a time

I can’t tell you how excited I am to bring this lifestyle magazine to the residents and businesses of Winterset. This great community deserves its own great publication. As a fellow Iowan, I am thankful for the opportunity to bring this one to each of you every month.

Times have changed in the publishing industry, and Winterset has certainly changed, too. That’s why we are bringing a new style of community publishing to town. Here’s what you should know:

• Winterset Living is a monthly lifestyle magazine with 100 percent of its content focusing on the people and events of Winterset. You will find stories on local families, businesses, schools, churches, restaurants, real estate and more.
• We believe that news and information should be provided for free, and that’s exactly why we are paying the cost to have Winterset Living delivered to every resident.
• Although carrier delivery would be less expensive, we opted to go with the United States Postal Service to ensure quality and accurate delivery to your homes and businesses.
• Life is in full color, and Winterset Living is, too. Every page is printed in process color, and, as you noticed by now, the cover is on a slick and glossy stock, providing a quality, coffee table magazine that we hope you will keep.
• I own the majority of the stock in this company, and I will continue to invest in Iowa communities. We don’t have out-of-state shareholders to satisfy, and I intend to keep it that way.
• We are proving that locally-owned, independent publishing companies can succeed in today’s digital age. Having said that, we also offer the complete issues of this magazine and our 22 other editions online for free at www.iowalivingmagazines.com. Rather view this magazine on your smartphone or tablet? We offer that service, too — for free — at www.iowalivingmagazines.com/mobile.

I welcome your input, your ideas, your criticism and your compliments. This publication is all about you, and I want it to be meaningful. Please send your feedback to me at shane@dmcityview.com or call me at 515-953-4822, ext. 305. If you would like to write for the publication, contact our editor, Darren Tromblay, at darren@dmcityview.com.

Thanks for reading.

Shane Goodman
Publisher
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On the cover: Judy and Dave Trask. Photo by Alan Cross.

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By Alan Cross

Spend five minutes talking with Winterset Mayor Jim Olson and you almost feel like packing up and moving next door to him.

“This is a wonderful place to live and raise a family,” says Olson. “We have great stores for shopping, excellent medical facilities, incredible tourism and a fantastic school system.

“But the people who live and work here are Winterset’s greatest asset.”

Olson isn’t a politician just looking to get re-elected when he brags on Winterset. He brags on Winterset because he has earned the right to.

Winterset is Olson’s boyhood home, and he is one of the many people who grew up in Winterset and came back at the first opportunity to make it their home.

Iowa’s ‘celebrity’ town

American icon and actor John Wayne’s birth home is in Winterset, and three movies were filmed on its streets and surrounding countryside. The first was “Cold Turkey” made in 1971 starring Dick Van Dyke.

The last film to have used Winterset as a backdrop was the 2010 film “The Crazies.” It was, however, the 1995 film “Bridges of Madison County” which really put Winterset on the map, so to speak.

The Academy Award winning blockbuster film starred Clint Eastwood and Meryl Streep, and it was taken from the 1992 best-selling novel of the same name written by Iowa author Robert James Waller.

“The movie and the book have brought in a lot of tourism to Winterset,” says Dave Trask.
“But I think Winterset has kept most of its small-town charm.”

Trask should know about Winterset’s small-town charm. He grew up and graduated from Winterset High School in the mid-1960s. He enlisted in the Army and spent two years in Vietnam (1969-71). After his stint in the military, Trask attended the University of Iowa and graduated with a degree in business administration.

He accepted a position in the management program of the Kmart Corporation and lived in Illinois for a while.

“I then was given the chance to take over the Ben Franklin store here in Winterset,” he says. “That was 34 years ago. I never regretted that decision.”

In between enlisting in the Army, going to college and starting up his own business, Trask married his childhood sweetheart, Judy.

“We were classmates,” he says. “Her dad was a farmer and part owner in the bank here. My dad owned a jewelry shop.”

Trask says he remembers how his dad would treat the customers who came into his shop.

“He would greet them as soon as they walked into the shop and called them by their first name,” says Trask. “That is one of the things I like about working retail in a smaller community. You know your customers on a first-name basis. You also get to know their family and children.

“You develop a bond with your customers, and they trust you.”

Trask’s Ben Franklin store is on the square in downtown Winterset across the street from the Madison County Courthouse.

“Some things have changed in the downtown area,” says Trask, “but the city has done a good job of keeping the architectural integrity of many of the buildings on the square. Many of the buildings look the same as when I was growing up.

“And the good thing is many of the store fronts are open and not closed up. It’s never a good sign to see empty store fronts in a downtown area.”

A sense of pride
Dr. Robert Newton is your stereotypical small-town veterinarian — quick humored, down-to-earth personality and devoted to his hometown of Winterset.

“I couldn’t think of a better place to grow up,” says Dr. Newton.

Dr. Newton graduated from Winterset in 1960. He then went to Iowa State University in Ames where he earned his veterinary degree in 1967.

He then started his career in Minburn.

After just seven months there, an opportunity came up for Dr. Newton to return to Winterset.

“I had the chance to come back and work with Dr. Jim Hollen,” says Dr. Newton. “He was one of those old-country vets who was sort of my inspiration — my mentor.”

Dr. Newton says the decision to come back to Winterset was not a difficult one.

“I had personal ties here,” he says. “I wasn’t one of those few who talked about moving away from Winterset the first chance I got. I always knew that I would come back to Winterset if the right situation would come up. Thankfully it did.”

Dr. Newton says many of those he went to high school felt the same way he did.

“I think in any small town you are going to have people who want to go out and spread their wings,” he says. “There is nothing wrong with that. But for me and many others, this was where we wanted to be. We had a good life growing up here.”

Dr. Newton, who is retired, says he feels a sense of pride and obligation to his hometown.

“I think almost everyone has a certain pride when it comes to their hometown,” he says. “They want to puff out their chest a bit and say, ‘I’m from Winterset’ when someone asks where they are from.
“With that pride, however, comes some obligation and responsibility. You have to get involved and be active in the community.”

Dr. Newton pointed to a group of Winterset High School seniors who were spending the school day cleaning up areas of the town — a tradition in Winterset.

“We did that when I was in high school as well,” he says. “We were doing a good thing for the community, and it felt good.”

On this particular day, Dr. Newton was taking part in a tradition he and a group started a few years ago — grilling hot dogs for the Winterset Elementary School students.

“This is always the highlight of my year,” says Paul Welch, who is the retired Sheriff for Madison County and was one of those handing out hot dogs to the children.

Welch is a 1966 graduate of Winterset High School. He was drafted in 1968 and served in Vietnam. He returned home in 1970 and has spent all of his career in law enforcement.

“My first job was being a police officer in Ankeny,” says Welch. “But even though I was a police officer in Ankeny, I lived in Winterset.”

In 1976, Welch became the Chief Deputy for the Madison County Sheriff’s Department. A few years later, he became sheriff — a position he held for 28 years.

“For me, being sheriff was a way to give something back to a community which had been so good to me growing up,” he says. “I felt I was making a difference in people’s lives.”

Welch says one of the reasons he started doing things like the hot dog feed is that it is an opportunity for the children to see him, as sheriff, in a different light.

“I never wanted the children to be afraid of the uniform or the person in it,” he says.

That’s one of the reasons why Mayor Olson asked members of the Winterset Police Department, Fire Department and Madison County Sheriff’s Department to be involved in the hot dog feed.

“I wanted the children to get to know the people who were protecting them,” says Olson, who started the hot dog feed when he was a teacher in Winterset.

Olson is retired after 37 years — 42 total — as an instructor, but he actually spent a total of 50 years in the Winterset School system.

“I graduated from Winterset High School in 1964,” says Olson. “I am humbled that I could finish my teaching career back where it all started for me.”

Olson earned his degree in Physical Education from Buena Vista College in Storm Lake. He spent five years teaching at another Iowa school before coming home to Winterset.

“I have had students in my classes who were children of students I taught when I first returned to Winterset,” he says. “I have to chuckle when I run into some of my former students on the street because they always call me ‘Mr. Olson.’”

Olson also says being mayor of his hometown is special.

“I have a lot of pride in Winterset,” he says. “I believe in it. I always have. I am honored to be the mayor of a great community such as this.”

Olson is a proactive mayor. He writes weekly columns for the county newspaper, The Winterset Madisonian.

“I like to go around and talk with people,” he says. “If I hear something that is not right, the column is a good way for me to dispel the rumors or to explain to people why the city had to do something a certain way. It is also a good way to promote the good things the city does.”

Olson says he and his wife have two children who have returned to Winterset to work and another who wants to come back home.

“We have nine grandchildren in all, and seven of them live right here,” says Olson. “We can’t wait for the day when we can have all nine grandchildren living in Winterset.”

Like grandfather, like grandchildren.
Though art and sports may seem worlds apart to some, especially in a high school setting where competition and cliques can often separate the two, there are indeed parallels to be drawn.

For Kristy Hoefing, a long-time coach whose full-time job is that of being the 9 - 12 art instructor at Winterset High School, art and sports share a vast array of commonalities, all good, and all for the betterment of the individuals who choose to pour their hearts and souls into the situation, whether that be in a batter’s box staring down a pitcher or behind an easel, brush in hand and blank canvas in front of them.

It’s then, Hoefing says, that the two become one.

“In sports and art, you really have to think on your feet and make ‘game-time’ decisions,” she says. “In both, the person is really trying to be creative while, at the same time, working within a structure. It’s a good mix. Kids know that this will challenge them, but that it will help them succeed in the long run.”

For now, though, the coaching part of the equation is being put on the backburner. Hoefing, who has coached volleyball, basketball and softball at various levels throughout her 11-year career, stepped down from coaching recently. She and husband, Eric, are expecting their third child in July, and Hoefing says that, although a tough decision, it was one that needed to be made.

“I loved coaching, but with two kids at home and another one on the way, it was time,” she says. Hoefing has left coaching in the past, only to find the pull too great, and before she knew it, she was right back in. With youngsters of her own who will be in need of a guiding hand on the ball diamond or on the court in a few short years, the itch may very well come back. And if it does?

“We’ll see what happens,” she says with a smile.

The teaching itch will continue to be scratched, though, and her love for the school system and the students within is palpable. Teaching, in whatever fashion that may be, she says, will always be something that she does.

“I’ve always been interested in being a teacher, and have always planned to be one, and also be involved in coaching” she says. “I just enjoy working with young people in general.”

Kristy Hoefing is the 9 - 12 art instructor at Winterset High School.
Several youths will be taking an action-packed adventure with God by attending the upcoming Wired Teen Camp at Hidden Acres in Dayton, July 23 - 27.

This year the camp theme is “Game Changer,” and it promises to be a fun and active camp for youths aged eighth through 12th grades. The cost is $225, but fundraisers are possible and scholarships are available. Contact the Word of Life Family Church, 2611 Highway 169, to learn more. Call 462-4405, or check out the website at www.wolchurch.com.

Winterset parents are preparing to say, “Via con dios” to some of the Winterset Community Church senior youths who are departing on a mission trip to New Orleans, La., for the Challenge 2012 mission trip. The youth group will take a weeklong trip down to New Orleans. Mission trips such as this one offer an opportunity for impressionable youths to see what God is doing around the world and connect and worship with more than 6,000 new friends. They will return on Friday, July 7.

The Five Pillars of Totus Tuus are: The Eucharist, Marian Devotion, Catechetical Instruction, Vocational Discernment and, of course, fun. Sessions are as follows: youths entering grades 1 - 8, July 23 - 27, 9 a.m. - 3 p.m. and high school, July 22 - 26, 7:30 - 9:45 p.m.

All youth are welcome to join as well as invite friends, cousins and neighbors. Registration is $15 per child or $45 maximum for a family. Scholarships are available. Registration is underway. Go online to www.saintjosephchurch.net to print out a registration form, stop by the church office or contact Sami Heithoff at 462-4792 or saminheithoff@hotmail.com.
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Health Care in Madison County

Being adjacent to Des Moines brings world-class health care to the residents of Madison County. Three major hospitals are located in Des Moines, as well as one of the largest Medical Colleges in the United States (Des Moines University), which can be found a short drive away.

However, travel is not necessary, as quality health care is found right here in Winterset and the communities of Madison County.

Madison County Memorial Hospital was established in 1949 and is a Critical Access Hospital offering Level IV Trauma Care, a new 40-Slice CAT Scanner, Digital Mammography, general surgery, fully staffed Lab, and a newly renovated Health Therapy Department. In December of 2011 they opened a new 25 bed medical surgical wing with accommodations to also meet the needs of bariatric, pediatric and Hospice patients.

A new surgical suite and specialty clinic were opened in 2007. The hospital operates under the Madison County Health Care System which also includes Middle River Hospice, The Earlham Clinic and Health Trust Physicians Clinic of Winterset. Health Trust Physicians Clinic is attached to Madison County Memorial Hospital and recently underwent a total renovation for the five physicians and three mid-level providers. All providers practice family medicine with pediatrics and internal medicine also being specialties available in the clinic. Visiting specialists come to Madison County Memorial Hospital and provide local access for residents in the fields of Audiology, Cardiology, Dermatology, Ears, Nose and Throat, General Surgery, Mental Health, Neurology, Oncology and Hematology, Orthopedics, Ostomy and wound care, Pain Management, Plastic Surgery, Podiatry, Urology, Vascular and Women’s Health (OB/GYN). End of life care and counseling is available through Middle River Hospice, the only not-for-profit local hospice organization available in Madison County.

Also a part of the Madison County Health Care medical community is Madison County Medical Associates in Winterset and St. Charles, and The Winterset Medical Clinic. There are three Chiropractic offices in Winterset as well as one in St. Charles. Three dental clinics and one optometry office are also located in Winterset. There are four nursing homes in the Winterset area. There are three pharmacies in Winterset as well as pharmacies in St. Charles and Earlham.

Medical transportation is available through the Regional Transportation system for non-emergency purposes such as doctor’s appointments. Emergency transportation is provided 24/7 by Madison County Ambulance; a county-owned and operated service staffed by two crews of full time Paramedic Specialists. A number of other Madison County communities have First Responder and EMT services.

The promotion of healthy living is also big in Madison County as a fully staffed and active parks and recreation program is found in Winterset as well as volunteer-led efforts in Earlham and St. Charles. Efforts are underway to establish a trail system in Winterset for biking and walking as well as a community skate park. There is a well-known bicycle ride and numerous 5K walking and running events held annually in Madison County.
what's in your garage?  

Scott Schiefelbein has restored his grandfather’s 1966 GMC truck to new glory.

Fantastic journey

Truck restoration honors Schiefelbein’s grandpa

By Kathleen Summy

Just how much of a beater was Scott Schiefelbein’s 1966 GMC pickup truck?

When he got ready to drive the truck from Akron to Winterset, his friends didn’t think he would make it.

“I drove the dang thing down here across the back roads,” Schiefelbein says. “The people I used to work with took bets to see how far I’d get. (The truck) was an attention-getter for all the wrong reasons.

Schiefelbein and the truck, which originally belonged to his grandfather, have a long history together.

“I originally drove the thing when I was in high school; it was pretty beat up,” he says. Then he went off to college, and the truck got a rest — for a while.

Schiefelbein taught an auto-motive class in Akron before moving to Winterset two years ago, and the truck was targeted for a class project.

“We were looking for an old beater to work on,” Schiefelbein says. “It was probably in worse shape than anything we had ever worked on.” Schiefelbein’s grandpa had died. He bought the truck from an uncle and took it to class.

But the class didn’t get much of a chance to work on the truck. Schiefelbein accepted a position teaching industrial technology in Winterset.

“We didn’t get much work done on it, but I wanted to finish it, kinda to honor Grandpa,” he says.

Schiefelbein did enough work on the truck to get it running and TOOKOFFONHISPRECARIOUSJOURNEY He started restoring it about a year ago. The truck is not quite finished, but it’s come a long way. It’s painted in India ivory and tropical turquoise, a close match to its original robin’s egg blue. When it’s finished, the truck “is going to get work. It’s going to be driven regularly,” he says.

The restoration was a learn-as-you-go project. Schiefelbein did all the work except the upholstery.

“I went into this not knowing a lot about restoring a car, and I learned along the way,” he says. “None of it was easy, but I made it all work out.

“It’s been a fantastic journey for me; it’s been a heck of an experience,” he says.
It was an unseasonably cool day—damp, gray and miserable—and my dining companion and I were hungry with a capital “h.” We needed sustenance and plenty of it.

We visited Sports Page Grill on Highway 92, hoping for food to satisfy hearty appetites. We found just what we were hoping for.

Service was friendly and enthusiastic in the restaurant. We settled in to study the menu of appetizers, burgers, wraps, specials, entrees and more. There was something to please every appetite.

Many of the items had clever sports-theme names—Loaded Hayden Frys, the Larry Bird (chicken breast) and the Dennis Green salad.

We started out with the “Chipper and Sosa with Queso” appetizer ($5.49.) We got plenty of homemade tortilla chips with homemade salsa and white queso dip, both very tasty.

My dining companion, a fan of all things alfredo, ordered the teriyaki chicken alfredo for his lunch ($10.99). I was so amused by the name of one of the burgers—the Fatty Boombalatty ($8.99)—that I had to order it. Our waitress told us that most people don’t even try to pronounce the name.

My burger was a sight to behold. A big hamburger patty was dressed up with ham, bacon, pepper jack cheese and a house sauce, then served club sandwich style between slices of Texas toast. This was no delicate lady’s sandwich, and since I’m no delicate lady, I enjoyed every bit.

A beautiful mahogany-colored chicken breast was served on a bed of fettuccine noodles swimming in alfredo sauce for my partner’s lunch. Two pieces of garlic bread completed the meal. The juicy chicken had a tasty sweet teriyaki flavor, and the noodles were so outstanding I thought they might be homemade. They weren’t, but they had me fooled.

With the good food and the friendly atmosphere, we were fortified to face the rest of our day and would be happy to make a return trip.
Townsend home

Jeff and Sue Hansen live in Victorian splendor

By Kayla Hawkins

Sitting proudly on the corner of Seventh and West Jefferson is one of Winterset’s beautiful Victorian homes which locals refer to as the Townsend home.

Built in 1863, this stately two-story “Painted Lady” is now home to Jeff and Sue Hansen and their two sons, Greg and Kirk.

Sue is a Winterset native who wanted to return to her roots to raise her children. She and her husband, whom she met while working in Northwood, decided to move back to her hometown. They purchased the grand old house in 1996 and immediately began to make it their own.

A wonderful wrap-around front porch furnished with vintage wicker greets visitors as they arrive. As you walk through the front door and into the foyer, you are greeted by a beautiful bridal staircase that leads to four bedrooms on the second floor.

All original oak floors and woodwork is found throughout the home. When the Hansens decided to tear out old carpeting in the living room, they were concerned about what they might find. But the floor was beautiful and needed no work at all. The foyer boasts an original pocket door that leads into the music room where Sue plans to teach music. The house was professionally papered with period wall coverings, and the dining room boasts a beautiful, built-in, leaded-glass china cabinet with a “pass through” into the kitchen. Servant’s stairs are also at the back of the kitchen, and plans for new kitchen flooring and French doors leading to the back patio are underway.

Their home is furnished with many family heirlooms. One of their prized pieces is a cabinet built by Sue’s great-great-grandfather. “We think this cabinet hosts a spirit of some sort,” says Sue. “When you open up the doors, no matter how hot it is outside, a cold rush of air always comes out.”

Sue is a member of the locally infamous Benge family. Her parents are Daisy Dell and the late Eddie Benge. She recently retired from the Winterset School district as junior high band director and plans to teach music out of her home.

Jeff has been employed with Heartland Co-op for seven years after spending nine years as a paramedic.

Jeff and Sue, along with their sons, also enjoy entertaining at local hot spots with their band “Crosswinds.”

By Kayla Hawkins

Sue and Jeff Hansen live in this 1863 Victorian Painted Lady at Seventh and West Jefferson.

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insurance advice

By Traci Davis

Use safety precautions to make sure your grilling experience is a safe and enjoyable one.

Grilling safely

Don’t let outdoor cooking turn dangerous

More than 3 billion barbecues are lit each year. Barbecuing can be fun, fast and delicious, but also dangerous or even deadly if you are not careful.

The Insurance Information Institute offers the following tips to make sure that your grilling experience is a safe and enjoyable one:

• When you get ready to barbecue, it is important to protect yourself by wearing a heavy apron and an oven mitt that fits high up over your forearm.

• With gas grills, make sure the gas cylinder is always stored outside and away from your house. Make sure the valves are turned when you are not using them. And check regularly for leaks in the connections using a soap and water mix that will show bubbles where the gas escapes.

• Barbecue grills should be kept on a level surface away from the house, garage, landscaping and most of all, children.

• For charcoal grills, only use starter fluids designed for those grills. Never use gasoline. And use a limited amount of starter fluid. If the fire is too slow, rekindle with dry kindling and add more charcoal if necessary, but don’t ever add liquid fuel to re-ignite or build up a fire or you could end up with a flash fire.

• Finally, be sure to soak the coals with water before you put them in the trash. Always remember that grills remain hot long after you are through barbecuing.

In case of an emergency

If you do get burned, you need to run cool water over the burn for 10 - 15 minutes. You never want to put butter or a salve on burns because they will seal in the heat and just cause further damage to your skin. And, of course, if you receive a serious burn, the sooner you get some medical attention the better.

Information from Insurance Information Institute, www.iii.org, provided by Traci Davis, property and casualty agent, Bridges Financial Associates Inc., 56 Court St., 462-9500. Used with permission.
Friday, June 22

- Coffee and Chat, Winterset Public Library, 9 - 10 a.m.
- Young Writer’s Workshop for Students, Winterset Public Library, 3 - 5 p.m.
- Truro Town & Country Days
- JV/V softball at Urbandale, 9 a.m.
- 9 baseball vs. Creston, 10 a.m.
- JV/V baseball vs. DC-G, 5:30 p.m.

Saturday, June 23

- Winterset Farmers’ Market, Courthouse Square, 7:30 - 11 a.m.
- Larry Berenguel & the Vida Sisters perform, Covered Bridges Winery, 5 p.m.
- Truro Town & Country Days
- Iowa Cubs vs. Round Rock at Principal Park, 7:05 p.m.
- 9 softball vs. Chariton, 10 a.m.
- JV/V softball vs. Ballard, 5 p.m.
- JV/V baseball vs. Ballard, 5:30 p.m.

Sunday, June 24

- Iowa Cubs vs. Round Rock at Principal Park, 1:05 p.m.
- WHS Choreography Camp, 1 - 5 p.m.

Monday, June 25

- Iowa Cubs vs. Round Rock at Principal Park, 12:05 p.m.
- 9 baseball vs. Perry, 11 a.m.
- 9/JV/V softball at ADM, 5 p.m.
- JV/V baseball at ADM, 5:30 p.m.

Tuesday, June 26

- Baby Lap-sit, Winterset Public Library, 10:30 - 11 a.m.

Wednesday, June 27

- Story Time, Winterset Public Library, 10:30 - 11 a.m.
- Iowa Cubs vs. Oklahoma City at Principal Park, 7:05 p.m.
- 9 baseball at Bondurant, 1:30 p.m.
- 9/JV/V softball vs. Ballard, 5 p.m.
- JV/V baseball vs. Ballard, 5:30 p.m.

Thursday, June 28

- Story Time, Winterset Public Library, 10:30 - 11 a.m.
- Book Discussion, “Growing Up Amish, A Memoir,” Winterset Public Library, 7 p.m.
- Iowa Cubs vs. Oklahoma City at Principal Park, 7:05 p.m.
- 9 baseball vs. Norwalk, 11 a.m.
- 9/JV/V softball at Carlisle, 5 p.m.

Friday, June 29

- Coffee and Chat, Winterset Public Library, 9 - 10 a.m.
- Iowa Cubs vs. Oklahoma City at Principal Park, 7:05 p.m.
- 9 softball vs. Chariton, 10 a.m.
- JV/V baseball at Carlisle, 4 p.m.
- JV/V softball at Bondurant-Farrar, 6 p.m.

Saturday, June 30

- Winterset Farmers’ Market, Courthouse Square, 7:30 - 11 a.m.
- Iowa Barnstormers vs. Pittsburgh,
Monday, July 2
- Winterset City Council meeting, City Hall, 124 W. Court Ave., 7 p.m.
- 9 baseball vs. Saydel, 10 a.m.
- JV/V softball vs. Saydel, 6 p.m.

Tuesday, July 3
- Baby Lap-sit, Winterset Public Library, 10:30 - 11 a.m.
- 9 softball vs. Ankeny, 10 a.m.
- 9 baseball at Norwalk, 11 a.m.
- JV/V softball vs. Nodaway Valley, 5:30 p.m.

Wednesday, July 4
- Independence Day
- Iowa Cubs vs. Omaha at Principal Park, 7:05 p.m.

Saturday, July 7
- Winterset Farmers’ Market, Courthouse Square, 7:30 - 11 a.m.
- Iowa Cubs vs. Omaha at Principal Park, 7:05 p.m.

Monday, July 9
- Summer Stage Junior Camp begins, grades K - 6, Academy Theatre, 9 a.m. - 3:30 p.m.
- Winterset School Board meeting, 7 p.m.
- JV/V baseball vs. Boone, 5:30 p.m.

Tuesday, July 10
- Baby Lap-sit, Winterset Public Library, 10:30 - 11 a.m.
- 9 baseball at Knoxville, 10 a.m.

Wednesday, July 11
- Story Time, Winterset Public Library, 10:30 - 11 a.m.
- JV/V baseball at Perry, 4 p.m.

Thursday, July 5
- Story Time, Winterset Public Library, 10:30 - 11 a.m.
- Iowa Cubs vs. Omaha at Principal Park, 7:05 p.m.
- 9 baseball vs. Clarke at Osceola, 10 a.m.
- 9 softball vs. Boone, 10 a.m.
- JV/V baseball vs. Saydel, 5:30 p.m.

Friday, July 6
- Coffee and Chat, Winterset Public Library, 9 - 10 a.m.
Thursday, July 12

- Story Time, Winterset Public Library, 10:30 - 11 a.m.

Tuesday, July 17

- Baby Lap-sit, Winterset Public Library, 10:30 - 11 a.m.
- Iowa Cubs vs. New Orleans at Principal Park, 7:05 p.m.
- Varsity softball state tournament at Fort Dodge

Wednesday, July 18

- Story Time, Winterset Public Library, 10:30 - 11 a.m.
- Madison Co. Livestock Fair, Madison Co. Fairgrounds
- Iowa Cubs vs. New Orleans at Principal Park, 7:05 p.m.

Friday, July 13

- Coffee and Chat, Winterset Public Library, 9 - 10 a.m.
- Blank Park Zoo program, grades K - 5, Winterset Public Library, 1 p.m.
- Summer Stage Junior Camp Performance, Academy Theatre, 6:30 p.m.

Saturday, July 14

- Winterset Farmers’ Market, Courthouse Square, 7:30 - 11 a.m.
- Ron Burchett performs, Covered Bridges Winery, 5 p.m.
- Little Husky Football tryouts, Old MS football field, 9 - 11 a.m.
- Cityview Brewfest, Principal Park, $28, 3 - 7 p.m.

Monday, July 16

- Winterset City Council meeting, City Hall, 124 W. Court Ave., 7 p.m.
- Iowa Cubs vs. New Orleans at Principal Park, 7:05 p.m.
Cheesecake bars
Great-tasting dessert with less work

By Beth McDonald

Summer barbecue season is here and brings with it the opportunity to share some great food with friends and family.

I love this time of year to try new things and to share with many. Recently, we had a barbecue and one of the desserts I made was cheesecake bars. I love cheesecake, but it is time consuming to make, and these bars are a great way to get the same taste with less work.

This recipe is also easier than regular cheesecake because you don’t have to bake it in a water bath, and you don’t have to worry about over beating the batter. In a regular cheesecake if you overbeat the batter it will crack the top. Cheesecake bars also take less time to bake than a traditional cheesecake.

With everything I bake I tend to have several variations with each dessert, and this is one is no exception. You can make this with either a traditional pastry crust or with a graham cracker crust. Another great feature to this recipe is the fact that it is easy to double and make in a half sheet pan as opposed to a 13” x 9” pan. The other aspect that you can adapt is how you top the cheesecake. You can use fresh fruit, melted chocolate or nuts.

Cheesecake bars

Pastry crust
1 1/3 cups all purpose flour
1/4 cup sugar
1/2 cup butter

Graham cracker crust
1 1/2 cups finely ground graham cracker crumbs
1/3 cup sugar
6 tablespoon butter, melted
1/2 teaspoon ground cinnamon

Batter
8 oz. cream cheese
1 cup powdered sugar
1 large egg
1/4 cup sugar
8 oz. crushed pineapple or 1 cup
1/2 teaspoon of vanilla
1/2 cup of white chocolate chips

Directions
1. Preheat oven to 350 degrees. Combine flour, sugar and butter until mixture is crumbly. Spread evenly into a 13x9 pan, press the crust down evenly. Bake for 10 - 15 until golden brown on the edge.
2. Mix cream cheese and 1 cup of powdered sugar until like frosting. Add the egg, sugar, crushed pineapple and vanilla extract. Mix thoroughly. Gently mix ¼ cup of white chocolate chips into the batter.
3. Pour the batter onto the crust and bake for 15-20 minutes; make sure the batter is set. While the bars are cooling melt the remainder of the white chocolate chips and drizzle across the top of the bar.

Beth McDonald is a wife and mother and works full time in Des Moines.
Q: How can I help my elderly parent make good decisions?
A: When your mother is no longer able to live alone, how will you tell her? Do you know where your parents want to be when it’s not safe for them to live at home? How do you talk to your dad about his ability to still drive safely?

Start by making a plan for the conversation. It can make a sticky situation a little easier. Try these tips for making him or her feel comfortable while discussing future health and living arrangements.

Approach the subject indirectly. Use an example of someone their age and a problem that they are dealing with. Ask your loved one, “What would you do in that situation?”

Be direct, but non-confrontational. You want to get your point across without making your loved one feel like he or she is being interrogated. Watch for openings to the conversation. They may be subtly asking for help by sharing frustrations or worries they may be having.

Share your feelings about their changing life. Assure them that they can always ask you for help when needed.

Some resistance is normal but remember: Respect their feelings. If they are clearly avoiding the subject, try again later. Push the issues of health and safety. Involve other people who they turn to and trust such as a minister, lawyer or family friends.

Educate yourself on community resources like home health care, meals on wheels or an elderly transit bus. Share these options with them.

Information provided by Winterset Care Center North, 411 E. Lane St., 462-1571 and Winterset Care Center South, 715 S. 2nd Ave. 462-4040.

Q: Why is it important to take care of my teeth?
A: If you don’t take care of your teeth, unhealthy gums and cavities can occur. Lack of oral hygiene can also affect your appetite by causing pain or difficulty when chewing your food.

Your teeth play an important role in your speech; without your teeth, enunciation can be drastically different. Studies show that oral (mouth) health is linked to other systematic issues, such as heart disease. The healthier your teeth are, the more you will show off your bright, confident smile.

Five tips to a healthier smile

• Brush your teeth thoroughly twice per day for two minutes each time. Be sure to brush your tongue, also. This will reduce your risk of plaque and toxins.
  • Floss your teeth at least once per day. Your toothbrush cannot get in between the teeth, but food can.
  • Use a fluoride mouthwash. The fluoride helps strengthen the enamel.
  • Choose the right foods and drinks. Food and drinks that contain sugar are bad for your teeth because the sugar “bares” the teeth, which cause the bacteria and acids to break down the enamel.
  • Visit your dentist office at least every six months. In addition to checking for signs of cavities or gum disease, the dentist and staff can educate you on proper oral hygiene methods. Regular cleanings and exams will help you keep your healthy smile longer.

Information provided by Dr. Christopher W. Blanchard, Dental Associates, 820 West Summit St., 462-4474
Libraries are important to Iowa

Winterset offers wide variety of resources

By Nancy Trask, director

Our state has 543 public libraries, more than 1,400 school libraries, and 79 academic libraries. One hundred and one of the public libraries were built with grants from Andrew Carnegie.

Winterset citizens formed a library collection in 1891. The reading rooms were housed in various business and county buildings through the years. In the early 1900s, community leaders in Winterset learned that Indianola had received a library grant from Andrew Carnegie, so they decided to apply for similar funds. In 1904, Carnegie awarded the city $10,000 to build the first Winterset free library. Most of the land to build the first Winterset public library. In 1904, Carnegie awarded the city $10,000 to build the first Winterset free public library. Most of the land for the library was donated by the Bevington and Alexander families. Construction was completed in 1905. Native limestone (some or all of it from the burned courthouse) was used in the first seven feet above ground level. When the library opened in 1905, there were 4,000 books on the shelves, due largely to generous donations by residents.

Did you think that libraries would succumb to the Internet? Or wither with the rise of the eBook? Think again. Libraries are growing in demand. At the Winterset Public Library, checkouts have increased 15 percent during the current fiscal year. We have more than 100,000 visits a year, with 90,000 checkouts and 30,000 online documents retrieved.

The library is rich with resources and programs, including:

- Summer Reading Program for all ages.
- Three story times every week for toddlers and preschoolers.
- Reading to Rover for school children.
- LEO after-school program on early-out days.
- Computer basics classes.
- WILBOR – free downloadable eBooks and audiobooks.
- Iowa Works — to help you get a job, create a resume or file for unemployment.
- EbscoHost — full-text articles available online from your home computer.
- Auto Repair Reference Center, similar to Chilton’s for details of auto repair.
- Small Engine Reference Center for the rest of the engines that are not automotive, from tractors to the washing machine.
- NovelList Plus to help you identify books you want to read.
- And much more.

If you want to get involved in the library, just come in and start browsing. You can also join Friends of the Library and help out by volunteering.

chamber news

Third annual BBQ shootout

 Plenty of ways to have fun in Winterset

By Lindsay A. Baessler, executive director

Summer is in full swing! These months seem to zoom by, as they’re quickly filled up with out-of-town weddings, graduation parties, family reunions, fishing trips, etc.

While I, too, look forward to time away with family and friends, I want to encourage you to take in and appreciate all that is around you locally. And I’m not just referring to the beautiful pink flowers displayed around our courthouse square.

During these final summer months, why not re-visit the Winterset City Park for a hike to Clark Tower? Plan a hometown camping trip to Pammel Park. Attend our Madison County Fair July 18 - 22. Enjoy a few afternoons at Winterset’s Aquatics Center with your children or grandchildren. The Madison County Visitor’s Center is open seven days a week through the end of October. We would be happy to refresh you and your guests on all those jewels that our county has to offer, or perhaps even introduce you to a new business or attraction that you are not yet aware of.

Each August, the Madison County Chamber partners with Winterset BikeNight for a joint community event; our Annual BBQ Shootout. I invite professional, semi-professional and amateur cooks alike to join us for our Third Annual BBQ Shootout on Aug. 18 - 19.

The goal of the contest is to promote and enjoy traditional American barbecue in Madison County, while acknowledging and supporting the county’s strong ties to local farmers and the agricultural community that raise some of the best meat in the country. The BBQ Shootout has competition opportunities for the seasoned barbecue teams, as well as backyard chefs. The Backyard BBQ Contest, sponsored by the Madison County Pork Producers, offers an adult amateur division, as well as a kids division (16 and under). The professional barbecue contest is a non-sanctioned event with competitors turning in chicken, pork ribs, pork butt and beef brisket. We are limited to 30 teams, so sign up early for a reduced entry fee. There will be 100 percent payout of entry fees in cash and prizes with payouts through 10th place.

For more information and registration forms, visit www.madisoncounty.com under the “News & Events” tab or call the Madison County Chamber of Commerce at 462-1185. Pick up forms in person at 73 Jefferson St., Winterset.
Paden VanHorn played during the Winterset vs. ADM soccer game on May 3 in Adel.

Jeston Jobe goes for the goal during the Winterset vs. ADM soccer game on May 3 in Adel.

Nate Balch played during the Winterset vs. ADM soccer game on May 3 in Adel.

Cole McDonald races for the ball during the Winterset vs. ADM soccer game on May 3 in Adel.

Noah Heimer takes a header during the Winterset vs. ADM soccer game on May 3 in Adel.

Cameron Cam kicks the ball into the game during the Winterset vs. ADM soccer game on May 3 in Adel.

Paden VanHorn, Nik Hoven and Noah Heimer fight for the ball during the Winterset vs. ADM soccer game on May 3 in Adel.

Tyler Allison played during the Winterset vs. ADM soccer game on May 3 in Adel.

Craig Peterson, David Oddy, John O’Neal and Ethan Newman perform during The Winterset Stage production of “The Quiet Man” during the John Wayne Birthday Celebration Memorial Day weekend. Photo by Jason Stambaugh and Ann Hegstrom.
Refinancing your mortgage

Now is a great time to save on interest costs

By Kendall S. Kerns, senior vice president
American State Bank

Wow! Did you ever think we would see such incredibly low mortgage interest rates?

Want a little breathing room in your mortgage payment? Want to save a bundle in interest cost? What a rare opportunity for homeowners to dramatically reduce their monthly expenses or make significant savings in their interest cost. Many Americans have been able to shave years off their mortgages with these unprecedented rates, moving to a 20- or 15-year mortgage at the same monthly payment they had with a 30-year.

The 30-year fixed mortgage is now going for about 3.5 percent, the 20-year fixed at 3.250 percent and the 15-year fixed as low as 2.875 percent. So, if you’re still riding the fence deciding if rates are going to go lower, get off the fence. Millions of Americans have already begun the process of refinancing and getting their monthly payments reduced and saving hundreds, if not thousands, of dollars in interest every month. Sure, maybe rates will fall slightly lower in the next few months, but even if this is the case, the amount of additional savings it will mean will not amount to much when you subtract the amount you will have overpaid while trying to figure out when mortgage rates are going to hit their lowest points. The best time to act is now.

Maybe some of you refinanced early when rates started to fall. Now you’re asking yourself, “With the cost involved, is it really worthwhile to refinance again?” To determine if refinancing makes sense, estimate how long it will take to recoup your refinancing cost with the money you will be saving in interest. With some of the streamlined refinance programs available today, if you plan to own your home for a long period of time, you’ll probably find that it makes sense.

In summary, give me the opportunity to sit down with you and show you what a bank should be. Let’s discuss what options and strategies are available to you, and let me show you how we might be able to reduce your monthly expenses and shave years off your mortgage. I can also show you how to save thousands of dollars in interest with different payment strategies. There has never been a better time to refinance your home.

Information provided by Kendall S. Kerns, senior vice president American State Bank, 113 S. John Wayne Drive, 462-5090.
Jayne Maxwell and Teri Gambrall at the Chamber of Commerce Community Coffee at Applehurst on May 4.

Terry McNamara at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8.

Dave and Judy Trask at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8 with their granddaughter, Mara Feirer.

Britton Gibson beat ADM to the ball during the Winterset vs. ADM soccer game on May 3 in Adel.

Terri Kuhns and Jared McDonald at the Chamber of Commerce Community Coffee at Applehurst on May 4.

Ramona Davis and Bob Weeks at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8.

Pat Riley and Stephanie Gerleman at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8.

Michael Howland played during the Winterset vs. ADM soccer game on May 3 in Adel.

Ron Addy and Shirley Addy at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8.

Justine Halverson and Donna Jackson at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8.

Cindy and Anna Stanbro at the Chamber of Commerce Community Coffee at the Winterset City Park Campground on June 8.

Drew Martin played during the Winterset vs. ADM soccer game on May 3 in Adel.
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Q: We recently moved here from a large city and now
here is a small hospital in Winterset. I know we won’t be able to
find the services we had in our prior
city, but can my family expect for health care services?

A: You might be surprised at what you’ll find in the Madison County
Health Care System. However, travel is not necessary as quality health
care is found right here in Winterset.

Madison County Memorial Hospital was established in 1949 and is a
Critical Access Hospital offering Level IV Trauma Care in our emergency
department which is staffed 24/7 with specially trained professionals. We
are affiliated with Mercy Hospital in Des Moines which connects us with
one of the premier health care networks in the world.

We have just opened a renovated Health Therapy Department
which combines physical, occupational and speech therapies with
cardiac rehabilitation, pulmonary rehabilitation and diabetes education. This
past December we opened a new 25-bed medical surgical wing with
accommodations to meet the needs of all patients including bariatric,
pediatric and hospice patients. During the last couple of years we have added
a new 4-slice CAT scanner, digital mammography, new surgical
suites and a new visiting specialists offices. The hospital operates under
the Madison County Health Care System which also includes Earhart
Medical Clinic, Health Trust Physicians Clinic and Middle River Hospice.

The Health Trust Physicians Clinic is attached to Madison County
Memorial Hospital and recently underwent an expansion and total
renovation for the five physicians and three mid-level providers along with
our orthopedic and cardiology visiting specialists. All providers
provide family medicine with pediatrics and internal medicine also being
specialties available in the clinic. Visiting specialists come to Madison
County Memorial Hospital and provide local access for residents in the fields of
audiology, cardiology, dermatology, ear, nose and throat, general
surgery, mental health, neurology, oncology and hematology, orthopedics,
osteomy and wound care, pain management, plastic surgery, podiatry,
urology, vascular and women’s health (Prenatal/GYN). End-of-life care
and counseling is available through Middle River Hospice, the only not-
for-profit hospice organization based in Madison County.

At Madison County Health Care System, we are dedicated to providing
comprehensive and outstanding health services to our patients. Our family
providers, local specialists, and visiting physicians are committed
to serving their patients and providing the individualized treatment
they require. The varied procedures that each specialty doctor performs
contribute to the excellent quality of care that our hospital provides.

Information provided by Madison County Health Care Systems, 300 West
Hutchings, Winterset, 515-462-2373.
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  David Laughrun, M.D.
- **Chronic Disease Management**
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  Diabetic Education
- **Dietary Consults**
- **Earlham Medical Clinic**
  Sherri Broadbent, D.O.
  Eve Harris Kunidle, PA-C
  615-758-2907
- **Emergency Department 24/7**
- **Family Practice**
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  Joseph Kimball, D.O.
  Jonathan Studdarth, D.O.
  Clarice Blanchard, PA-C
  Laura Tryon, ARNP-C
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  Scott M. Shumway, M.D.
  ~ Sports Medicine
  Stephen A. Ash, M.D. &
  Scott Meyer, M.D.
  ~ Total Joint
  Craig R. Mahoney, M.D.
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  Amy Kimball, D.O.
  Health Trust Physicians Clinic
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  Echo Cardiograms
  Digital Mammography
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  Nuclear Med/Cardiac Tests
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  Vascular Studies
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- **Urology**
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- **Vascular Care**
  John Stern, M.D.
- **Women’s Health (OB/GYN)**
  Dennis Dornbluer, D.O., FACOG

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