

WINTERSET

APRIL 2023

Living

MAGAZINE

OVERCOMING the FEAR

Residents shared how they faced their fears and doubts to reach their goals



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WELCOME

ARE YOU chicken?

Whenever my childhood friends and I wanted to talk our buddy Tommy into doing something, we would simply call him chicken. He would yell back, "I'm not chicken!" and would then proceed to do whatever it was we were trying to talk him into. I wish managing adults was that simple.



Meanwhile, we are all seemingly chicken, at least to some degree.

Musician Jim Stafford sang "I don't like spiders and snakes" in 1974. Who does?

Green Day vocalist and guitarist Billie Joe Armstrong said he wrote the song "Basket Case" in 1994 to cope with his feelings of anxiety and panic.

And heavy metal rockers Metallica made us fear falling asleep with their 1991 hit, "Enter Sandman."

But phobias aren't just fodder for songs. Most all of us, if we are being honest, have something that makes us shiver in our boots.

As a child, I didn't like going into old, unfinished basements by myself. I was especially fearful of my grandparents' "root cellar." There was no way I was going down there alone, at least not until my brother discovered this fear and pushed me down the steps.

My aunt and uncle had a painting of a clown in their house that gave me the creeps. This was long before the movie "It" ever hit the screen. I still don't like clowns, other than Bozo. He is alright.

I don't mind spiders and snakes, but I could do without mice. The phrase "shivering in your boots" reminds me of working on farms as a teenager and having mice run up my legs when I would put my rubber boots on.

Like many of you, I would get the jitters before a sporting competition. "Butterflies in your stomach," they were often called. The more I competed, the less those butterflies fluttered, but they were always there. Still are.

To this day, I don't especially like heights. It is not so much a fear as it is a stomach ache. Either way, it's not pleasant. I love roller coasters, but a Ferris wheel ride makes me nauseous. I don't get it.

In this issue of your Living magazine, we share the stories of local residents, their fears and how they are dealing with them. Some may seem far-fetched while others might strike a chord with you.

Give it a read... unless you are chicken.

Thanks for reading. ■

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OVERCOMING the FEAR

Residents shared how they faced their fears and doubts to reach their goals

By Sofia Legaspi Dickens

Reaching a goal often requires planning, hard work and determination. Sometimes it also requires courage. When faced with a daunting task, we may find that fear and doubts crop up. For some, those can be difficult — even impossible — to overcome. Others face them head on and meet the challenge. Residents who have accomplished what they thought they couldn't share their stories of perseverance.

Michael Ames answered a call to ministry in 2006 and overcomes his fear of public speaking daily.

FEATURE

An unlikely pastor

When Michael Ames received the call to full-time ministry, his first thought was, “There’s no way.”

In 2006, he was driving home in his Ford Ranger when he says he audibly heard God tell him, “Michael, I want you to be a pastor.”

“And I just argued with him,” he recalls. “People were probably driving by, seeing me shouting at the roof of my truck, like I’m going crazy. And I’m like, ‘I do not want to do that.’”

Why the dismay? A pastor’s most visible responsibility is preaching from the pulpit on Sunday mornings — a scenario that did not appeal to Ames.

“As long as I could remember as a little kid, if I had to give a speech or something, I just wouldn’t show up,” he says. “It was just always a terrifying thought to speak in front of people. But when I got saved and became a Christian, I gave my testimony and was baptized. It was maybe at that time I started realizing, ‘OK, with God in it, I can do this.’”

Not only does Ames have a fear of public speaking; he also struggles with dyslexia and a stutter. But he says he simply couldn’t outrun God’s call on his life. So, Ames went back to school, earning a master’s degree in divinity from Liberty University. He gave his first sermon on Easter morning at a Baptist church in Wyoming.

“I have no idea what I even said, looking back now,” Ames says, adding that, while he was extremely nervous, his excitement for the message he was delivering helped him overcome that fear.

“2 Timothy 1:7 — ‘For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline,’” Ames quotes. “We’re called not to be afraid. So I try and live that out.”

Nonetheless, it takes courage to stand before the church congregation each week. Ames says he is often nervous at the pulpit — yet there’s another fear that surpasses that.

“But my fear, which is an awe of God, overrides that. And then the stuttering just goes away when I pastor. I don’t stutter much.”

Far from straightforward, Ames’ journey to New Bridge Church in Winterset has wound



Michael Ames and his wife, Jennifer, ran a private Christian school in Chadron, Nebraska, prior to coming to New Bridge Church in Winterset.

throughout the country. He and his family — wife, three kids and 46 foster kids over the years — have lived in nine states.

On top of facing public speaking fears, Ames left behind a successful business career for the financial uncertainties of ministry. He had started 22 Walgreens stores around the Salt Lake City, Utah, area. It was during his second-to-last Walgreens endeavor that he received the call to ministry.

Many people “poured into” Ames along his journey.

“I had a Baptist pastor named Russ Daines out in Wyoming. When I told him that God wanted me to be a pastor, he actually laughed at me and said, ‘I was waiting for you to understand that.’ He just felt it before me.”

Ames’ wife, Jennifer, also laughed when she heard her husband’s revelation.

“She’s like, ‘Yeah, I can see that,’” he says with a smile.

Ames says his newfound calling was even more surprising because of his background. An atheist until age 27, he used to chase away Christians with brooms when they knocked at his door. He says he had destroyed his life by the way he was living — until he finally fell on his knees, and everything changed.

“I have three felonies. And I grew up a very violent young man in a broken home, so I didn’t think God could use me. So when other people did, I thought, ‘That’s just bizarre. How are you even seeing this?’”

But use him God has — this time at New Bridge Church, the fourth that Ames has pastored. Its weekly attendance was hovering around 60 when he arrived a year ago; now, it’s around 160.

“There’s a revival taking root here, and it’s just kind of crazy to see the growth,” Ames says. “Usually when I come in, I bring a new vision, impossibilities and hope of what we can be, sometimes to places that have been shrinking for a long time. And God is big — I believe that, and I believe he does big things. So I’m not limited by other people’s fears, or projecting fear on me. I’m just not wired that way, I guess. I love it when people tell me something can’t be done.”

Is there anything Ames knows now that he wishes he knew years ago?

“That God is real, and he changes lives. And he can take someone who is dyslexic and stutters and empower that person to share the truths of the Bible in a very relevant way.”

Uprooting and moving

At one time, Brandy McFall couldn’t have imagined herself moving out of state, but here she is. Born and raised in southern Kansas, the youngest of five siblings, McFall’s hometown roots were strong.

“I was living with my parents at the time, and I loved them. I have a sister with Down Syndrome, and I loved her. I have nieces that I’ve got to watch grow up on the street

FEATURE

behind me, and I left them. So I left everything that I've known for 30 years to come to Iowa."

It was another family that drew McFall to Iowa: Justin Young and his two kids. The couple, now engaged, met through a Facebook group.

"To be honest, I thought he was a jerk at first," McFall admits. "Then I got to know him, and he came to see me in Kansas. We met in a public place with the common friend that we have and just hit it off."

That was the summer of 2020. The following year, in August, they purchased a home together in Winterset. With spacious front and backyards and two decks, McFall says the house is perfect for her, Young, his kids and her dog.

In February 2022, Young proposed on a mountaintop in the Caribbean — on McFall's birthday, no less. She says she didn't see it coming.

"We both are divorced once, and both of us said that it would take a lot

for us to remarry."

In this case, it was enough. Still, McFall says making the decision to start over in a brand-new community wasn't an easy one. Her fiancé was new to Winterset as well.

"When I was making this move, I was constantly questioning myself. Is this right? Is it too soon? How am I going to make friends? This is COVID, he's an introvert, and I'm an extrovert, so it's not like he goes out and meets a whole bunch of people. So, a lot of this year was leaving that comfortability of your life."

McFall says it was her connection with Young's two kids that eventually helped settle her doubts. Before making the move, she came to stay with them in Iowa every other month. Eventually, she says she "got sick of leaving them."

"I would come and visit and make this amazing connection with them and have a great time, and then I would leave and then I'd come back,



Kansas native Brandy McFall took the leap and moved to another state to be with her now-fiance, Justin Young, and his two kids.



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FEATURE

and I'd have to rebuild that every time. I just wanted to be there to be a support system for the kids."

Now, McFall is finding community in her newfound career as an esthetician — which again wasn't her initial plan. A little more than a year after moving to Winterset, she was laid off from her three-year career with a cruise line.

"I took a look back, and I've always been that person that's, like, OK, let's get a job. Let's pay the bills. Let's be responsible and focus on everybody else, basically."

After struggling to find a job for a couple of months, McFall realized that this time was different. With a fiancé to support her, she decided to enroll at La' James International College in Johnston.

"I've always just struggled with comfortability in my own skin and being happy with the way my skin looks," she says. "It just hit me that that's something that I could be passionate about — to show others how to be comfortable in their own skin."

McFall is documenting her progress through her Facebook page, Brandy's Salon Journey, and is starting to take clients on Fridays. As she finishes school and looks ahead to a wedding, she is focusing on settling into her new community and making new connections.

To others who might be facing a major life decision, McFall advises them to "take that dive and do it with open arms."

"If you take that plunge with fear, you're going to struggle a lot more. Just embrace the change and embrace the fear — because what you get out of it is going to surprise you in such a positive way, more than you know." ■



McFall's fiancé proposed while on a Caribbean cruise excursion in St. Thomas.

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PRODUCE shopping on a budget

5 strategies to save on fresh fruits and veggies

(Family Features) Cooking meals that bring your loved ones joy is often objective No. 1, but creating those flavorful favorites on an appropriate budget is an important aspect of well-rounded, family-friendly recipes. A few simple steps, like developing good grocery shopping habits, can put smiles on hungry faces without leaving a dent in your finances.

Consider these tips from the experts at Healthy Family Project along with its produce partners, which are on their 2023 Mission for Nutrition to improve access to fresh produce that's essential in alleviating many public health and personal wellness challenges. This year's partners are striving to be part of the improvement efforts by donating funds to increase the accessibility to fruits and vegetables in schools through the Foundation for Fresh Produce.

Make a list (and stick to it): When buying fresh produce, remember some items have a shorter shelf life. Limiting purchases to items on your list can help lower grocery

spending while alleviating food waste.

Buy local: Transportation cost is one of the biggest factors in the price of produce, meaning buying local, when possible, can help reduce your total at checkout.

Stock up on seasonal produce: Although you can generally find any produce item at any time of year, this isn't always an affordable practice. Knowing when your favorite fruits and veggies are in-season can save you money and allow you to use the freshest ingredients in family breakfasts like protein-packed sausage breakfast muffins and savory english muffins.

Know your produce department: The front or feature table of the produce department often offers the best deals. Don't forget to look at the end caps on each produce aisle, which sometimes display seasonal items.

Find more grocery savings strategies and family-friendly recipes at HealthyFamilyProject.com. ■

Savory English muffins

Recipe courtesy of Healthy Family Project



- English muffins
- guacamole
- cherry tomatoes
- 1 tablespoon cilantro, finely chopped
- 1 tablespoon light cream cheese
- 1 tablespoon crumbled turkey sausage, sauteed
- 1 egg
- 1 tablespoon basil, finely chopped
- 1 tablespoon balsamic glaze
- Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.



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For our good

Suffering causes us to seek God. It is for the transformation of our very heart to seek after God's heart. Paul writes in Romans 5:3-5, "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." And in Romans 8:28 we learn that God works "all things, for the good of those who love Him." "All" includes our sufferings.

Glorified with Christ

It is only through Christ's suffering that Christians can have the confidence in one day sharing in the glory of the grace of God, eternally.

Romans 8:17-18 says, "and if children, then heirs — heirs of God and fellow heirs with Christ, provided we suffer with him in order

that we may also be glorified with him. For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us."

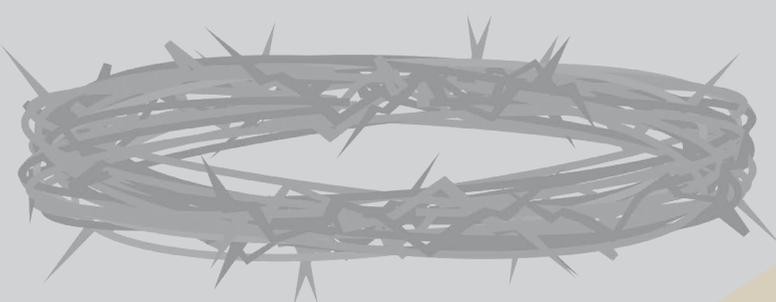
John Piper writes, "The suffering of the utterly innocent and infinitely holy Son of God in the place of utterly undeserving sinners to bring us to everlasting joy is the greatest display of the glory of God's grace that ever was, or ever could be.

"This was the moment — Good Friday — for which everything in the universe was planned. In conceiving a universe in which to display the glory of his grace, God did not choose plan B. There could be no greater display of the glory of the grace of God than what happened at Calvary." ■

Information provided by Kurt Anderson, executive director for Youth For Christ USA, elder of Redeemer Church and director for Redeemer Church Counseling Ministries. Resource: John Piper, "Suffering and the Sovereignty of God."

Good Friday

April 7th / 6pm / WHS



Easter Sunday

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REAL ESTATE

By Jennifer Stover

WHAT IS a market analysis?

A comparative market analysis (CMA) determines the market value of a property by comparing it to similar properties that have recently sold. A CMA is a crucial tool for listing agents determining the right sale price for a property. It's also a tool for buyers agents advising their clients to make competitive offers. If you are listing your property, your Realtor should be able to provide you with a detailed CMA. A CMA will:



- **Gather data about the “subject property” for which you’re determining the market value.** Since the critical function of a CMA is comparison, we first need to learn everything about the subject property.
- **Gather “subject property” previous sale data.** Using the subject property’s previous sale data, we can estimate the first dimension of a home’s value based on the overall movement since it was last sold.
- **Gather recently sold comps.** Second only to understanding your subject property, having relevant comparable sales is the next most important step. Comps are properties with primary features that are identical or very similar to those of the subject property.
- **Gather active listing comps.** An active listing comp is just like a recently sold comp except that it is currently on the market. Active listing comps are important to the CMA process because they give insight into what our subject property would likely see in terms of activity under current market conditions. ■

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

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AUTOMOTIVE

By Dawn Lauer

OUT of alignment

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



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

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

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

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

McFABLE FARM offers hope and healing

Providing opportunities for kids and the aging

Michelle McNamara knows better than anyone that, on a bad day, all you have to do is go outside and talk the leg off an animal and everything just seems better.

“They listen, snuggle and keep our secrets,” she says, smiling. “What more could one ask for?”

McNamara grew up on a farm west of town, and it was always her dream to return to the country and own farm animals. In the fall of 2021, she and her husband, Terry, bought an old farmhouse with a little bit of land.

“Terry likes to say we bought four goats, and they just happened to throw in a house, too,” she jokes. “We have been working on the house, and, along the way, we’ve added 26 chickens.”

McNamara also knows that life can be rough, and sometimes people just need a little hope and love. As the ex-wife of a recovered addict, there was nothing out there to assist her family in the recovery process. She was grateful for several special people who helped her in some of her darkest moments, and because of that, she wanted to find a way to support families in similar situations.

After learning about Every Step Hospice, McNamara was asked about volunteering. While she knew it would be a good fit, she also knew it would be emotionally difficult. She made it her mission to figure out how she could help — not only hospice patients, but others, too.

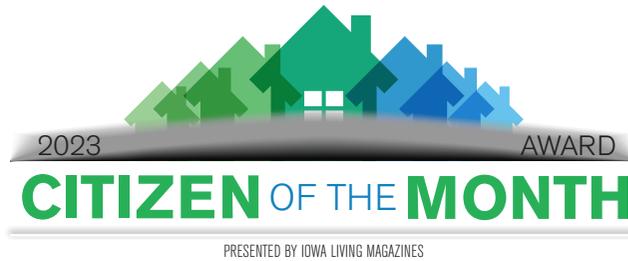
That’s when the idea for McFable Farm came to life. McNamara envisioned bringing kids and/or hospice patients out to her farm to meet and learn about her chickens and goats.

“Most kids love animals, but I also thought about the elderly and how much they might enjoy seeing things that remind them of their childhood on the farm,” she explains. “Or maybe they just need a nice quiet spot to relax under a tree to watch the animals and breathe in the fresh air.”

Late in 2022, McNamara went to work on her mission and vision for McFable Farm. A friend familiar with nonprofits jumped in and researched other therapy farms. McNamara started making connections in the community and received positive feedback, ideas and referrals. McNamara is looking for local people to help McFable Farm provide opportunities to kids and the aging population. You can help support the farm financially or by simply volunteering or sharing the vision with others.

“Therapy animals make a positive and lasting impression, providing emotional and spiritual healing to everyone that interacts with them,” says McNamara. “If my farm, my animals or any of my volunteers can make a difference in just one child’s life, or if I can put a big smile on an elderly person’s face, it makes it all worth it.”

For more information on volunteering or how to make a donation, email McFable Farm at mcfablefarm@gmail.com or find McFable Farm on Facebook. ■



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IDENTIFYING head and neck cancer

Head and neck cancer is common. Luckily, chances of survival are good if it is treated before it spreads to other parts of the body. Head and neck cancer can affect areas in and around the mouth, such as: lips, face, neck, inside the cheeks, front of or under the tongue, back and base of the tongue, soft part of the roof of the mouth and tonsils.



infected with human papillomavirus but may not develop cancer until middle age. For this reason, it is recommended that children as young as 9 years old receive the human papillomavirus vaccination.

Risk factors that you can control include tobacco use or heavy drinking of alcohol (that is, four or more drinks per day). This risk increases with use of tobacco and alcohol together. A poor diet, low in fruits and vegetables, also increases cancer risk. You can also get cancer outside the mouth. Spending too much time in the sun can increase the risk of cancer on the neck, face or lips.

Signs of head and neck cancer

Your dentist may be able to spot early signs of cancer in and around the mouth or on the skin. Some of the signs of mouth and throat cancer include: red or white patches in your mouth that will not go away; trouble swallowing, speaking, chewing, or moving the tongue or

jaw; pain or numbness on the lips or in the mouth; rough or crusty spot on your lips; cough, and sore throat or hoarseness that will not go away.

Spotting skin cancer

Because your dentist is taking a close look at the area in and around your mouth, they also may catch unusual spots on your skin. Some of these spots may be: misshapen, with one side looking different than the other; jagged around the edge; itchy, numb or painful; dark or a raised, waxy spot. If your dentist notices spots like these, they may suggest that you see your physician or a physician who specializes in skin problems (dermatologist).

Regular visits to your dentist may help you identify head and neck cancer early. ■

Information provided by Dr. James Elliott, Winterset Dental, 301 Wambold Drive, Winterset, 515-462-5755, www.wintersetdentalia.com. Source: Journal of the American Dental Association.

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HEALTH

By Dr. Stuart Hoven

CAN I RECEIVE chiropractic adjustments after spinal surgery?

Back pain is a very real problem in society. Studies have shown that it will affect 85% of the U.S. population at some point in their lives. Some people opt for spinal surgery. After surgery, are people still able to go to a chiropractor and get adjusted? Yes. Chiropractors are able to still see patients that have had surgery, but there will be more precautions.



The chiropractor will do a thorough assessment and examination to determine how they will make modifications to take care of that specific case. There is no set time after surgery that a person needs to wait to see their chiropractor. That will be an individual decision depending on the location of the surgery, the procedure that was done and where the patient is hurting. For example, a person receiving a low back surgery can have their neck or upper back adjusted much sooner after surgery than their lower spine.

The chiropractor should take a full spine x-ray after surgery to analyze how the procedure affected the entire spine. Chiropractic adjustments are effective after surgery and can provide a lot of relief and increased function and mobility. If you have questions about seeing a chiropractor after surgery, ask a chiropractor. ■

Information provided by Dr. Stuart Hoven, Chiropractic 1st, 105 E. Madison St., Winterset, 515-462-4644.

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Actual recent x-ray

- B.J. Eldridge

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DR. STUART HOVEN

HEALTH

By Sheryl Frye

GROUNDING techniques

Sometimes in our busy lives, we have trouble being present in the moment. We are thinking about things we need to get done, remembering the past or just experiencing anxious thoughts. Grounding techniques can help us create some distance from our distressing thoughts to help us become more present in the moment. These techniques use our five senses to help us regain our perspective. Grounding techniques — such as breathing deeply or listening to your surroundings — are often simple and can be utilized in any situation. Other physical grounding techniques include taking a walk, holding a piece of ice or savoring a scent like tea. Grounding techniques can also include mental tasks to help us with distraction. Thinking about silly jokes, reciting a poem or song and counting backward from 100 are examples of grounding mental techniques. Sometimes, soothing techniques can help in times of high distress. We can use our imagination to ground us by picturing someone we love or visualizing our favorite places. Playing with our pets and engaging in favorite activities like crafts can also help us create feelings of wellbeing during periods of high stress. Identifying techniques to stop us from getting lost in our distressing thoughts can give us the tools to create more joy in our daily lives. ■



Reference: www.healthline.com. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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LAWN CARE By Kevin Johnson

SPRING lawn care tips

As spring arrives, there are some simple things you can do that will make a difference in your lawn in 2023. Many people will start off with a heavy raking to clean up the yard. This is time consuming and labor intensive. A simpler and more effective approach is to lower your mower deck to a 2-inch cutting height to remove the dead brown tissue of last year's leaf blade. Heavy raking is only necessary if you have a heavy mat of leaf material that is smothering your grass.



Mowing with a sharp mower blade should always be your goal. Mow frequently enough so you never remove more than one third of the leaf blade at one time. I normally recommend a cutting height of 3 inches after the initial mowing for the remainder of the year. Set your mower to this height and leave it there. This promotes the healthiest growing environment for your lawn.

Crabgrass control should be applied before emergence of crabgrass seed. If you plan to seed bare spots this spring, be careful. The normal pre-emergence products you or your lawn care company apply will affect spring seeding results.

Professional lawn companies and/or nursery specialists can, and will, provide good advice to you. Utilize these resources to obtain the best results and to learn the proper timing of pre-emergent products. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.

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BEAUTY By Annie Wiseman

RIGHT or left?

Did you know that I can tell if you are right handed or left handed by looking at your hair? This mostly applies to all you long haired beauties. Let me explain.



As I comb out long hair, there is almost always one side that seems a bit thinner. If it's thin on the right side, that tells me you're right handed and likewise with the left. The reason this is relevant is because this tells me you are damaging your hair while brushing it. Hair is most susceptible to damage when it's wet and all this breakage occurs while you brush your hair after a shampoo. If you're right handed, you can easily follow through the strands on your left which isn't as damaging. On the right side however, you don't realize that you fall short on the follow through and actually yank on the hair at the bottom. This repeated motion causes breakage over time. I myself have long hair and am most definitely guilty of this. I had to train myself to be mindful and careful while brushing my wet hair, and I can definitely tell a difference.

Just being aware of this damaging brushing technique usually solves the problem. So, if it's long hair you want, then play the game by the rules. Be gentle with your after-shower brushing routine. I promise you (and your hairdresser) will notice. ■

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.

IMPORTANT birthdays over 50

Most children stop being “and-a-half” somewhere around age 12. Kids add “and-a-half” to make sure everyone knows they’re closer to the next age than the last. When you are older, “and-a-half” birthdays start making a comeback. In fact, starting at age 50, several birthdays and “half-birthdays” are critical to understand because they have implications regarding your retirement income.



- Age 50:** At age 50, workers in certain qualified retirement plans are able to begin making annual catch-up contributions in addition to their normal contributions. Those who participate in 401(k), 403(b), and 457 plans can contribute an additional \$6,500 per year in 2022. Those who participate in a Simple Individual Retirement Account (IRA) or Simple 401(k) plan can make a catch-up contribution of up to \$3,000 in 2022. And those who participate in traditional or Roth IRAs can set aside an additional \$1,000 a year.^{1,2}
- Age 59½:** At age 59½, workers are able to start making withdrawals from qualified retirement plans without incurring a 10% federal income-tax penalty. This applies to workers who have contributed to IRAs and employer-sponsored plans, such as 401(k) and 403(b) plans (457 plans are never subject to the 10% penalty). Keep in mind that distributions from traditional IRAs, 401(k) plans, and other employer-sponsored retirement plans are taxed as ordinary income.
- Age 62.** At age 62, workers are first able to draw Social Security retirement benefits. However, if a person continues to work, those benefits will be reduced. The Social Security Administration will deduct \$1 in benefits for each \$2 an individual earns above an annual limit. In 2022, the income limit is \$19,560.³
- Age 65.** At age 65, individuals can qualify for Medicare. The Social Security Administration recommends applying three months before reaching age 65. It’s important to note that if you are already receiving Social Security benefits, you will automatically be enrolled in Medicare Part A (hospitalization) and Part B (medical insurance) without an additional application.⁴
- Age 65 to 67.** Between ages 65 and 67, individuals become eligible to receive 100% of their Social Security benefit. The age varies, depending on birth year. Individuals born in 1955, for example, become eligible to receive 100% of their benefits when they reach age 66 years and 2 months. Those born in 1960 or later need to reach age 67 before they’ll become eligible to receive full benefits.⁵
- Age 73.** In most circumstances, once you reach age 73, you must begin taking required minimum distributions from a traditional Individual Retirement Account and other defined contribution plans. You may continue to contribute to a traditional IRA past age 70½ as long as you meet the earned-income requirement. ■

1. If you reach the age of 50 before the end of the calendar year. 2. IRS.gov, 2022. 3. SSA.gov, 2022. 4. SSA.gov, 2022. Individuals can decline Part B coverage because it requires an additional premium payment. 5. SSA.gov, 2022. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG Suite is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright FMG Suite.

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IOWA QUILT Festival continues to expand

The Iowa Quilt Museum's expanded Iowa Quilt Festival (which began in 2018 with a one-day event called The Airing of the Quilts) is on track to become as significant as Madison County's Covered Bridge Festival, with people attending from all over Iowa, surrounding states and beyond. "We are utilizing Iowa instructors and also national-level celebrity quilters to honor our quilting legacy," states Director Carissa Heckathorn.

The Iowa Quilt Museum (IQM) is partnering with multiple venues in Winterset, including the Winterset Library, Winterset Livery and the Winterset Art Center. "We're excited to further incorporate our Winterset community as well as the quilting community," says Tony Jacobson, board member of the IQM. "Last year, our store scavenger hunt took our festival attendees around Winterset's historic square to find quilts in our local shops. This really brought attention to the small businesses in Winterset."

The community is further involved with quilts displayed all over town and in the surrounding area, including inside four historic covered bridges on the final day of the Festival. Last year, the event was expanded by adding three days of quilting activities in the run up to the official airing. A retreat in the Winterset Livery (a restored historic building) attracted quilters from several states, and quilting classes with noteworthy national teachers took place in other locations. On Saturday's airing, quilts were displayed in merchant windows and on porches of private homes, as well as in four bridges. "You haven't really experienced Madison County's famed covered bridges until you've seen quilts hanging against their 19th-century timbers!" says IQM Board President Randall Parkin.

This year is the inaugural year for the Iowa Quilt Festival, May 31 to June 3. In addition to the three-day retreat in the historic Winterset Livery, there are several nationally known instructors teaching May 31 to June 2: Diane Murtha, Patty Fried and more. Headlining the event is Ricky Tims, nationally known Colorado musician, artist and quilter, presenting his two-day "Quilt Luminarium" from the stage of the restored Iowa Theater on the town square. ■



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MEET Courtland Ellis

Teacher and coach impressed by district

Originally from Tripoli, Courtland Ellis graduated from the Tripoli Community School District where he participated in football, track, baseball and a variety of volunteer opportunities. Ellis then studied social studies at the University of Northern Iowa. Afterwards, he accepted his first teaching position at South Central Calhoun High School where he also coached volleyball, basketball and baseball before learning about an opening at the Winterset Community School District from a friend.



Courtland Ellis says high school students are fun and challenging.

"I came to the interview and was extremely impressed with the facilities, the school policies, and the academic achievements in the district. I can honestly say that I fell in love with the district during that interview," Ellis says.

As a high school social studies teacher, Ellis tries to challenge his classes with real-world applicable projects by simulating the real world. One project his sociology students have participated in involves observing group interactions in the outside world to assess socialization. Another activity involves his psychology class where students simulate a real life trial from the American Psychological Association.

"High school students can be the most challenging and most fun people to deal with," Ellis says. "I appreciate they can keep me on my toes. You never know what will happen in an average high school day."

When not teaching, Ellis enjoys staying active and can be caught on the track or in the weight room at least three times a week. He also enjoys hiking, kayaking, walking his dog and playing sports. He plans to participate in his fourth RAGBRAI this summer.

Ellis is looking forward to meeting a new group of students when the fourth term begins. He is also looking forward to the start of volleyball open gym. In fact, he enjoys coaching just as much as teaching and can't wait for his second volleyball season at Winterset.

"I love the fact that we put so much emphasis on student connections because that is my favorite part of teaching. I was fortunate enough to have a teacher in my life who guided me through the ups and downs, and I hope I can be that for some of my students," Ellis says. ■

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QUILT exhibit highlights mental health

Display in Delirium Gallery spreads awareness.

May is the official Mental Health Awareness Month.

To help increase mental health awareness and wellbeing in the community, Cora Ritter, a mental health therapist with Urbandale-based Real Connections Counseling, has partnered with The Delirium Gallery in Winterset, where she'll display her art quilts that incorporate mental health themes and diagnoses.

Cora's therapeutic art quilt exhibit is titled "Outside, Looking In." The exhibit kicks off with an open house at the gallery from 11 a.m. to 2 p.m. on Saturday, April 29, and runs through Saturday, June 3, during this year's Quilt Festival held by the Iowa Quilt Museum.

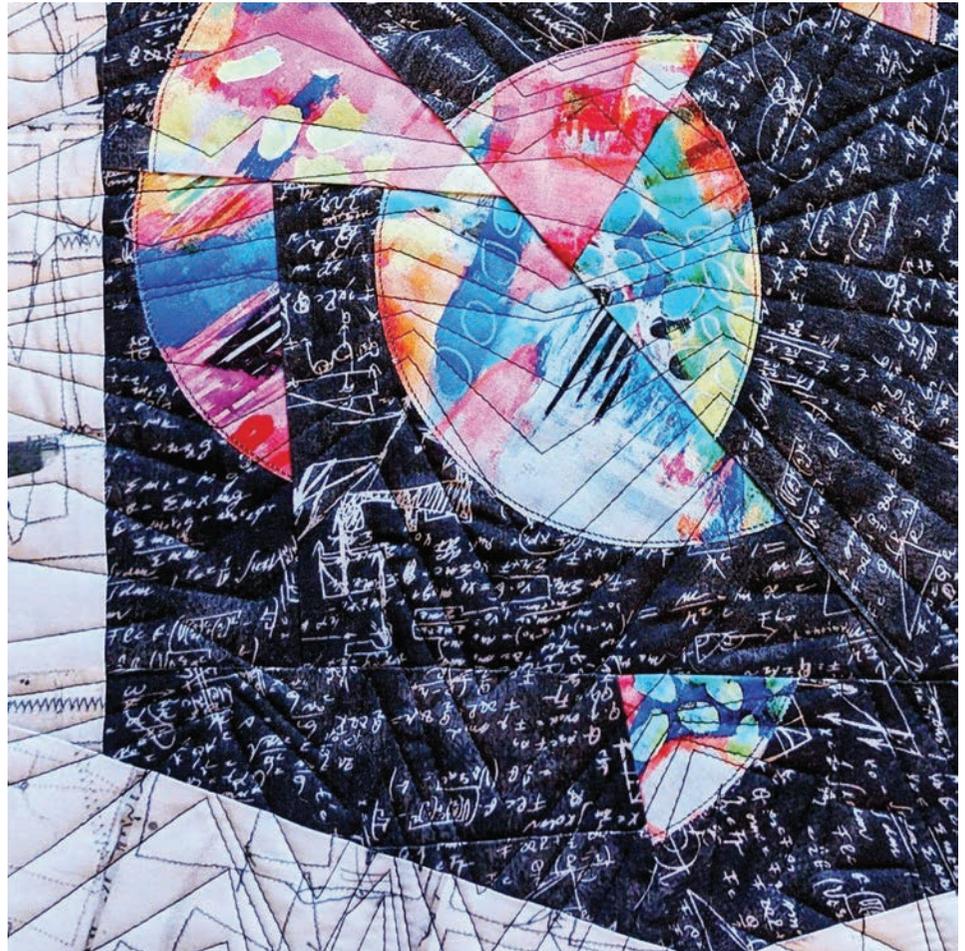
The idea for the exhibit formed during Cora's discussion with Easton Anderson and Jess Anderson at Delirium about creativity and wellness practices.

In addition to her work as a therapist since 2013, Cora is an artist and quilter. Recently, she noticed her therapy work thoughts started reflecting in her quilting process. For Cora, this meant recognizing that she spends a lot of time thinking about her mental health clients even while quilting. So, she thought, why not put these quilts to use as educational pieces?

She connected with a few other artists about kick-starting the project, and an exhibition idea was born. Each art quilt relates to a different diagnosis, like anxiety, depression and schizophrenia. Attendees will receive a handout that goes along with the exhibit sharing where they can learn more about each quilt and the diagnosis it highlights.

An additional component of Cora's work combines her own creative and therapy practices into a project called Creator's Wellbeing. Through her website and Instagram pages, she provides an open space for makers to share their stories and supports creators' mental health and wellness.

"Hopefully, that will be something that sticks with them. Maybe they can learn something about themselves if they're going through something similar, or learn



Therapist Cora Ritter is also a quilter. She uses her art to raise awareness about mental health.

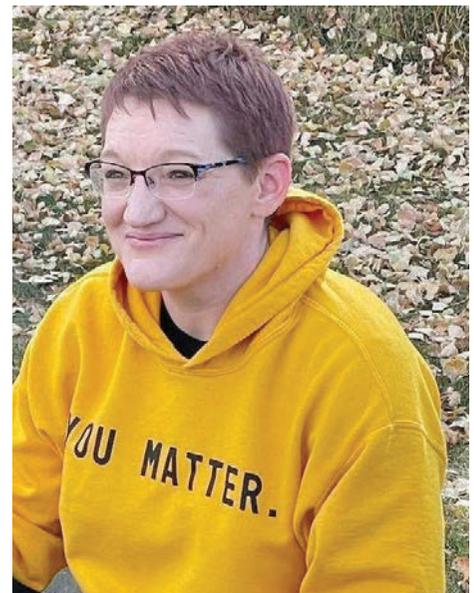
something helpful about a family member," Cora says.

She also hopes her quilts give people permission to create and play, because her creations aren't perfect.

"A creative practice really can support mental wellbeing," Cora says. "It's the way that we process and learn."

More about Cora's creative practice can be found at www.creatorswellbeing.com and on Instagram @[sewinthemoment365](https://www.instagram.com/sewinthemoment365) and @[creatorswellbeing](https://www.instagram.com/creatorswellbeing).

If you're seeking support for a mental health crisis, dial 988 or go to your closest emergency room. Also, to learn more about mental health diagnoses, check out the National Mental Health Institute at www.nimh.nih.gov. ■



PROTECTING your new car investment

Purchasing a new car can be an exciting experience, but it's important to remember the importance of insurance coverage. Two types of coverage that new car owners should consider are New Car Replacement Endorsement and Gap Coverage.



New Car Replacement Endorsement is an optional coverage that can be added to an auto insurance policy. This endorsement ensures that, if a new car is totaled within a certain period of time, typically two to three years, the insurance company will replace it with a brand-new vehicle of the same make and model. This type of coverage is ideal for new car owners who want the peace of mind that comes with knowing their investment is protected in the event of an accident.

The cost of New Car Replacement Endorsement varies depending on the make and model of the vehicle, as well as the insurance company. However, the cost is typically a small percentage of the overall premium. For new car owners who want to ensure that their investment is protected, this coverage is worth the extra cost.

Gap Coverage is another type of coverage that new car owners should consider. This coverage is designed to cover the difference between the amount owed on a car loan and the actual cash value of the car in the event of a total loss. This can occur when a car is totaled in an accident or stolen and not recovered. In such cases, the insurance company will typically only pay the actual cash value of the car, which may be less than the amount owed on the car loan.

Gap Coverage ensures that the car owner is not left with a balance on their car loan that they cannot afford to pay. This coverage is especially important for new car owners who may have financed their vehicle and owe more than the actual cash value of the car.

The cost of Gap Coverage varies depending on the make and model of the vehicle, as well as the insurance company. However, the cost is typically a small percentage of the overall premium. For new car owners who have financed their vehicle, Gap Coverage is an important investment that can protect them from financial hardship in the event of a total loss.

In conclusion, purchasing a new car is an exciting experience, but it's important to remember the value of insurance coverage. New Car Replacement Endorsement and Gap Coverage are two types of coverage that new car owners should consider. These coverages can provide peace of mind and financial protection in the event of an accident or total loss. By understanding the options available and selecting the appropriate coverage, new car owners can ensure their investment is protected. ■

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GIVING CIRCLE celebrates first decade

The Madison County Women’s Giving Circle is celebrating its first decade of providing grants to projects designed to enhance the dignity and opportunities of women and children across Madison County. The group meets quarterly and votes for one of three presenting projects to be the donation recipient. Every member then gives \$50 to that cause. To date, the group has given \$227,181 for a wide variety of projects, all with the end result of benefiting women and children in the county. And that usually helps men, too.

The Madison County Women’s Giving Circle was organized in late 2011. Pat Nelson was serving on the board of the Greater Madison County Community Foundation and was impressed with the humanitarian opportunities possible through foundation endowments. She had also become aware of women-based giving groups from Des Moines, which pooled members’ donations to provide local grants. Pat hoped Madison County could establish a women’s organization using those ideas. She floated the idea around her many contacts and organized an informational meeting with two representatives of the Des Moines-based 100+ Women Who Care giving group. Knowing there was excitement for the idea from many others, the area women who met that evening agreed to work as an executive committee to organize a women’s giving organization. This initial organizing team was Pat Nelson, Jacque Mohs, Ester Mae Cox, Tina Hoffman, Lindsey Baessler and Laura Bertelson.

“Promoting the dignity, equality and opportunity for women and children in Madison County” through the quarterly pooling of members’ funds was identified as the purpose. The group decided to use the basic funding scheme the Des Moines group employed: the giving circle has no bank account of its own; members write checks directly to the organization receiving the funds. The receiving project must be sponsored by a 501(c)(3) nonprofit, church, public school, or government agency able to receive tax-exempt donations and issue donation receipts directly for each member’s gift. An endowment fund would also be established to receive the donations from the fourth quarter, so the aim of helping women and children in the county could be carried



The 2022 first quarter Giving Circle check presentation was made to C.R.I.S.P. — Community Resources in Service to People. From left: Kathleen Rush (C.R.I.S.P.), Ester Mae Cox (Giving Circle), Natalie Montross (Giving Circle, Winterset Schools), Carol Leichy (C.R.I.S.P.), Peggy Sullivan (Giving Circle), Amanda Rivera (MSW, clinical social worker, trauma therapist) and Pat Nelson (Giving Circle).

on far into the future. Several clever names for the group were batted around but, in the end, the straight-forward Madison County Women’s Giving Circle struck a chord. Carol Bassett of Luminosity Design donated her skill in designing a logo and flyers, a Facebook page was created, personal contacts for membership and potential projects were made, membership guidelines were hammered out, and Madisonian reporter LeaAnne Falke began covering the nascent organization. The first meeting of the membership was held March 8, 2012 in the back room of the Sports Page Bar and Grill. Community women filled the room with great anticipation for this new endeavor.

The meeting formula devised for that first meeting remains the meeting outline today. Grant-seeking representatives from projects or programs which would positively impact women and children in the county register before the meeting. If there are more than three projects represented, the three to present are drawn from a hat. Each presenter has four minutes to talk about their project, how it impacts women and children in the county, and how the grant money would be used. An additional four minutes are allowed to answer questions. At the conclusion of the three

presentations, a paper vote is taken for which project is the best fit and makes the biggest impact on women and children in Madison County. Every member then writes a \$50 check for the winning project. The great surprise after the first meeting was how quick and fun the meeting was. Who would ever dream so much money could be raised in such a short meeting?

The first grant in 2012 was \$3,300 for gas vouchers distributed by MATURA. About 50 women were present. The latest grant in 2022 was \$6,915 gathered from 116 members to cover shortfalls to the nutrition program at Winterset Community Schools. Among the projects receiving Giving Circle grants through the decade are various counseling and abuse prevention programs, support of families in need through C.R.I.S.P. and MATURA programming, scholarships for youth programs at the Art Center and Winterset Stage, Bras for the Cause, and the Winterset Skate Park and Saint Charles City Park. Thirty-three attendees of the first meeting are still members and, although the group has grown to more than 100, average attendance at meetings remains around 40. Promising to keep the meetings under an hour and not having to attend every meeting in person makes the Giving Circle

COMMUNITY

attractive to busy women. Those who can't attend the regularly scheduled meetings on the fourth Tuesdays of March, June and September mail in their checks after email notification of the winning project.

The endowment fund financed by the donations from the fourth quarter meetings has reached \$57,000, and the circle makes additional gifts from that fund upon vote of the membership. Since the pandemic, a networking dinner before the regular meetings has not always been possible, but the fourth quarter meetings remain a potluck holiday social. For most of the decade, Ester Mae Cox has graciously kept the membership roster, emailed donation recipient information to members not able to attend the meetings, and collected the checks so a final tally can be made before awarding the gift. Current Executive Committee members include Bobbie Kennedy and Peggy Sullivan along with Mohs, Cox and Bertelson. Pat Nelson served on the committee until her passing and Johna Sullivan and Paulette Hice have also served. Since the inception of the MCWGC, community members in Earlham and St. Charles have also formed giving circles.

Any woman with Madison County connections who has a heart for improving opportunities for women and children in the county and is willing to commit four quarterly donations of \$50 to the voted upon charity is welcome to join the Madison County Women's Giving Circle. The circle meets the fourth Tuesday of March, June and September and as determined for the fourth quarter. For questions regarding membership or project suitability, contact Ester Mae Cox at missestermae@gmail.com, Jacque Mohs at 515-468-1899, or any committee member. From Pat Nelson's belief in the power of endowment funds and pooling resources



The 2022 second quarter Giving Circle check presentation was made to Paw Pantry. Front row, from left: Jolyn Corkrean (Paw Pantry), Kathleen Rush (C.R.I.S.P.); back row: Melinda Holliday (Paw Pantry), Darla Millhollin (Paw Pantry), Peggy Sullivan (Giving Circle), Ester Mae Cox (Giving Circle), Kendra Alexander (Paw Pantry), Bobbie Kennedy (Giving Circle) and Pat Nelson (Giving Circle).

to the \$227,000 granted and invested for future giving, the Madison County Women's Giving Circle is proud of the many efforts throughout the county to improve the lives of women and children and the part the Giving Circle has played. ■

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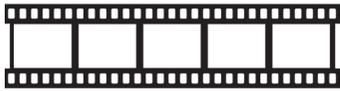


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Sunday Movie Club

April 16, 5:30 p.m.

The Iowa Theater

The Iowa Theater's popular Sunday Movie Club meets on April 16 for the acclaimed French film "Petite Maman" (with captions). Doors open at 5 p.m., movie starts at 5:30 p.m. Nonmembers tickets are \$8.



April at Covered Bridges Winery

Various dates

Covered Bridges Winery,
2207 170th Trail, Winterset

- April 8: Gina Gedler and The Boys live music 6:30-9:30 p.m., \$5 cover charge per person
- April 16: Spring Roll Class 11:30 a.m. to 1 p.m., \$65 per person. Tickets must be purchased in advance at covered-bridges-winery.square.site/product/spring-roll-class-april-16-2023-11-30am-1pm/318.
- April 16: Dustin Farrow live music, 2-4 p.m., no cover charge.
- April 29: RetroSpect live music 6:30-9:30 p.m., \$5 cover charge per person



Live music

Winterset Cidery, 1638 US-169,
Winterset

Friday, May 5, 5:30-9 p.m., and
Sunday, May 7, 2-5 p.m.

Winterset Cidery features live music. Marichi Los Aguilaries perform on May 5 and Adam Whitehead on May 7.



Food and Fun

Various dates

Middlebrook Mercantile,
4125 Cumming Ave., Cumming

Register for events at Cumming, IA
Middlebrook Mercantile Events | Eventbrite

- Tuesday, April 4: Pressed Floral Workshop, 6-7:30 p.m.
- April 8: A Night of Laughs at the Merc, Two Ol' Chefs food truck, 6 p.m. Registration required.
- April 12: Hot Off the Presses food truck, 5-8 p.m.
- April 15: David Watson performs, 5-8 p.m.
- April 21: Mule performs, Two 'Ol Chefs food truck, 5-8 p.m.
- Monday, April 24: Dried Floral Workshop, 6-7:30 p.m.
- April 28: Emmett Sheehan performs, Pho Wheels & Sushi food truck, 5-8 p.m.

Madison County Conservation Board Summer Camps

The summer camp list is available for you to review prior to registration. Camp descriptions can also be found online at mycountyparks.com. Listings are shown on the events tab under Madison County.

These camps feature a variety of activities designed to get your little explorers out into the wilds of Madison County. Camps are filled with a combination of hiking, critter catching, creek stomping, games, crafts and wilderness skills.

A survival-themed family camp is also offered to encourage parents/grandparents to attend and participate in a camp with the kids. A one-day summer celebration for families has also been added. This new family camp will guide the entire family through exploring Middle River while providing the adults a chance to see the park through the children's eyes. The summer celebration will also feature family-friendly yoga along the riverbank.

Space is limited. Last year, camps sold out in the first 48 hours. If a camp you are interested in is full, please add your child to the waitlist.

If you would be interested in volunteering during your child's camp, add that to the comment section during registration. For opportunities to sponsor summer camps and increase the capacity to serve the community this summer, contact Amy at awarnke@madisoncounty.iowa.gov.

For camp descriptions and registration, visit <https://www.mycountyparks.com/Event/County/Madison/Default.aspx?action=back>.

The Poppet Show Featuring Barbershop Chorus

The Harmony Delegation Barbershop chorus will be holding its 76th anniversary spring performance on April 29 at 3 p.m. at the First Baptist Church, 8250 N.W. 62nd Ave., in Johnston. This year's spring show is a parody of the Muppet Show they call The Poppet Show. Skits and music will be a zany spectacle of actors and choir members for a fun-filled afternoon of Barbershop music. Tickets are \$20/adult, \$15/student (through college), 5 and younger free. They can be purchased online at harmonydelegation.com or at the door.

Poetry Palooza

April 6-8

Mainframe Studios, 900 Keosauqua Way, Des Moines

Poetry& presents a three-day festival celebrating Midwestern Poets Laureate and demonstrating the positive power of poetry. Thursday will open with the Iowa Poetry Association Poetry Slam Finals at Franklin Jr. High Event Center Auditorium from 7-9:30 p.m. Public happenings on Friday evening include interactive poetry events, guest performances, and a jazz poetry cafe and poetry readings as part of Mainframe Studio's First Friday event. Saturday will feature workshops led by guest poets, a networking coffee, and conclude with a panel lunch titled "Deepening the Poetry Community." Learn more and find a full schedule at www.poetryamp.org/poetry-palooza.

EVENTS IN THE AREA

Be sure to check for cancellations

Disney's 'The Lion King'

Through April 16

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

More than 100 million people have experienced the wonder of Disney's "The Lion King," winner of six Tony Awards, including Best Musical. Stunning visuals combined with iconic music make this a show that shouldn't be missed. Tickets at dmpa.org.

GDMCB Concert

Sunday, April 16, 2 p.m.

Perry Fine Arts Center, 1200 18th St., Perry

Greater Des Moines Community Band presents Celebrating and Connecting Thru Music. Director Christa Miller and Assistant Director Carl Johnson will be joined by guest directors Steve Cook and Jay Nugent.

Spring Fashion Gala

Friday, April 21, 7 p.m.; Saturday, April 22, 4 p.m. matinee and evening show at 7 p.m.

Black Box Theatre, Building 5 Student Center, DMACC Ankeny Campus

The DMACC Fashion Institute (DFI) announced its 9th Annual Spring Fashion Gala: FUNHAUS, which will feature a mysterious journey into the dark and moody depths of the human psyche as created, planned and produced by DMACC Fashion students. The theme of this year's Gala — FUNHAUS — explores the concept of a strange, haunted circus runway, where models emerge for an eerie, once-in-a-lifetime performance to showcase student designs. The runway show will consist of four unique scenes: Avant Garde, Cut & Sewn, Upcycled and Styled. General admission tickets are \$15 each, and student admission tickets are available for \$10. Tickets can be purchased online now at fashiongala.dmacc.edu. Appetizers and drinks will be available before each show, along with a silent auction. Proceeds from the silent auction will help fund resources for DMACC Fashion students. For more information about the DMACC Fashion Program, visit fashion.dmacc.edu. You can also follow the DMACC Fashion Program on Instagram at @dmaccfashion and on Facebook at facebook.com/DMACCFashion.

WDM Elks Spring Style Show

Saturday, April 29

West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

Funds raised will benefit Clive Community Services (Food Pantry and Clothes Closet). Attendees are asked to bring one or more non-perishable items. Tickets are \$12 each or reserve a table for eight for \$110. Doors open at 10 a.m. with a soup and salad lunch at noon and the style show at 1 p.m. featuring Cindy's Boutique. Enjoy visiting vendors. Door prizes will be available. For more information about the show or being a vendor, contact Roxanne Ludwig, 515-778-7711. ■

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Wild Lights Festival

Wednesday to Sunday evenings through May 29

Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

The Wild Lights Festival returns to Blank Park Zoo with 50 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. Presented in partnership with Tianyu Arts & Culture, this year's festival will include a 75-foot-long sunflower tunnel, giant 33-foot-wide octopus, and more animals and mythical creatures. The festival runs 7:30-10 p.m. on Wednesday to Sunday evenings, plus Memorial Day, through May 29. Tickets are \$19-\$25 and may be purchased at www.blankparkzoo.com/wildlights.

Planned Parenthood Book Sale

April 20-24

4-H Building at the Iowa State Fairgrounds

The Planned Parenthood Book Sale is one of the largest single charitable events run exclusively by volunteers, not only in the state of Iowa, but in the country. All proceeds support sex education programs in Iowa. Shoppers come from across the Midwest for bargain prices on thousands of used and collectible books, plus records, CDs, DVDs, games, puzzles and artwork.

Hours are Thursday, 3-9 p.m., \$20 admission; Friday, 9 a.m. to 9 p.m., free admission; Saturday, 9 a.m. to 6 p.m., free admission; Sunday, 9 a.m. to 6 p.m., free admission and 50% off all items; and Monday, 9 a.m. to 6 p.m., free admission with 75% off all items.

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OUT & ABOUT



Dave Trask, Bill Moody and Judy Trask at the Chamber coffee at the Iowa Quilt Museum on March 24.



Cherita Snyder and Nicole Kems at the Chamber coffee at the Iowa Quilt Museum on March 24.



Gaylene Blankers and Carol Liechty at the Chamber coffee at the Iowa Quilt Museum on March 24.



Kris Miler and Teddi Yaeger at the Chamber coffee at the Iowa Quilt Museum on March 24.



Erin Harman and Whitney Messerschmitt at the Chamber coffee at the Iowa Quilt Museum on March 24.



Heather Ives and Nicole Smith at the Chamber coffee at the Iowa Quilt Museum on March 24.



Linda Duff and Sandy Hoenig at the Chamber coffee at the Iowa Quilt Museum on March 24.



Allissa Johnson and Ashton McKeever at the Chamber coffee at the Iowa Quilt Museum on March 24.



Tom and Teresa Shantz at the Chamber coffee at the Iowa Quilt Museum on March 24.



David Negley and Carissa Heckthorn at the Chamber coffee at the Iowa Quilt Museum on March 24.



Cheryl Berry, Virginia Robinson and Bontina Bunton at the Heartland Fiberpalooza held at the Middle School on March 25.



Arwen Cantonwine, Kelley Huston, LaRee and Marriah Allen at the Heartland Fiberpalooza held at the Middle School on March 25.

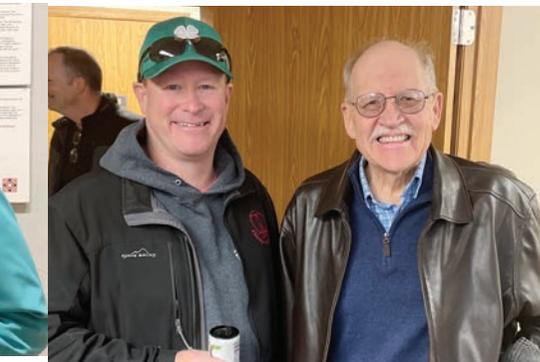
OUT & ABOUT



A chamber ribbon cutting was held at Suds n Pups Dogwash Feb. 24.



A ribbon cutting was held at the Chamber for TNT Spirit Works on Friday, March 3.



Clay Lowe and Chris Nolte at the Chamber coffee held at Crossroads March 10.



Michelle McNamara and Jon Stetzel at the Chamber coffee held at Crossroads March 10.



Janet Williams and Deb Fields at the Chamber coffee held at Crossroads March 10.



Peter Loiler and Dennis Williams at the Chamber coffee held at Crossroads March 10.



Katie Cooke and Leslie Allen at the Chamber coffee held at Crossroads March 10.



Susan McDonald and Jodi Lake at the Chamber coffee held at Crossroads March 10.



Nick and Amy Sawyers at the Heartland Fiberpalooza held at the Middle School on March 25.



Linda Kelly, Judi Pottorff, Claudia Mozena, Michele Staker and Kaitlyn Hackley at the Heartland Fiberpalooza held at the Middle School on March 25.



Brittany Palmer, Katie Thelen and Amber Floyd at the Chamber coffee held at Crossroads March 10.

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