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APRIL 2022

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ON THE road

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experiences of driving
for a living

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WELCOME

ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.

I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■

SHANE GOODMAN

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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A photograph of a man, Mitch Crozier, leaning against the side of a large white and red semi-truck. He is wearing a yellow baseball cap with a logo, a blue and white plaid shirt over an orange t-shirt, and blue jeans. The truck has large mirrors and a red front bumper. The background shows a grassy area and trees.

FEATURE

ON THE *road*

**Residents share their
experiences of driving
for a living**

By Marsha Fisher

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.

Mitch Crozier is a trucker at heart and says he will have a current license in his wallet when he arrives at the funeral home.
Photo by Marsha Fisher

FEATURE

The most precious cargo

School bus transportation is a safe, practical and economical way for thousands of children to travel to and from school. Parents are busier than ever, and having the school bus as a transportation option is valuable. In the Adel De Soto Minburn (ADM) Community School District, approximately 1,300 students take the bus, not only to school, but to all the other extracurricular activities in which young people participate.

“Being a school bus driver requires so much more than a CDL, or commercial driver’s license,” says Richard Beechum, transportation director for the ADM district. “Besides that general knowledge, you need a passenger and school bus endorsement, after which you get a permit from the DOT. You then practice here at ADM with me riding with you, take a 14-hour STOP or Student Transportation Operating Procedures class from DMACC, including the pre-trip checklist and emergency equipment and exits. After a proctored test and a three-hour face-to-face exam, you get to go to the DOT for the actual school bus driving test. The first week on the job, I ride with the driver to make sure the person is completely competent.”

People skills are also paramount for school bus drivers. Having the ability to make the children on your route feel comfortable, special and important is key.

“My favorite part of being a school van driver is the children that I get to welcome every morning and afternoon with a warm smile,” says Stephanie Menneke Charleston, who drives a school van route, in addition to being a 1:1 associate at Meadow View Elementary in Adel.

Her day begins early, getting to the bus garage at about 6:30 a.m. to do the pre-trip safety inspection required before each day begins. She drives from about 7-8:15 a.m. and then begins her day as an associate. In the afternoon, she drives from about 3-5:15 p.m. and then returns the van to the bus garage to do the safety check again and clean the inside and outside of the van as needed.

“My responsibility is to transport the children to school and home in a safe manner,” says Menneke Charleston. “It includes balancing concentration on the road and the behavior and needs of the kids on the bus. Putting the safety of the children above all else is the most important part of the job. I watch for safe boarding and exiting, any suspicious



As a bus driver, Fred Pruitt is the first and last school staff member whom children see each day, so he makes sure to greet and send them off with encouraging words.

activities at the bus stop, and I report vehicles that don’t follow the laws about passing school buses with lights flashing and the arm out. Kids don’t always watch both ways.”

The responsibilities of school bus drivers aren’t just confined to safely driving the bus; they also become an important and steady person in the children’s lives, showing that they care about them.

“I always ask them about their day or whatever is happening in their lives,” says Menneke Charleston. “In other words, I take an interest in them and show that I care about them.”

Fred Pruitt has worked for the ADM school district for many years, first as a custodian and back-up school bus driver then, after he retired as a custodian, as a full-time bus driver.

“I do enjoy the kids,” says Pruitt. “I greet them every morning with a smile and a ‘good morning,’ and, at night, I always bid them ‘good night, see you tomorrow,’ even if we may have had issues during the route. You must love kids and have patience. You are the first school adult they see in the morning and the last they see at night. You try to leave them feeling good.”

Another important skill for a school bus driver is to be calm under pressure. A lot goes on inside and outside of a school bus. Bus drivers can face severe weather conditions, difficult children, road construction delays and dangerous drivers.

“We have to deal with many issues on the



Stephanie Menneke Charleston, who drives a school van, says the children’s safety is her top priority.

bus, from needing a tissue and getting sick on the bus, to arguments and bullying, to anything else the kids might come up with,” says Pruitt. “If you keep a clear head, have a patient manner when unexpected issues come up, it doesn’t seem to be such a challenge.”

Delivering joy

Jerry Schrock drove the iconic boxy, brown “package truck” for the United Parcel Service (UPS) for 32 years in the Adel area.

“It was a joy watching the excitement of people receiving deliveries: parts or items that were needed, important documents that completed a business transaction, or the

FEATURE

parcels that turned into Christmas gifts,” says Schrock. “I really enjoyed getting to know the positive people of Adel welcoming me into their businesses, onto their homes’ porches, and onto their farms for deliveries they were expecting.”

Although standard delivery drivers for UPS don’t need a CDL, they do need a chauffeur’s license and go through a week of rigorous training in UPS driving school. Schrock is part of an elite group of standard delivery drivers who passed the school and a 30-day probation driving period. Only 30% of trainees become drivers.

“UPS has very strict safety driving requirements. We were trained to use the ‘UPS 5 Seeing Habits,’ ” says Schrock, “which I still use today in my personal driving. I learned to turn right and not left, when possible, and to back in when you park so you can drive forward from the parking spot.”

Today’s trainees participate in Integrad, a technology-rich training with 3D simulations, traditional classroom instruction, webcasts and even a replica city. The system is designed to train drivers in hands-on and real-life situations. UPS even has routing software that helps design each driver’s most efficient and

safest route, which rarely includes a left-hand turn. UPS, the largest single employer in the Teamsters Union, spends more than \$200 million annually in safety training.

“UPS was a very good job with great benefits, even though it was physically demanding and required long hours,” says Schrock. “The ‘S’ in UPS stands for ‘service,’ so each parcel is treated as being very important. Parcel deliveries must be left in a secure location or given directly to the receiver. When I was a driver, we were instructed that every parcel on the route was to be delivered each day, which resulted in some long work hours, typically an 11-hour day, more during the Christmas season. I was lucky to have a supportive wife, Lana, who put up with my long hours while we raised our three sons.

“I was able to meet all types of people in my role as a delivery driver,” he adds. “The people of Adel were so supportive and appreciative. That made delivering in a small town very special. Today, I use those driving and people skills working at Caldwell Parrish Funeral Home in Adel, supporting many people I met and know from my route.”



Jerry Schrock drove a UPS truck for 32 years in the Adel area. Though the hours were long, he says he enjoyed meeting the people on the route.

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FEATURE

Moving the goods

Over the last two years, Americans have realized the value of not only first responders, teachers and health care professionals, but also of the truck drivers so crucial to the supply chain — toilet paper included.

“The pandemic was personally hard on truck drivers, too,” says Mitch Crozier. “Truck stops were closed down. There were no places to stop and get a good meal. I know a lot of long-haul truckers who gained weight and now have health problems due to the struggles of driving during the pandemic.”

Crozier has been a trucker off and on for more than 40 years. Raised in a family of truckers, he started with Davis Lines in Grimes hauling fresh meat for Oscar Meyer across Iowa. He learned to drive all kinds of trucks from his grandpa, Ernie, his dad, Lyle, and his uncle, Dwight.

“I grew up helping them drive ‘straight trucks’ hauling rock and lime from the quarries and then went on to driving flatbed trailers with semi tractors to haul heavy equipment,” says Crozier.

When he became “a family man,” he converted to being a mechanic instead of a

long-haul driver because his wife, Ginger, wanted him closer to home. During that time, he worked as a mechanic on cars and then truck engines for McAninch Corporation and Des Moines Asphalt.

During the last six years before he retired, he drove for Schaefer Hauling, Inc. in Adel, driving dump trucks of gravel or semi-trailers with precast concrete.

“I floated between all the trucks he has in the business,” says Crozier. “Depending on what needed to be hauled, I’d go get it.”

Now retired, Crozier is the mayor of De Soto and keeps in touch with many friends in the trucking business.

“Safety is the No. 1 responsibility for all commercial truck drivers,” he says. “I would say that in ‘all caps.’ As professionals, we are to be the best drivers on the road; we don’t want to cause an accident or to be in one. It is our livelihood.”

Truckers are responsible for many requirements before they start up their big rigs, such as pre-trip inspection of the truck and trailer; loading all materials securely according to local, state and DOT laws; and being sure

they know the capabilities of their vehicle and its limitations, as well as their own. Driving tankers, hazardous waste, fuel, or “doubles” (two trailers) all require special endorsements on their trucking license.

“One skill that is essential is the ability to back up the tractor trailer to load and off load your cargo,” says Crozier. “That requires depth perception and spatial awareness. You may need to get out and look, survey the position every 5 feet or so and go slowly. Take as much time as you need.”

During the years he was a mechanic, and today, he continues to hold his Class A Commercial Driver’s License.

“I got my license when I was 18. I plan on renewing it next year when it is due and to have it in my wallet when I go to the funeral home,” chuckles Crozier. “I really enjoyed being a trucker. I met a lot of people and saw a lot of the country when I was over the road. Every day’s a little different, whether it is the weather conditions, traffic or the load that you are hauling. You are in charge and responsible. Being a trucker is a brotherhood. Once you get into it, you never forget it.” ■

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I HAVE BEEN named personal representative of an estate. Now what?

The passing of a loved one is difficult. It can be even more difficult if you are in charge of probating the decedent's estate. After opening an estate, there are some immediate steps you can take to set yourself up for success.



First, you should acquire three documents. The first two documents will be filed by the court once an estate is opened. The first is Letters of Appointment, and the second is the order opening the estate. The Letters of Appointment are your identification card to show you are the personal representative of the estate. Once you have both of these documents, you can apply for an EIN (tax ID number).

After you acquire the Letters of Appointment, the order opening the estate and the EIN, you should do the following:

- **Bank account.** You should open an estate

bank account. You can store the decedent's money in this bank account before the money is distributed to the beneficiaries. You should also get a checkbook for this account. You can use this checkbook to pay estate expenses.

- **Mail.** You should have the decedent's mail forwarded to your address. This mail can help reveal assets and debts of the decedent.

- **Taxes.** You should determine if the decedent owes any past taxes and make sure they are paid.

- **Safe deposit box.** If the decedent has a safe deposit box, you should check it to see if there are any important documents in it. Important documents could include information about estate planning, assets and debts.

- **Vehicles.** You should ensure that all vehicles in the decedent's name are secure and are not being driven. You do not want someone driving a vehicle titled in the name of the decedent and potentially creating liability for the estate.

- **House.** If the decedent died owning a house, you should make sure the house

is properly insured. You should make sure utilities are being paid and that the house is not becoming a nuisance.

- **Assets and debts.** You will likely learn a lot about the decedent's assets and debts by following the above steps. However, you will need to do your best to locate the decedent's assets and debts. Banks, insurance companies, credit card companies, and other institutions should provide you with information about the decedent's assets and debts if you present them with the Letters of Appointment and order opening the estate.

The above are a few immediate steps you can take when an estate is first opened. Although there will be additional work for you to do, these steps can help make the probate process more efficient. Every estate is different, so I recommend that you meet with a trusted attorney to ensure the above steps are appropriate or if any other immediate action is necessary. ■

Information provided by Eddie Fishman, Hopkins & Huebner P.C., 1009 Main St., Adel.

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COMMUNITY

A LATTE Art

ADM High School presents Art Show and Espresso Bar

On Friday, April 22, ADM High School will host A Latte Art, ADM Art Show and Espresso Bar, from 6-8 p.m. at the High School Commons and South Gym.

This is a collaborative project by the high school visual art, family and consumer science and business departments. Students will be working on 21st century skills through organizing and hosting this event. This experience will give students the opportunity to share their learning and achievements in each content area. It also provides an opportunity to build a culture of collaboration and community in the school. It is a student-led event created for students to attend with friends and family. The community is also invited to come and enjoy the evening.

Students started planning the show in January and will work individually and as groups to manage the event. Each department has a leadership group that meets regularly to share and represent their interests as well as participate in collaborative decision making. So far, the students have decided on the event name, created a logo, developed budgets, fundraised, researched and tested recipes; learned how coffee beans are roasted; and created, selected and matted artwork. They will be creating schedules so their peers have the opportunity to sign up and be a part of all phases of the process.

Visual Art

The Art Show portion of the event will highlight student work from throughout the year and will include ceramics, jewelry, printmaking, sculpture, drawing, painting and photography. Making artwork like this requires disciplined practice and high-level thinking. Preparing and presenting their work for the show gives students an opportunity to connect to a larger audience and see each other's perspectives on a larger, more formal scale outside of the classroom.

Family and Consumer Science

Culinary Arts students will be applying their baking and barista skills as well as hospitality service. To prepare, they have tested recipes and learned how to prepare coffee drinks from experts. Students will also be roasting the beans used at the event under the guidance of Rooted Bean.

Business

Business students are finding real-world applications during this process as they visit local businesses asking for monetary support, prepare budgets, create advertising campaigns, and practice the accounting cycle with real-life transactions. Big Al's BBQ and Little Tigers Learning Center help sponsor the event. ■



Students learned how to make coffee drinks for the event.

ADM school community steps up

Large contingent of willing helpers lends a hand in storm aftermath.

It was almost 4:30 p.m. on Saturday, March 5, when the deadly EF-4 tornado touched down just southwest of Winterset with winds of 170 mph. In addition to the tragic deaths of seven people, it destroyed everything in its path of almost 70 miles long and nearly half-a-mile wide as it traveled northeast toward Newton before lifting off the ground about 6 p.m.

Rod Wiebers was in Creston earlier that day at a basketball tournament with his son, Eli, 13, and the Curtis Waddingham family, whose son, Cole, 13, was also in the tournament. They left as the sirens were sounding. Rod learned about the Winterset tornado and texted Curtis to see if his family was alright, knowing they were heading to his parents' home northeast of Winterset.

"Could you come and give us a ride home?" asked Curtis. "Our car was destroyed, debris is everywhere and three of the outbuildings are gone."

Luckily, his parents lived in a "berm home" — one that is built into the earth, with dirt covering one or more walls.

"All nine of us were back against the back concrete wall against the earth. The 2-foot rafters took a direct hit, but the berm saved us, and it was over in 30 seconds," says Curtis.

Driving down to pick up the Waddinghams, Rod was appalled at the landscape as he drove.

"The destruction was devastating; it looked like a war zone, something on television," says Rod, who is the ADM Community Schools athletic director. "I thought to myself, 'We have great students, we have great people here at ADM,' and I knew we could help.

"We have two sayings up in the Athletic Office," he continued. "'Leave a legacy' and 'Servant-leadership.' I felt it was a good time to live by those sayings. I checked with Curtis about what else we could do to help, and we decided to gather as many people as possible to support with the cleanup. His parents are in their 70s and his dad is paraplegic, so I knew they could use the assistance."

Rod contacted coaches and asked them to contact their students, athletes and parents to gather at the school at 11:30 a.m. on Sunday, March 6. A caravan of more than 80 people traveled to the elder Waddingham's acres to begin the enormous task of clearing debris.



Head coaches Josh Chapman (boys cross country), Jesse Hunt (boys track and field) and Trevor Mickelson (boys basketball) were among those who spread the word that help was needed to clean up debris after the tornado hit the Winterset area.

Parents brought food, snacks and bottled water, carpooling to bring as many students as wanted to come.

Ethan Asche, 15, a freshman from Minburn, came with his mom, Amy, who brought pulled pork, chips, cookies and cases of water for the workers. His dad, Lucas, drove down with a carpool.

"We worked in the woods, picking up pieces of debris and helping move the branches of trees, but people even brought skid loaders and chainsaws to cut down the bigger fallen trees," says Ethan. "It was pretty cool how we all worked together. We were careful when we picked up the debris to look for pictures or things of sentimental value. One of our coaches, Mike Austin, works for Grinnell Mutual in property damage, so he was experienced and warned us to watch for those meaningful things for families who may live even farther away."

Celia Kreifels, 17, a junior who lives in Adel, drove her truck with her teammate Bri Young. Her parents, Cristin and Brian, came to help, too, bringing cases of water and granola bars after a Costco run.

"I saw an email from my track coach, Bart Mueller, asking if we could come to help. I



Seventh graders volunteering to help with clean up included, front row: Reid Kluesner, Eli Wiebers, Talan Hansen; second row: Roen Lenz, Jack Siefken, Cole Waddingham; and, back row: Jace Ozbun, Tyler Kneip and Reed Anderson.

know Coach Hunt contacted the boys' track team. All the teams were represented — baseball, football and basketball, too," says Celia.

"I've never seen anything like it before. About a half mile into the woods, I found the back of a truck bed that must have just dropped out of the sky; it's pretty crazy and scary," she continues. "It was very gratifying to see all the community support. God's hand was definitely involved in bringing us together. It's funny — we are big rivals, ADM and Winterset, the Tigers and the Huskies, but when something like this happens, we are there to help."

Curtis Waddingham was overwhelmed with the response of the whole ADM school community: students, staff, coaches, administrators.

"I stood at the top of a hill and thanked them for their time and for their great heart," says Curtis. "It saved us days and days of work. There were so many, and they worked so hard, that they moved on to the neighbors to the north and helped them, too."

Curtis' wife, Michelle, summed it up, "When you have unity in common, 'community' goes beyond zip codes!" ■

IN HINDSIGHT, a corporate successor trustee might have been in order

An interesting court case concerning a family member who became the acting trustee upon the death of the grantor took place recently in Iowa. The case demonstrates why those creating revocable trusts are well advised to seriously consider naming a corporate entity to be the successor trustee rather than a family member.



John Doe created a revocable trust agreement naming himself as the trustor and trustee. At the time, John had five living children, with one of them being named as the successor trustee with the assets being divided equally between his children. The trust granted broad powers to the trustee. However, the trust permitted the trustee or any beneficiary of the trust to invoke court jurisdiction in the event it was necessary. The trust required the trustee to annually "make an accounting to all beneficiaries."

John died, and two of the children requested that their sibling, the acting successor trustee, provide them with a full accounting of the trust, as it was more than a year since John's death. The two disgruntled children then filed a petition in district court seeking court jurisdiction and the removal of their sibling as trustee. A bunch of arguing and court proceedings took place, and, about a year later, a trial occurred.

The court ended up denying a contempt order but granting the request to have the one sibling removed as trustee and appointed a local bank as trustee. The district court also ordered the one sibling to pay monies to cover attorney's fees as a sanction for her failure to provide a proper accounting.

In this case, the trustee: (1) failed to maintain records and keep beneficiaries reasonably informed regarding activities of the trust, (2) used monies held by the trust for personal purposes, (3) made unequal distributions, and (4) used monies in trust to make a personal loan to a friend. The court stated, "It is clear that xxxx does not understand or appreciate the importance of the fiduciary duties imposed on her as trustee."

The court found that the trustee's negligent or willful misconduct opened up the trustee to personal liability. The court stated, "xxxx and xxxx had to obtain counsel, file a petition in court, then apply for a contempt-of-court finding to get xxxx to provide information about the trust of which they were entitled." ■

Information provided by Eric LeSher, Trust Officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes, Minburn and Perry, 515-465-3521. Our trust experts are here to work with you to assure you peace of mind and the financial security of your family.

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RECIPE

SUSTAINABLE family meals from farm to table

(Family Features) Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability, along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste



Photo courtesy of Getty Images

Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.



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HOW DO YOU stack up when it comes to retirement savings?

Comparing yourself to others can cause you to chase a dream that isn't yours. That's why one of our first conversations wasn't about what you have saved for retirement; it was about what you want to do in retirement. We talked about how you want to fill your time. Do you want to travel, buy a second home, or continue working? We started with your lifestyle plan; that helped us determine how much retirement income you would need to live the life you want in retirement.

As retirement planners, it's not our job to tell you how you "stack up." It's our job to help you take what you've saved and develop a customized plan to cover all the aspects of retirement. There are times when we've had to have difficult conversations



with people, such as when retirement savings won't support their retirement lifestyle. It's better to have those conversations five or 10 years before retirement than when you are in retirement. Then we can talk about strategies that can make your resources last longer or boost your retirement savings.

There may be some averages out there regarding retirement savings numbers, but I know there is no average retirement. Each plan we've helped families and individuals put together looks different. The families and individuals we work with lead exciting and diverse lives, with goals as varied as their personalities. My favorite part of the job is getting to see you live out those retirement visions. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

Retiring in today's world can be complex and complicated. Each week, CERTIFIED FINANCIAL PLANNER™ Loren Merkle and co-host Molly Nelson will tackle trending financial topics and apply them to your retirement.

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HANSEN has a heritage of helping others

Family roots in community go back generations.

"I have lived all my life in the Adel/De Soto area, and I love it here," Marie Hansen emphatically states.

She grew up in the west Panther Creek area with her mom, Mary Harvey Kimber, and her dad, Loren Eldridge. The Harvey roots in the Adel area go back more than 100 years, with the family-owned business of Harvey's Greenhouse. The long established business was once located south of De Soto, until "Grandpa John" brought the greenhouse to Adel in 1956.

When she was about ready to start school, Hansen's father built a house in De Soto, and the family moved to the small town down the road, south on Highway 169. After a time away, she returned to her childhood home and wanted to help make a difference for a town she loved.

Marie was suggested as a "Good Neighbor" by Karen Wilson, one of her long-time cohorts in volunteering in De Soto. Wilson praises Hansen for serving on a variety of committees engaged in developing De Soto.

"When Ted and I bought our home in De Soto 17 years ago, a few of us got together to come up with some ideas to add value and fun into the lifestyle of our community, and the De Soto Betterment Committee was born," says Hansen. "This led to our group being in charge of our Sesquicentennial in 2018. The enjoyment of the community for the event was evident with the smiles on the faces of the people, and we have organized the De Soto Fun Day ever since. We try to keep the activities of the day free, so all families can participate. We are always looking for new ideas from the public for fun things the kids will enjoy."

This year's De Soto Fun Day is Sept. 17.



After working in banking and property/casualty insurance for 25 years, Hansen started the Adel Flowers & Gifts business about 14 years ago. It is currently housed within the greenhouse but will soon be moving to the square in Adel at the corner of Main and Nile Kinnick Drive.

"In this business, we are customer-oriented and love helping people express their feelings through flowers or unique gifts, especially during momentous times of their lives," says Hansen.

That caring attitude is also shown in her dedication to improving the community in which she lives.

"It's not really something I think about, but it is more of a 'given.' We all need to contribute to the 'good of the cause,' whether we are involved with our church, community or civic duty," she says.

While working in the corporate world, as a part of the "lower management," as she states, she was responsible for organizing and carrying out many volunteer happenings that the companies sponsored, such as fundraisers, community events and employee recognitions. The team-building skills she learned in the workplace have been put to good use, not only in her business, but in the volunteering she does in De Soto and the surrounding area, she says.

With one group or another, Hansen has helped get a new sidewalk and bridge for the



BigDeal Car Care Shop Manager McKinzie Wright presents the Good Neighbor certificate to Marie Hansen.

city's park through a matching grant, connected with the Adel Lions Club to extend its flag project into De Soto (personally putting them up for the community and cemetery), and is now in collaboration with Wellmark to promote "an active lifestyle" by discussing the development of mini parks and walking trails within the community. She is a member of the De Soto Placemaking Committee, which is working on improving the elements of the community along the I-80 corridor, with new signage, landscaping and walking spaces.

"I recently joined the Adel Rotary group and look forward to being involved with the good work they are doing," she says. "Volunteering is a natural way to stay engaged with people and a community."

Hansen has also shared with her daughter, Val Sutton, owner of Harvey's Greenhouse and a vital member of the This is Adel Committee, the importance of volunteering to bring a community together and contribute to its strength. The heritage of more than 120 years continues. ■

Do you know a Good Neighbor who deserves recognition? Nominate someone by emailing tammy@iowalivingmagazines.com.



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APRIL 2022

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, April 12th, 2022 at 6:00pm**
- For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

UPCOMING EVENTS

APRIL 5th – YARD WASTE PICK UP

- Starting Tuesday April 5th and every Tuesday through mid-November, yard waste will be picked up. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs needs bundled and no longer than 4 ft.

APRIL 16TH – CITY WIDE GARAGE SALES:

- To place an ad in the Garage Sales Flyer, please contact the Adel Public Library at 515-993-3512 or email apuck@adeliowa.org. Information must be received by Monday, April 11th.

APRIL 23RD – SPRING CLEANUP & HAZARDOUS WASTE DROP OFF

- **Spring Cleanup:** Items must be out at the curb by 7:00 a.m. Large household appliances require a \$15.00 appliance sticker (TVs 24 inches and over require 2 stickers; projection or console TVs require 3 stickers) that can be picked up at City Hall.
- **Household Hazardous Waste Drop Off:** South Dallas County Landfill will sponsor the Hazardous Waste pickup at Kinnick-Feller Park from 10:00 a.m. to noon.
- **Secure Document Shredding Drop-Off:** If you have documents that are needing to be shredded, there will be a truck from Shred-It out at Kinnick-Feller Park from 10:00 a.m. to 1:00 p.m.

GET TO KNOW...

What is your title? Parks Superintendent
What is your past work experience? Healthcare Management and Athletic Training
How long have you been working for City of Adel? 3 ½ years
What are you excited about for your department's future plans? I am most excited for our plans to connect the city with trails.
What is a hobby you enjoy? Exploring new parks and trails with my family in and out of the state.
Anything else Adel should know about you? I love to stay active by coaching my kids in sports.



CURT WADDINGHAM

PARKS & RECREATION SEASONAL EMPLOYMENT OPPORTUNITIES:

- Umpires – \$40.00/game. Potential for four to five games per week umpiring for Youth Softball games. Training is available.*
- Ballfield Concession Stand Workers – \$11.00/hr. work begins in late April and ends in early August. Responsible for opening/closing the stand, and stocking/preparing/selling the food items. (Must be 15 years old)*
- Park Maintenance – \$13.00/hr. Duties include mowing, weed eating, ballfield maintenance, park rotations, and others as assigned. (Must be 18 years old)*
- Recreation Supervisor – \$15.00/hr. Oversee youth and adult recreation programming held in the evenings during the week. 15-20 hrs/week. (Must be 18 years old)*
- Adel Family Aquatic Center - Lifeguards - \$10.00/hr.; Admissions/Concessions \$9.00/hr. (Must be 15 years old)*
- Lifeguard Certification Class will be held May 20-23. Contact Ramona Dillinger for any questions: rdillinger@adeliowa.org.

*Applications will be accepted until all positions have been filled. Visit <https://adeliowa.org/employment-volunteer-opportunities/> to apply! *

PARKS & RECREATION RESERVATIONS:

- Park Shelters – Fees start at \$30 per 4 hours. No fee for local nonprofit/civic organizations. *
- Ballfields – Fees start at \$15 per 1.5 hours. No fee for Adel Parks & Rec teams *
- Private Pool Rentals – Fees range from \$120/hour to \$270/hour depending on sections of the pool wanted. Held on Saturday/Sunday evenings between 8-10pm. *
- Pool Birthday Parties – New offering held during normal pool operation hours. Visit the website below for full details *

* Book online at www.adel.activityreg.com or by calling City Hall at 515-993-4525 *

PARKS & RECREATION SPRING/SUMMER 2022 ACTIVITIES:

To sign up for Spring/Summer 2022 Activities please check the Activity Guide sent to all residents and/or visit www.adel.activityreg.com.

ASH TREE REMOVAL:

The City of Adel is aware of the declining health of Ash trees in our community due to the Emerald Ash Borer bug. City Staff has begun to remove some Ash trees in poor health that are in the City right of way (between curbs and sidewalks). The City plans to begin a large-scale removal process in 2022 for those infected Ash trees located in the right of way. Residents with infected or poor health Ash trees located on their property are encouraged to have the trees removed as the infected trees can become hazardous to homes and vehicles should they lose branches, etc. Please call Adel Parks and Recreation with any questions at 515-993-4525.

HONOR THE CALL TO SERVE:

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Current Board or Commission Openings for the term beginning July 1, 2022:

- 3 Library Board positions (6 year term)
- 2 Park Board positions (3 year term)
- 2 Historic Preservation Commission positions (3 year term)

Applications are available at Adel City Hall or online:

<https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

*Iowa Code 69.16A – Gender Balance requires City boards, commissions, and committees to be gender balanced. After a three-month good faith effort to correct a gender imbalance, all qualified applicants may be considered.

OAKDALE CEMETERY POLICY

A timely reminder: Graves may be decorated between November 15 and March 1, and from the Friday before the observance of Memorial Day until the Monday following Memorial Day of each year. Urns that are a part of the headstones may be decorated at any time. Visit www.adeliowa.org/cemeteries to view the full Oakdale Cemetery Policies and Procedures as well as any fees that would be assessed. The Oakdale Cemetery hours are 7 a.m. – 8 p.m. (April through October) and 7 a.m. – 6 p.m. (November through March).

2022 PET LICENSES:

Forms are available at City Hall or online at www.adeliowa.org. If a license request is submitted online, payment & proof of rabies vaccination must be received before the license can be issued.

- **Cost:** \$10 for altered animals, \$20 for unaltered animals
- **Annual License Deadline:** Must be purchased before May 1st, one-time penalty of \$5 for purchases on or after May 1st, except in those cases whereby reasons of residence or age the dog/cat was not subject to licensing prior.



CITY HALL

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 Compliance Officer
 Parks and Recreation

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www.adeliowa.org

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www.adelpl.org

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 Mayor Pro Tem
 Shirley McAdon
 515-993-4862
 Bob Ockerman
 515-238-9835
 Jodi Selby
 515-657-1315
 Rob Christensen
 515-478-3260
 Dan Miller
 515-979-6119

www.adeliowa.org





BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 8	2:00PM	UNI	UNI
Mar 11	3:30PM	Iowa State University	ISU
Mar 18	12:00PM	Central College	Central College
Mar 29	4:30PM	Multiple Schools	Earlham High School
Apr 1	4:30PM	Multiple Schools	Winterset High School
Apr 5	4:30PM	Multiple Schools	A-D-M, Adel
Apr 7	4:30PM	Multiple Schools	Van Meter High School
Apr 9	10:30AM	Multiple Schools	Iowa City West High School
Apr 12	4:45PM	Multiple Schools	Pella Christian High School
Apr 14	4:30PM	Multiple Schools	A-D-M, Adel
Apr 18	4:30PM	Multiple Schools	Greene County Middle School
Apr 21	4:30PM	Newton	Newton HA Lynn Stadium
Apr 26	4:15PM	Multiple Schools	Carlisle High School
Apr 28	4:45PM	Multiple Schools	Bondurant-Farrar High School
Apr 28-30	9:00AM	Drake Relays	Drake Stadium
May 5	4:00PM	Multiple Schools	North Polk High School

GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 7	2:00PM	UNI	UNI
Mar 10	3:30PM	Iowa State University	ISU
Mar 19	10:00AM	Central College	Central College
Mar 29	4:30PM	Multiple Schools	Earlham High School
Apr 5	4:30PM	Multiple Schools	A-D-M, Adel
Apr 7	4:30PM	Multiple Schools	Van Meter High School
Apr 12	4:45PM	Multiple Schools	Pella Christian High School
Apr 14	4:30PM	Multiple Schools	Ogden High School
Apr 18	4:30PM	Multiple Schools	Greene County Middle School
Apr 19	4:30PM	Multiple Schools	Ballard Middle School
Apr 21	4:30PM	Multiple Schools	Newton HA Lynn Stadium
Apr 26	4:30PM	Multiple Schools	A-D-M, Adel
Apr 28	4:15PM	Multiple Schools	Carlisle High School
Apr 28-30	9:00AM	Drake Relays	Drake Stadium
May 5	4:00PM	Away vs. Multiple Schools	North Polk High School

BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 11	4:00PM	Multiple Schools	River Valley Golf Course
Apr 14	1:00PM	Woodward-Granger	Woodward-Granger
Apr 18	4:00PM	Multiple Schools	Ames Golf and Country Club
Apr 19	4:00PM	Ballard	Ballard Golf and Country Club
Apr 23	8:30AM	Multiple Schools	Perry Golf & Country Club
Apr 25	4:00PM	Carroll Community School	River Valley Golf Course
Apr 28	4:00PM	Multiple Schools	Cedar Pointe Golf Course, Boone
May 2	4:00PM	Bondurant-Farrar	River Valley Golf Course
May 3	10:00AM	Multiple Schools	Atlantic Golf and Country Club
May 5	4:00PM	Multiple Schools	Perry Golf & Country Club
May 7	8:30AM	Carroll Kuemper	Carroll Country Club
May 9	9:00AM	Bondurant-Farrar	Terrace Hills Golf Course

GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 4	4:00PM	Gilbert	Ames Golf and Country Club
Apr 7	4:00PM	Panorama	River Valley Golf Course
Apr 11	4:00PM	Multiple Schools	Lakeview Country Club
Apr 14	4:00PM	Woodward-Granger	River Valley Golf Course
Apr 21	4:00PM	Ballard	River Valley Golf Course
Apr 25	4:00PM	Multiple Schools	Carroll Country Club
Apr 28	1:00PM	Woodward-Granger	Woodward-Granger
May 2	4:00PM	Greene County	Green County The Hill Golf Course
May 3	10:00AM	Atlantic CSD	Atlantic Nishna Hills Golf Course
May 3	3:30PM	Multiple Schools	Jester Park Golf Course
May 5	4:00PM	Multiple Schools	River Valley Golf Course
May 9	9:00AM	Multiple Schools	Lakeview Country Club

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SPRING SCHEDULE

2022-23

VARSITY BOYS SOCCER

VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 29	5:45PM	Des Moines Christian	ADM High School
Mar 31	7:00PM	North Polk	North Polk High School
Apr 4	7:00PM	Perry	Perry Community Schools
Apr 8	6:30PM	Multiple Schools	ADM High School
Apr 9	9:00AM	Multiple Schools	ADM High School
Apr 11	7:00PM	Gilbert	ADM High School
Apr 15	7:00PM	Dallas Center-Grimes HS	DCG Stadium
Apr 18	7:00PM	Nevada	S.C.O.R.E. Complex
Apr 22	7:00PM	Carroll Community School	ADM High School
Apr 28	5:30PM	Winterset	Winterset High School
Apr 30	9:30AM	Pella	Pella
May 2	7:00PM	Bondurant-Farrar	Bondurant-Farrar High School
May 10	5:30PM	Ballard	Ballard Middle School
May 13	7:00PM	Carlisle	ADM High School
May 16	7:00PM	Boone	ADM High School

DATE	TIME	OPPONENT	LOCATION
Mar 28	7:00PM	Norwalk	ADM High School
Mar 31	7:15PM	North Polk	ADM High School
Apr 4	7:00PM	Perry	ADM High School
Apr 11	7:15PM	Gilbert	Gilbert High School
Apr 15	7:15PM	Dallas Center - Grimes	ADM High School
Apr 18	7:00PM	Nevada	Nevada High School
Apr 22	7:00PM	Carroll Community School	Carroll Middle School
Apr 23	10:00AM	Multiple Schools	ADM High School
Apr 28	7:00PM	Winterset	ADM High School
May 2	7:15PM	Bondurant-Farrar	ADM High School
May 7	9:00AM	Multiple Schools	Waverly Shell Rock Soccer Complex
May 10	7:00PM	Ballard	ADM High School
May 13	7:00PM	Carlisle	Carlisle High School
May 16	5:30PM	Boone	Boone Goepfing Field/Track

JV BOYS SOCCER

JV GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	6:00PM	North Polk	North Polk High School
Apr 4	5:30PM	Perry	Perry Community Schools
Apr 11	5:30PM	Gilbert	ADM High School
Apr 15	5:30PM	Dallas Center-Grimes HS	DCG Stadium
Apr 18	6:00PM	Nevada	S.C.O.R.E. Complex
Apr 22	6:00PM	Carroll Community School	ADM High School
Apr 28	7:00PM	Winterset	Winterset High School
May 2	5:30PM	Bondurant-Farrar	Bondurant-Farrar High School
May 10	7:00PM	Ballard	Ballard Middle School
May 13	5:30PM	Carlisle	ADM High School
May 16	6:00PM	Boone	ADM High School

DATE	TIME	OPPONENT	LOCATION
Mar 28	5:30PM	Norwalk	ADM High School
Mar 31	5:30PM	North Polk	ADM High School
Apr 4	5:30PM	Perry	ADM High School
Apr 11	5:45PM	Gilbert	Gilbert High School
Apr 15	5:45PM	Dallas Center - Grimes	ADM High School
Apr 18	5:30PM	Nevada	Nevada High School
Apr 22	5:30PM	Carroll Community School	Carroll Middle School
Apr 28	5:30PM	Winterset	ADM High School
May 2	5:45PM	Bondurant-Farrar	ADM High School
May 7	9:00AM	Waverly-Shell Rock	Waverly Shell Rock Soccer Complex
May 10	5:30PM	Ballard	ADM High School
May 13	5:30PM	Carlisle	Carlisle High School
May 16	7:00PM	Boone	Boone Goepfing Field/Track

SCHEDULES WILL CHANGE.

FOR UP-TO-DATE SPORTS SCHEDULES AND MORE, PLEASE VISIT WWW.RACCOONRIVERCONFERENCE.ORG

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EVENTS IN THE AREA

Be sure to check for cancellations

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

Third Monday Bingo

Monday, April 18, 6-8 p.m.
Masonic Lodge,
411 S. 12th St., Adel

Enjoy 17 games
(\$0.25/card) plus
an 18th Progressive
Blackout (\$1/card).
Packaged snacks and
non-alcoholic drinks
will be available.

BINGO

6	22	34	53	72
11	27	38	56	71
4			52	69
13	21	42		67
14	24	32	59	68



Celebrate Adel

Thursday, April 21, 5-7:30 p.m.
Country Lane Lodge,
23900 Prospect Circle, Adel

Adel Partners Chamber of
Commerce will host its Celebrate Adel
event on April 21 where the winner of
the Business of the Year and Citizen of
the Year are announced. Tickets may
be purchased at adelpartners.org.

Master Gardeners Plant Sale

Saturday, April 30, 9 a.m. to 2 p.m.
Dallas County Fairgrounds, Adel

The Dallas County
Master Gardeners are
hosting their annual plant
sale. All proceeds will benefit
the Dallas County Master
Gardeners' demonstration
garden. The sale will include



perennials, annuals, vegetables, house plants, succulents,
horticulture books, pre-potted arranged plants, plant
containers, denim garden aprons and garden art.

Museum Garden Tours

First Saturday of each month
April through August
Museum Gardens,
1129 Main St., and Aubrey's
Gardens, 1125 Main St.

The Adel Historical Museum and
Gardens fundraiser will be held the
first Saturday of each month April
through August. The Adel Historical
Museum will be open for tours and
gardens can be viewed from 10 a.m. to
4 p.m. Cost is \$25 for the five months
for the Museum garden development.

Faith's Flock Preschool 40th anniversary

Sunday, May 1, 4-6 p.m.
Faith Lutheran Church and
Preschool, 602 S. 14th St., Adel

The public is invited to celebrate
the 40th anniversary of Faith's Flock
Preschool at Faith Lutheran Church
and Preschool. This free event offers
fun for the entire family, with food,
face painting, games, bounce house
and more.

Save the Date: Adel Garden Tour

Sunday, June 26, 1-3:30 p.m.

The Adel Garden Tour will feature
five diverse and beautiful gardens. A VIP
package is available for a "make and take,"
wine and treats at Penoch Winery after
the tour. The Adel Women's Club will be
serving a salad luncheon at First Christian
Church from 11:30 a.m. to 1 p.m. Details
will follow soon on ticket purchases.



Voas Volunteer Day: Garlic Mustard Removal

Voas Nature Area,
19286 Lexington Road, Minburn
Saturday, April 23, 9 a.m. - noon

The successful removal of the
shrubby understory at Voas Nature
Area has created a disturbance that is
ideal for the growth of invasive garlic
mustard. The good news is that it can
be controlled by pulling it. If you have
considered other volunteer days but
thought the work might be too difficult,
garlic mustard is an easy pull. Children
welcome and encouraged. No registration
required.

Rising from the Ashes

Voas Nature Area, 19286
Lexington Road, Minburn
Saturday, April 23, 9-10:30
a.m. and 10:30 a.m. - noon

Fire is a valuable tool in the
toolbelt of natural resource managers.
Join Natural Resource Manager Zach
Moss for a glimpse into "good fire" in
Dallas County. Participants will hit
the trails at Voas for a short hike to
walk through the ashes of a recently-
burned area. Observe the re-birth of
the prairie, discuss the ecology of fire
in tallgrass prairie and oak savanna
ecosystems, and do some scientific
investigations to understand the reason
behind intentionally setting fire to
our precious native ecosystems. No
registration required.

Mitakuye Oyasin — Building Relations: Traditional Native Gardening — The Three Sisters Story

Kuehn Conservation Area, 3
2849 Houston Trail, Earlham
Sunday, April 24, 4-5 p.m.

Join Irma Wilson White, an Omaha/
Winnebago Elder, to learn about traditional
Native gardening practices and to start forming
relationships, not only with fellow gardeners, but
with the land and the food people eat. The three
sisters planting will be the focus of the gathering,
with Irma sharing traditions and stories of the
corn, squash and beans. Lessons will conclude by
engaging participants in the planting of The Three
Sisters plots at Kuehn. Participants will have the
chance to take three sisters seeds and start their
own stories. Registration required. To register, visit
www.dallascountyiowa.gov/conservation, click on
Environmental Education, click on Virtual Nature
Exploration Hub, click on Program Registration
tab or specific class. If you do not have computer
access, call the DCCB office at 515-465-3577.

EVENTS IN THE AREA

Be sure to check for cancellations

Wild Lights Festival

Through May 30, nightly Wednesday -
Sunday plus Memorial Day, 7:30-10 p.m.
Blank Park Zoo

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature more than 40 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. This year's festival features Asian mythical creatures, prehistoric dinosaurs and endangered animals, in partnership with Tianyu Arts & Culture. Cost if ordered in advance is \$24.95 per person or \$19.95 for Zoo members (ages one and younger are free). Purchase tickets at www.blankparkzoo.com/wildlights. Capacity is limited.

Monster Jam

April 9-10
Wells Fargo Arena, 730 Third St.,
Des Moines

Head down to Wells Fargo Arena for Monster Jam, the world's biggest monster truck tour. You'll see elite athletes competing in speed and skill as they maneuver some of the biggest



names in monster trucks, including Monster Mutt, El Toro Loco, Grave Digger and Earth Shaker. If the adrenaline rush just isn't enough for you, join the Monster Jam Pit Party before the show on Sunday, April 10. Get up close and personal with the monster trucks, meet the drivers and enjoy fun for the whole family. Find tickets and additional information at iowaeventscenter.com

'Of Gravity and Light'

Friday, April 22 at 7 p.m.
Des Moines Civic Center, 221 Walnut St.,
Des Moines

Join Ballet Des Moines for the world premiere of composer Beau Kenyon's contemporary ballet, "Of Gravity and Light." Be entranced through eight innovative movements combining sound, imagery and movement exploring the wonder of space. As Ballet Des Moines' year-long resident and director of education and outreach, Kenyon interprets the science of space through music and dance, inviting the disciplines of science and art to converge. "Of Gravity and Light" will feature choreography by Ballet Des Moines Artistic Director Tom Mattingly, video installation by artist Yu-Wen Wu and live music directed by conductor Tim McMillin. Tickets available at www.dmpa.org.



Art Exhibit: 'Immersive'

Through June 5
Des Moines Art Center, 4700 Grand Ave.,
Des Moines

Follow a path from darkened space to darkened space where each one is filled with different combinations of light, color and sound. www.desmoinesartcenter.org

'Beethoven's Ninth'

April 9-10
Des Moines Civic Center, 221 Walnut
St., Des Moines

Enjoy Beethoven's "Ninth Symphony" in its full glory, presented by the Des Moines Symphony. Groundbreaking at its first performance in 1824, Beethoven's "Ninth Symphony" was more complex and lengthier than any other pieces at the time. Most people will recognize the triumphant chorus singing "Ode to Joy" joining the orchestra in the symphony's final movement. The DM Symphony's April concert will open with Beethoven's "Leonore Overture," Pärt's "Fratres" and Wagner's "Liebestod" from "Tristan and Isolde," sung by internationally recognized soprano Janice Chandler-Eteme. Purchase tickets or streaming access at www.dmpa.org.



Iowa Wild hockey

Wells Fargo Arena,
730 Third St.,
Des Moines
www.iowawild.com

Home schedule:
• Wednesday,
April 13 vs. Milwaukee
Admirals at 7 p.m.
• Tuesday, April
19 vs. Grand Rapids
Griffins at 7 p.m.
• Friday, April 22 vs.
Texas Stars at 7 p.m.
• Saturday, April 23
vs. Texas Stars at 6 p.m.



Dinner Detective Murder Mystery

Saturday, April 16 at 6 p.m.
Embassy Suites Downtown, 101 E. Locust St., Des Moines

The award-winning comedic murder mystery dinner show is coming to Des Moines. Unlike other murder mystery shows with elaborate costumes and dialogue, the Dinner Detective's interactive shows are set in the present day. Performers blend into the audience, and you won't know who is in the show — until it's time to solve the murder. Look for clues, be interrogated by detectives and compete for prizes awarded to the Top Sleuth. Guests are not required to participate in the show but are encouraged to do so. The evening includes a four-course plated meal, coffee and tea, cash bar and prizes. Guests must be at least 15 years old to attend. Find tickets at www.eventbrite.com.

Kathleen Madigan's 'Do You Have Any Ranch?' Tour

Friday, April 22 at 7:30 p.m.
Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Get ready for an evening of laughs with Kathleen Madigan. She's been doing comedy for 32 years and counting — and she doesn't plan on stopping anytime soon. Kathleen's career has included several comedy specials on Netflix, Comedy Central and HBO, more than 40 appearances on late night talk shows, a guest appearance on Jerry Seinfeld's "Comedians in Cars Getting Coffee" and her own podcast called "Madigan's Pubcast." Tickets and information for the "Do You Have Any Ranch?" tour can be found at www.hoytsherman.org.

NEWS BRIEFS

LSB FOUNDATION commits to UNI Financial Literacy Program

The Lincoln Savings Bank (LSB) Foundation has committed \$50,000 to the University of Northern Iowa Financial Literacy Program. Financial Skills for Smart Living is a one-of-a-kind program that gives high school students the opportunity to earn college credit. Students can gain a clear understanding of personal finance fundamentals which coincides with LSB's core purpose of being an engaged, life-long partner, helping others achieve their financial goals.

This partnership will cultivate deeper relationships with UNI College of Business, Iowa high school students and educators throughout the state.

"Private funding, including this meaningful partnership with LSB, is incredibly important as we grow our footprint and enhance personal finance education throughout the state of Iowa," said Ryan Randall, associate director of development with the UNI Foundation. "We are extremely grateful for LSB and their commitment to supporting education."

To learn more about the Financial Literacy Program, visit business.uni.edu/academics/high-school-financial-literacy. ■



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ADM STUDENTS of the Month

It is that time of year in Iowa — sunshine and 70-degree weather one day and snow the next. Even so, our coaches and students are preparing for the spring outdoor athletic events — sometimes in the rain, sometimes in the snow and, we hope, often in the sunshine.

This spring has been busy for all the students. Special recognition goes to the Speech Team for doing well in the State Speech Competition and accolades to the band members for another successful Parade of Bands and the members of the choirs for their excellent spring concerts.

The Adel DeSoto Minburn Scholarship Foundation, along with local businesses, is proud to announce the following students who have excelled academically and athletically in their areas of achievement in the month of March.

Student of the Month: Sarah DenHerder — Raccoon Valley Bank

Kiwanis: Sam Hlas and Monica Thomas

Fine Arts: (Speech) Bailey Christensen and Alexa Seidl — Lincoln Savings Bank

Spring golf, soccer and track students of the month for March will be announced in April due to competition not starting until March.

Local businesses make a contribution to the ADM Scholarship Foundation to support the Student of the Month program. The foundation, formed in 1985, provides scholarships to deserving ADM graduates going on to post-secondary education. A total of \$786,000 in scholarships has been granted to more than 800 students. All contributions given to the Foundation are invested, and the income is used to provide the scholarships granted each year.

More information on this program may be found on the website www.admscholarshipfoundation.com or you may contact a board member listed on the site. ■



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A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.


Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.




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HEALTH By Alicia Fisher, PT, DPT

WHAT IS spinal stenosis?

Spinal stenosis is a narrowing of the space around the spinal cord in either the lumbar (low back), thoracic (mid back) or cervical (neck) regions that can cause nerve pinching. This narrowing can lead to pain that can develop into chronic neck or back pain if not addressed. Stenosis symptoms could include persistent pain in the buttocks, arms, lack of feeling in the legs or arms, and decreased physical activity or function. Along with spinal stenosis, people will commonly develop muscles that are tight and muscles that are weak and need strengthening.



There are two different types of spinal stenosis. The most common is acquired spinal stenosis, which is a narrowing of the spinal canal that occurs as we age. Congenital spinal stenosis is less common and is when the spinal canal is narrower from birth.

Spinal stenosis is usually diagnosed by an MRI or other imaging tests. Treatment may include medication for pain and/or inflammation, injections for pain relief, restriction of activity and physical therapy. Physical therapists can help relieve some of the symptoms caused by spinal stenosis through the use of soft tissue mobilization and exercise. If these conservative treatments do not help relieve symptoms, your doctor may recommend surgery. ■

Information provided by Alicia Fisher, PT, DPT, Core Physical Therapy Inc., 803 Cottage St., Adel, 515-993-5599.



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Lucas Bell, OD



Barbara Scheetz, OD

HEALTH By Dr. Lucas Bell

DEALING with a sty

In a year full of unforeseen circumstances, an increase in the number of people dealing with styes may be the most surprising. A sty (or hordeolum if you like technical terms) is an infection of the eyelid and is recognized by the tender red bump that occurs either at the base of an eyelash follicle or within one of the oil glands inside the eyelid. When these glands or hair get clogged by makeup, dead skin or dirt, bacteria can get trapped inside and cause an infection.



So, what to do if you have a sty? The first-line treatment is always heat. The simplest way to do this is run hot water over a clean rag, wring it out, and apply firmly to the sty. You may also use a heat mask that stays dry. Never try to "pop" a sty, as this can lead to an even worse infection. If you apply heat early and often enough, you will likely eventually feel some of the pus release. At this point, you will want to keep the lid very clean and still apply heat periodically until it completely resolves. Most styes treated this way will clear up within a few days. If your sty is not getting better after a few days, it may be time to call an eye doctor to consider antibiotics or discuss in-office procedures for resolving the infection. ■

Information provided by Dr. Lucas Bell, Adel Vision Clinic, 813 Main St., 515-207-7400.

HEALTH

By Leslie Herron

PREVENT shingles

Shingles is a painful rash on the skin caused by the varicella-zoster virus — the same virus that causes chickenpox. After having chickenpox, it remains inactive in your body and can become activated later in life.

If you had chickenpox in the past, you're at risk for shingles. The risk increases with age — it's most often seen in adults 50 and older.

Shingles itself isn't contagious; however, the virus can spread. If you didn't have chickenpox or the chickenpox vaccine, you can get chickenpox from someone with active shingles, likely during the blister phase.

The most common sign is a painful rash that appears in a stripe of blisters on one side of the face or body. Beforehand, you might develop pain, itching or tingling in the area where the rash might appear. The blisters scab over in 7-10 days and usually clear in 14-28. Other symptoms include fever, headache, chills and upset stomach.

There's no cure for shingles, but antiviral medications will help shorten the attack. They also help prevent complications such as postherpetic neuralgia (PHN). PHN leads to severe pain in the rash areas that can last months.

The CDC recommends all healthy adults 50 and older be vaccinated with Shingrix to prevent shingles. ■

Information provided by Leslie Herron, Sumpter Pharmacy, 628 Nile Kinnick Drive, Suite 1, Adel, 515-993-1119.



HEALTH

By Monica Meier

OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood, which, in turn, can help your mental health. With the "spring ahead" time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.

Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■

Information provided by Monica Meier, PhD(ABD), tLMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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ER or Urgent Care

Choosing the right location for your health care needs

Do you know the difference between needing urgent care and needing emergency care? It can seem like they are one and the same, but choosing the right location helps provide you with a better understanding of your health care needs.

The many illnesses and injuries for which urgent care is the perfect fit include, but are not limited to, sore throats, fevers, body aches, sinus and ear infections, cuts, fractured bones and falls. Other non-life-threatening concerns that can be treated with an urgent care visit include painful urination and discomfort associated with a urinary tract infection and many rashes or skin irritations.

The convenience of urgent care hours and locations means you don't have to wait to be treated for something that's been bothering you, even if your family medicine clinic is closed or an appointment isn't available as soon as you'd like. Urgent care is also a great option for people who might want checked out while they are visiting from out of town. Going to an

urgent care is a great way to get walk-in, personalized, expert care quickly for day-to-day health concerns.

However, serious injuries or severe illness that may require hospitalization should be directed to your local emergency room including, but not limited to, persistent vomiting, severe burns, uncontrolled bleeding, chest pains, allergic reactions, difficulty breathing and injuries from car accidents.

All emergency room physicians are board-certified, and emergency room nurses and support staff are highly trained and ready to respond to whatever need comes through their door — kids included.

Know before you go. Choosing the right location based on your health care needs can save you time and money and get you or your child back to wellness. ■

Information provided by MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, 515-247-3121, MercyOne.org/desmoines



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Visit MercyOne.org/desmoines to learn more.



SPRING into good health

After a long, snowy winter, spring is finally here. As the sun and warmer weather arrive, what better time to spring into good health? Here are a few suggestions to get you started:



• **Clean.** A good spring cleaning is a great way to reduce allergens. Less clutter can also have mental health benefits.

• **Get outside.** Did you know that just 10 minutes in a natural setting can make you feel happier and reduce both physical and mental stress? Spending time in nature can improve mood, focus, and even affect your blood pressure and heart rate. Take advantage of the longer days and milder weather to spend more time outside. We are fortunate in Iowa to have many state parks and nature areas to explore.

• **Be mindful.** There really is research to support the adage, "Enjoy the moment — life is short." Studies have shown that being mindful can help you reduce stress, better cope with difficult situations and reduce anxiety. So, take a moment and breathe in the fresh spring air.

• **Move more.** After being cooped up all winter, warmer temperatures mean more chances to move your exercise routines outside. From losing weight and reducing health risks to simply boosting your mood, moving more can have big impacts on your health. From improved immune response to a reduction in the symptoms surrounding depression and anxiety, the positive impact of regular physical activity is well documented. It can also help reduce the severity of COVID-19 cases, helping avoid more serious complications. This is especially true for patients with chronic conditions; even moderate activity can make a significant difference.

• **Try something new.** New experiences can lead to increased happiness. This month, why not try a new food or recipe, take up a new hobby, or explore somewhere you've never been? What better time than spring to try something new.

• **Get some sun.** The sun provides vital Vitamin D, which plays a big role in bone health. Just a few minutes of exposure can be enough to reach your daily value. If you are going to be out longer, however, be sure to protect your skin with sunscreen.

For many of us, spring marks a time of renewal. As the cold weather starts to lessen, and the trees start to green and flowers begin to blossom, take a moment to appreciate the changing of the seasons. How will you spring into wellness this season? ■

Information provided by Jane Clausen, Adel HealthMart, 113 N. Ninth St., Adel, 515-993-3644.

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WHAT IF Jesus said, 'No'?

Ever wonder what your life would be like if you'd made different choices? Maybe picked a different career or hadn't gone on that first date. What if you made different friends or didn't let fear stop you from pursuing a dream?

What if? We all ask this question from time to time as we are both haunted and intrigued by what life would look like if we had made different decisions.

This month, Christians around the world will celebrate the most mind-boggling event of all time: The Son of God was murdered on a cruel cross for the sins of all mankind



and then, three days later, rose from the dead. The resurrection of Jesus changed the history of the world and has changed the lives of millions of people to this very day.

But what if Jesus said, "No"?

What if, when He approached the moment of His suffering on the cross, He made a different choice and didn't lay down His life? What if, as He prayed in the Garden of Gethsemane before His arrest and beatings, He changed His mind? In that moment, Jesus prayed these words: "My Father, if it is possible, may this cup (meaning suffering) be taken from me..." (Matthew 26:39). As Jesus approached the crucifixion, He prayed for a pass, a plan B, or any other way to accomplish His mission without hanging on a cross. As heaven held its breath, Jesus finished His

prayer... "Yet not as I will, but as you will." Jesus said "Yes" to the cross so you and I could say "Yes" to a restored relationship with Him.

This Easter, I want to invite you to explore the significance of Easter and how the cross and the empty tomb can make every difference in your life today. ■

If you do not have a church home, I would like to invite you check out one of New Hope's three Easter worship gatherings: Saturday, April 16 at 6 p.m., and Sunday, April 17 at 9 or 10:30 a.m. We are also hosting a Good Friday service on April 15 at 6 p.m. As always, New Hope offers upbeat music, teaching straight from the Bible shared with humor and sincerity, and great programs your kids are going to love. Information provided by Dr. Ryan Whitson, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, www.newhopeadel.org.

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MEET Ellie Roquet

Helping students connect to music in variety of ways

Prior to teaching at the Adel De Soto Minburn (ADM) Community School District, Ellie Roquet didn't have a lot of experience working with students at the middle school level. However, she had long thought it would be the right fit for her.

After graduating from Wartburg College in Waverly, Roquet wanted to return to the central Iowa area. With the staff at ADM seeming supportive and welcoming, she says she felt the district would help her be successful as a first-year educator.

"ADM is the perfect size where I am able to form connections with all of the students that walk through the doors in the morning but also offer students many different opportunities. The staff at ADM and the ones that I interact with on a daily basis are so supportive and want to help you as much as they can. I feel like we are there for each other when we need it and are really focused on making sure we're creating a positive school culture for the students," says Roquet.

Today, she is mainly found at the De Soto Intermediate School where she teaches fifth and sixth grade general music along with sixth grade choir. Roquet also works with the seventh grade Treble Choir every other morning at the Adel Middle School. She says she strives to build a connection with her students and create a secure feeling for them when they come to school.

"I love teaching vocal music because it offers a different way for students to learn and a way for students to express themselves in a different way. I think there is a way for every student to connect to music in some way, so I find it exciting to explore those different options with students and help them find their own connection," she says.

This past semester, Roquet's general music students held a concert to showcase some of the skills they have been learning in the classroom. During the remainder of the school year, her students will grow their piano skills and learn different styles of music. Her students are also working on pieces for their final concert of the year on May 10.

One of the fifth graders' favorite lessons is "soundscapes," where students try creating a "landscape of sound" out of both instruments and non-instruments.

"I think the biggest reward for me is that I have seen so much growth from these students already. Some students have really developed a love for music this year and want to get involved with as much as they can," says Roquet. ■



Ellie Roquet teaches music at the De Soto Intermediate School and directs the Treble Choir at the Adel Middle School.

MONEY and marriage

It's been said, "Teamwork makes the dream work!" That holds true in a marriage, too. Studies have shown that couples who work together as a team when it comes to money are more successful with budgeting, debt management and savings. Many marriages start off with one or both spouses having debt. That is a common scenario nowadays with student loans, credit cards, car loans and other kinds of debts. Problems arise when couples play the blame game or refer to debt as yours vs. ours. Savings and goals are usually referred to as "ours," so the debt within a marriage should be, too. Finances are an important talking point before marriage, of course, but even more so after the wedding bells have rung. Money should be an ongoing conversation. It is common that one spouse handles the bill paying, but that does not mean that same person should shoulder the whole financial burden of making sure goals are met. Some couples find that scheduling a regular "date" night where they can go over the last month's budget, goals, debts and issues is helpful. Sharing that burden or load is important in a marriage. Money issues are a common cause of divorce. Being honest about debts, talking through financial strains, sharing the burden, and brainstorming as a couple only serve to strengthen most relationships. If you are having issues dealing with money as a couple, consult an unbiased third party to help get you on track. ■



Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, 515-287-6428.

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SCENIC rural property

Schwertfeger home set among an abundance of beauty

Sara and Jeremy Schwertfeger's place in rural Adel is one to envy.

Located just south of Adel, the family's home sits on 20 acres of land. They bought the property in 2013 and finished construction on their house in 2015 and a barn — built as a place to bring people together — in 2017. In fact, they've hosted fundraisers, daddy-daughter dances and more for the community.

Prior to moving there, the Schwertfegers lived in northwest Urbandale, but Jeremy had hoped to move to the country.

"He would drive and bike around checking out properties and knocking on doors," Sara recalls. "One day, our family was driving home from Brenton Arboretum and decided to drive down a road we had never been on. It led to this land, and the people who were selling it were putting up the signs to advertise it that night. God put us in the right place at the right time. We practically bought it on the spot."

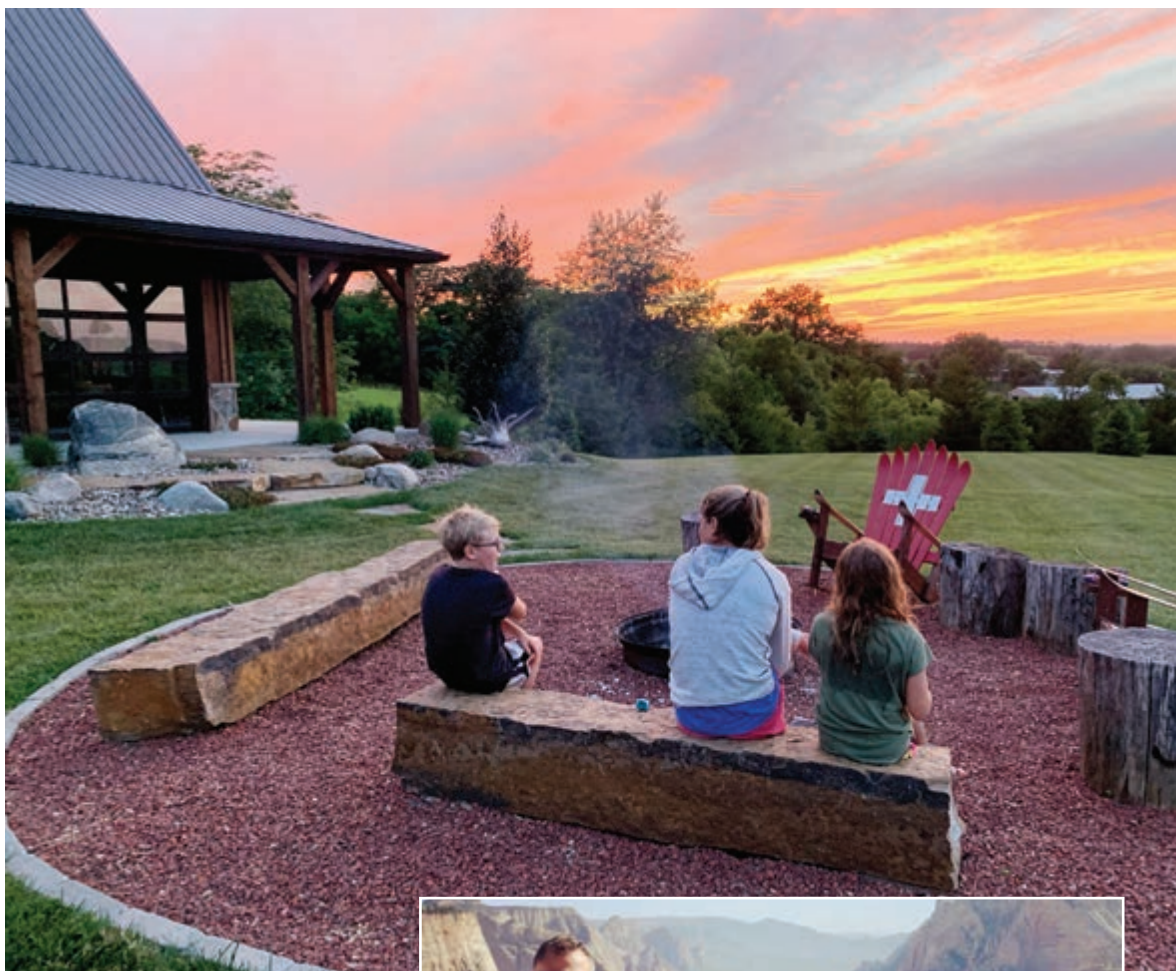
Sara says that rural Adel is a beautiful area. Their property offers the family lots of space and views of the river valley.

"We love to travel the country and explore nature, and our land gives us the opportunity to do it out our back door," Sara says. "My heart is full seeing the kids running around with walkie talkies, sticks and muddy boots."

Sara enjoys spending time in her garden and tending to their chickens. In the winter, the family grooms Nordic ski trails right outside their home. And, when it's warm, they take family bike rides down the gravel road.

Sara adds, "The community and the ADM school district is the cherry on top."

The Schwertfegers like supporting small businesses. Sara also substitute teaches in the schools and volunteers with the middle school track program. She and Jeremy assist in facilitating FCA (Fellowship of Christian Athletes) at the high school. And, because the family has



Sara and Jeremy Schwertfeger and their children enjoy the outdoors, and, since moving to their Adel property, they can enjoy the outdoors every day.



a fifth, third and first grader, Jeremy can often be found helping coach youth football, soccer and basketball.

"We love the land and access to activities, the small-town feel and community, and the friends we have made here," sums up Sara. "We thank God for the blessings every day." ■

NATHAN Clark

Innovative Financial Solutions

This month's featured Chamber member is Nathan Clark with Innovative Financial Solutions. Nathan is also a registered representative with NYLIFE Securities and a financial adviser with Eagle Strategies LLC.

Clark is a native of Adel, graduating from ADM High School. He returned to the Des Moines area after graduating from the University of Iowa, working at various sales and marketing roles with Wells Fargo and New York Life Insurance Co.



Nathan Clark

With his experience, he desired to help local folks with their financial needs and felt called to return to his roots in Adel.

In 2016, he opened up and started doing business as Innovative Financial Solutions, located at 709 Main St. As a certified financial planner, he helps businesses and individuals with financial needs, such as long-term care insurance, holistic and retirement planning.

One reason Clark chose Adel is because that's where he grew up. Secondly, he explains, "I have the ability to help the community with their financial needs."

Securing an office site was an important first step in establishing his business. Another aspect that was equally important was to join the Adel Partners Chamber of Commerce.

"When I opened up, I joined the chamber immediately for a few reasons," he explains. "I wanted to get a pulse on the community. Secondly, the chamber is great resource to help my business grow."

He enlisted Adel Chamber President Deb Bengtson to discuss renting or purchasing office space, along with possible locations. "I wanted to make sure this is what the community needed. How would my business be received? Deb was good at giving advice," he says.

Additionally, he takes advantage of the Chamber's help in building his business and meeting like-minded business owners.

"The Chamber is a great tool for resources. They provide networking opportunities in helping connect with people in the community," he says.

Clark says nearly anyone can benefit from his services. A typical client is anyone open to receiving advice on their financial needs. "Dealing with finances can be complicated. People need to consider having a liaison to figure things out," he adds. "We give folks a path to run on. We want to be available to help in the community."

Clark attends Chamber networking events, saying, "The Chamber provides valuable resources with plenty of opportunities to grow in Adel." ■

Nathan Clark is a Registered Representative offering securities through NYLIFE Securities LLC, Member FINRA/SIPC, a Licensed Insurance Agency, and a Financial Adviser offering investment advisory services through Eagle Strategies LLC, A Registered Investment Adviser. NYLIFE Securities and Eagle are New York Life Companies. Innovative Financial Solutions is not owned or operated by NYLIFE Securities, Eagle Strategies or any of their affiliates. Information provided by Adel Partners Chamber of Commerce, 301 S. 10th St., Adel, 515-993-5472.

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Dr. Lucas Bell, Adel Vision Clinic, receives a Residents' Choice certificate.



Cory Johnson and Jeff Whipple, Adel Fareway, receive a Residents' Choice certificate.



Dr. Eric Anderson, Adel Dental Group, receives a Residents' Choice certificate.



Mark Behr, Behr Construction, receives a Residents' Choice certificate.



Helen Kirk, Owen Kirk and Riley Milburn at the ADM Fine Arts Pasta Dinner Fundraiser.



Lucas Neppi and Averi Brady at the ADM Fine Arts Pasta Dinner Fundraiser.



Haley Hoffman, Abby Asche and Avery Garrity at the ADM Fine Arts Pasta Dinner Fundraiser.



Haley Nelson, Isabelle Karwal and Jordan Crannell at the ADM Fine Arts Pasta Dinner Fundraiser.



Laura Juffer, Handsome Hounds Boarding and Grooming, receives a Residents' Choice certificate.

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The staff at Patrick's Restaurant receive Residents' Choice certificates.



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Denise Walter, Insight CPA, receives a Residents' Choice certificate.



John Short, Insight CPA, receives a Residents' Choice certificate.



Chris Oberreuter, Insight CPA, receives a Residents' Choice certificate.



Billy Nuzum, Billy's Ice Cream Store, receives Residents' Choice certificates.

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