

ADEL

FEBRUARY 2023

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Dallas County residents
share their favorites

Meet Carter Tryon
EDUCATION

Baked vegetarian taquitos
RECIPE

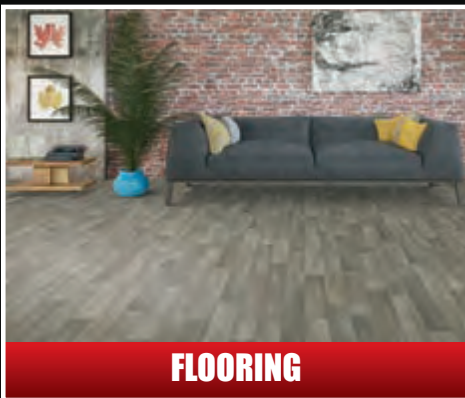
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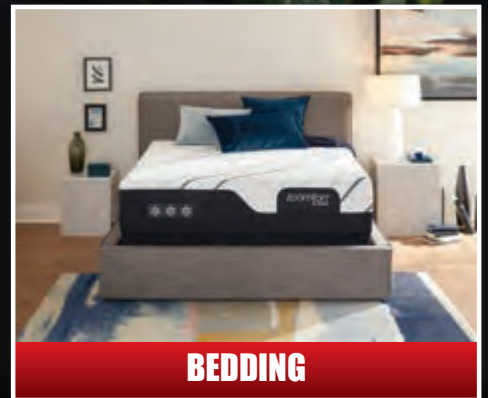
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WELCOME

RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Dallas County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses we received from our online and mail-in ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Dallas County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Dallas County.

As always, thank you for reading, and thank you for voting, too. ■

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RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites

By Tammy Pearson

The tradition continues: Dallas County residents were again asked to choose their “favorites” in the annual Residents’ Choice Poll. And, once again, they identified their favorite auto repair place, favorite dentist, favorite place to take your mom and dad, favorite financial planner, favorite preschool — and the list goes on. The poll has closed, and it’s time to announce the “winners.”

For a night of pizza and an evening taking the kids out, residents suggest staying in Adel for a trip to Brickyard Burgers and Brews and Adel Family Fun Center. Looking for a boutique? Azalea Lane Boutique is favored, and, when it comes to a community festival, Adel Sweet Corn Festival is once again the resounding favorite of residents.

These “favorites” were chosen by the people of Dallas County, and now that we’ve done this annual poll a few times, we see that some winners keep returning. They have mastered the art of providing quality service, care and products — and winning over the loyalty of their customers. Others come and go. New businesses appear. You are likely to agree with some choices and disagree with others, but the results were determined by your Dallas County neighbors. If you voted in this year’s poll, thank you for participating. And, if you didn’t, be sure to look for notices in this magazine of next year’s poll opening and cast your vote for next year’s favorites.

With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it’s important to remember that all those listed are winners, and we congratulate them.



Chasity Davis of Texture Salon, residents' choice for favorite place to have your hair styled.

FEATURE

Dallas County Residents' Choice for Favorite...

(Runners-up listed in alphabetical order)

Bakery

Echo's Cookies

Runners up: The Baker's Pantry; River to River Bakery & Pizza

Pizza establishment

Brickyard Burgers and Brews

Runners up: Casey's; Scornovacca's

Dad/child date spot

Adel Family Fun Center

Runners up: Home Sweet Cone Ice Cream; The Palms Theatres & IMAX

Mom/child date spot

Adel Family Fun Center

Runners up: Home Sweet Cone Ice Cream; The Morning Grind

Bank

Raccoon Valley Bank

Runners up: Earlham Savings Bank; Lincoln Savings Bank

Restaurant

Brickyard Burgers and Brews

Runners up: The HandleBar; Patrick's Restaurant

Hair salon

Texture Salon

Runners up: Hair's 2 You Salon & Spa; Studio 10

Gymnastics and/or tumbling studio

Jacobs Gymnastics

Runners up: Adel Tumbling & Dance Club; Premiere Dance Project

Doctor

Dr. Susan Donahue

Runners up: Dr. Brianne Day; Dr. Ronald McHose

Dentist

Dr. Kelly Sedars

Runners up: Dr. Eric Anderson; Dr. Jason Brown



Chiropractor

Dr. Jodi Kuhse

Runners up: Dr. David Duroe; Dr. Wes Nyberg

Eye doctor

Dr. Ethan Huisman

Runners up: Dr. Lucas Bell; Dr. Barbara Scheetz

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FEATURE

Veterinarian

Dr. Elizabeth Holland

Runners up: Dr. John Broderick; Dr. Jennifer Hoffelmeyer

Pastor

Matt Krause

Runners up: Mike Householder; Ryan Whitson

Health club or gym

Tiger-Rock Martial Arts of Waukee

Runners up: SPENGA; Waukee Family YMCA

Boutique

Azalea Lane Boutique

Runners up: Brown Eyed Girl; Real Deals

Retail store

Azalea Lane Boutique

Runners up: Board & Batten; Real Deals

School

Dallas Center Elementary

Runners up: MeadowView Elementary; Sugar Creek Elementary

Park

Evans Park

Runners up: Mound Park; Triumph Park

Place for a field trip

The Brenton Arboretum

Runners up: Kuehn Conservation Area; Voas Nature Center

Community festival

Adel Sweet Corn Festival

Runners up: Dallas Center Fall Festival; Waukee WinterFest

Teacher

Jill Bejarno

Runners up: Carrie Austin; Lori Boston

Church

Faith Lutheran Church, Adel

Runners up: Lutheran Church of Hope, Waukee and West Des Moines; New Hope Church, Adel

Restaurant for dessert

Patrick's Restaurant

Runners up: Home Sweet Cone Ice Cream; Korner Kone Eats N' Treats

Restaurant for breakfast

Patrick's Restaurant

Runners up: Brickyard Burgers and Brews; Waveland Cafe West

Restaurant for lunch

Brickyard Burgers and Brews

Runners up: 5th Quarter Bar & Grill; Patrick's Restaurant

Restaurant for dinner

Brickyard Burgers and Brews

Runners up: Dexfield Diner & Pub; The HandleBar

Car dealership

Shottenkirk Chevrolet

Runners up: Million Motors; Stivers Ford Lincoln

Thank you for voting us Dallas County's FAVORITE!

Living MAGAZINE RESIDENTS' CHOICE AWARD DALLAS COUNTY WINNER!

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FEATURE



Jane Clausen, with Adel HealthMart Pharmacy, which was chosen favorite pharmacy by Dallas County readers.

Place for ice cream

Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Korner Kone Eats N' Treats

Daycare

Little Tigers Learning Center

Runners up: Kids Korner; Theresa Miller TT Learning Center

Children's birthday party spot

Adel Family Fun Center

Runners up: Tigers' Den; Warrior Lanes

Preschool

Faith's Flock Preschool

Runners up: Brick Street Kids Preschool; Raccoon River Preschool

Library

Adel Public Library

Runners up: Roy R. Estle Memorial Library; Waukee Public Library

Chamber of commerce

Adel Partners Chamber of Commerce

Runners up: Waukee Area Chamber of Commerce; West Des Moines Chamber of Commerce

Thank you for your support!

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FEATURE

Camping spot

Dallas County Fairgrounds

Runners up: KOA; Timberline Campground

Photographer

DKay Photography - Danielle Hawkins

Runners up: Heather Schroeder Photography;
Lindsey Willis Photography

Dance studio

Let's Dance

Runners up: Adel Tumbling & Dance Club;
Premiere Dance Project

Place to take your mom and dad

The Brenton Arboretum

Runners up: 5th Quarter Bar & Grill; Patrick's
Restaurant

Place to take your kids or grandkids

The Brenton Arboretum

Runners up: Home Sweet Cone Ice Cream;
Triumph Park

Place for auto service

Alley Auto Sales

Runners up: Adel Tire & Service; Tiger Tires

Place to purchase a gift for a woman

Azalea Lane Boutique

Runners up: Brown Eyed Girl; Real Deals

Place to purchase a gift for a man

Baldon Hardware

Runners up: Board & Batten; Old Station
Craft Meats

Realtor

Julianna Cullen

Runners up: Jenna Carney; Amy Lucht

Bar

Brickyard Burgers and Brews

Runners up: 5th Quarter Bar & Grill; Corner
Tap

Place for guests to stay

Big Blue Bed & Breakfast

Runners up: Hotel Pattee; Restored Church in
Dallas Center Airbnb

Coffee shop

The Morning Grind

Runners up: The Coffeesmith; Sugar Grove
Goods

Florist

Adel Flowers & Gifts

Runners up: Hazel Mae Floral Events; Walnut
St. Flowers

Landscaping company

Wiges Outdoor Services

Runners up: Luke's Lawn & Landscaping; Red
Fern Landscape Design

CPA

Scott Manhart

Runners up: Bart Banwart; Chris Oberreuter

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Thank you for your support!



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FEATURE

Insurance Agent

Eric Schepers

Runners up: Matthew Ellerman;
Philip Stueve

Pharmacy

Adel HealthMart

Runners up: Medicap; Sumpter
Pharmacy

Grocery store

Fareway - Adel

Runners up: Aldi; Hy-Vee - Waukee

Nursery or garden center

Harvey's Greenhouse

Runners up: Earl May Garden
Center; Plant Life Designs

Senior living facility

Spurgeon Manor

Runners up: Adel Acres; Perry
Lutheran Homes



Jim Book, Alley Auto Sales, readers' favorite place to get their auto service.

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FEATURE

Home builder

Behr Construction

Runners up: Ironwood Homes; RCI Builders

Home improvement retail store

Baldon Hardware

Runners up: Archer Home Center; Waukeg Hardware & Rent-It Center

Home improvement contractor

Home Solutions of Iowa

Runners up: Heartland Handcrafted; RCI Builders

Plumber/plumbing company

Baldon Plumbing Heating & Cooling

Runners up: Elite Electric & Utilities Contractors; Lenhart Plumbing

Electrician

Elite Electric & Utility Contractors

Runners up: Luellen Enterprises; Webster Electric Inc.

Heating and cooling business

Adel & Winterset TV & Appliance

Runners up: Baldon Plumbing Heating & Cooling; Tigges Comfort Services

Lawn care business

Innovative Lawn Solutions

Runners up: Grassy Knoll Lawn Care; Short's Lawn Care

Attorney or law firm

Brown, Fagen & Rouse

Runners up: Bergkamp, Hemphill & McClure, P.C.; The Law Shop

Dog groomer

Handsome Hounds Boarding and Grooming

Runners up: Precious Paws Pet Grooming; Stylin' Paws Salon

Physical therapy or therapist

Alicia Fisher

Runners up: Timothy Crannell; Clint Lutterman

Financial planner

Danny Beyer

Runners up: Robert Grove; Travis Gaule

Pest Control

Paul's AAA Pest Control

Runners up: Central Iowa Pest Control; Diam Pest Control ■

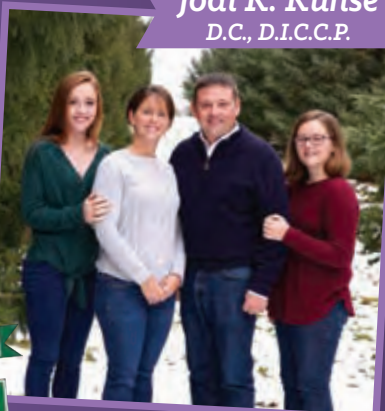
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#1 Bar #1 Pizza

#1 Restaurant for Lunch

#1 Restaurant for Dinner

#1 Restaurant Overall

Top 3 Restaurant for Breakfast

Thank you for your votes!



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MINISTERING to the forgotten ones

There is a verse in the Bible that is strikingly blunt about the kind of faithful living the Lord calls people to pursue. James 1:27 says, "Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world."



It has been often observed that, despite this clear command to care for orphans and widows, in general, the Church fared better with orphan care than coming alongside those who have lost their spouse. This, despite, every year in the USA, there are more than 700,000 new widows, and the average age is only 55 years old. In addition, one-third of widows experience clinical depression in the first month after losing their spouse and often endure a loss of

friendships and financial stability. Often, they have a growing sense they don't fit any longer in their local church.

The reality is that grief of any kind, including from the loss of a spouse, is a powerful emotion that visits us all at some point. If you love in this life, you will eventually grieve. If you are going through a season of grief (or know someone you love in this place) allow me to offer a few words of encouragement.

First, it can be helpful to think of grief as a journey in a foreign country. You will experience confusion, face the unexpected, and endure intense emotions such as deep sorrow and crippling anger. But, this is also a time you can draw near to the Lord (who promises to be near the brokenhearted). The key is to embrace the journey.

Next, embrace the reality that grieving takes time. There are no shortcuts, and it doesn't cooperate well with our hectic schedules. Be sure to allow for time for tears,

honesty, sorrow and disruption.

Finally, as you have likely already experienced, remember that most people are uncomfortable with grief, including how to be around someone who is going through it. Some will go silent or never bring up your spouse because they "don't know what to say." Others will treat your sadness as a pain you need to "just get over." Seasons of grief often require extra grace toward others who mean well but inadvertently hurt.

One more thing... If you are a widow, I would like to invite you to a new ministry for Dallas County called Walking with Hope that is specifically for women who have lost a spouse. Having a community of care, prayer and support to journey with others can be a game changer to your healing process. ■

Information provided by Dr. Ryan Whitson, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, www.newhopeadel.org.



Introducing a new group for

Widows

Meeting location:
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QUESTIONS?

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FEBRUARY 2023

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, February 14th at 6:00 p.m.**

For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org or visit our Facebook page. *with impending construction work to be done at City Hall, meeting location may change to the Adel Library Community Room as needed*

REMINDERS & CLOSURES:

- **Monday February 20th** – City Hall will be closed in honor of Presidents Day.

GET TO KNOW...

What is your title?

Streets Laborer

What is your past work experience?

In my past work experience I have final graded residential homes and commercial buildings for JC Midwest Services. I have also worked out of Porters Ag Solutions doing ag repair work.

How long have you been working for City of Adel? 7 months.

What are you excited about for your department's future plans? I am excited to see growth in my department as it grows along with the city.

What is a hobby you enjoy? I enjoy truck pulling with the Midwest Pullers Association.

Anything else Adel should know about you? I have lived in Earlham my whole life, so I've always been around the Adel Community.



CODY WERTS

2023 PET LICENSES & GOLF CART REGISTRATIONS:

Forms are available online at www.adeliowa.org/permits-and-forms/. When a pet license request is submitted online, payment & proof of rabies vaccination must be received before the license can be issued. When a golf cart permit request is submitted online, payment & proof of insurance must be received before the permit can be issued.

- **Pet License Cost:** \$10 for altered animals, \$20 for unaltered animals
- **Golf Cart Permit Cost:** \$50

APRIL 15 – 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 22 – SPRING CLEANUP & HAZARDOUS WASTE DROP OFF:

- **Spring Cleanup:**
Items must be out at the curb by 7:00 a.m. Large household appliances still require a \$15.00 sticker (TVs 24 inches and over require 2 stickers, projection or console TV's require 3 stickers).
- **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 that day.

PAPERLESS BILLING & AUTOMATIC PAYMENTS:

Would you like to get your bill delivered directly to your email inbox as soon as it is ready? Contact City Hall to set up paperless billing. Also, avoid processing fees from online payments by setting up automatic withdrawal directly from your checking account. City Hall can help you set that up as well or the form can be found on the City of Adel website: adeliowa.org/permits-and-forms/automatic-withdrawal-authorization/.

PARKS & RECREATION ACTIVITIES:

For Adel Parks & Recreation Programs and Facility Reservations: Please register online at www.adel.activityreg.com.

- **2023 SUMMER AQUATIC STAFF:** Acceptance of applications for Lifeguards, Concession, and Admission staff has begun. Applications can now be filled out online by visiting <https://adeliowa.org/employment-volunteer-opportunities/>. If your son or daughter wishes to become a Lifeguard, he or she MUST have a current lifeguard certification. Contact rdillinger@adeliowa.org for questions or assistance in locating training sites.



- **OPEN GYM:** Recreational open gym time is a great opportunity to get out of the house during the cold months. Come out and walk, run, play basketball, shuffleboard and socialize. This is a free program held on Monday, Wednesday, and Friday mornings from 9 – 11 am at ADM District Administration Center Gym.

- **YOUTH BASEBALL LEAGUE** – Registration going on now through February 24th: Program is for youth ages 5 to 12 years old. Age is determined on August 31, 2023. Most games will be played at the Adel Little League Fields as well as at surrounding communities. Four divisions of play are offered: T-Ball 5/6 year olds, Rookie (8U) 7/8 year olds, Minor (10U) 9/10 year olds, Major (12U) 11/12 year olds.

- **YOUTH SOFTBALL LEAGUE** – Registration going on now through February 24th: Program is for youth ages 5 to 12 years old. Age is determined on December 31, 2022. Most games will be played at the Adel Softball Complex in Kinnick-Feller Park as well as at surrounding communities. Four divisions of play are offered: T-Ball 5/6 year olds, Rookie (8U) 7/8 year olds, Minor (10U) 9/10 year olds, Major (12U) 11/12 year olds.

- **LITTLE SLUGGERS:** Introductory baseball and softball program for boys and girls ages 3 and 4. The purpose is to teach the basics of hitting the ball, run the bases, become familiar with being on the field, and most of all, to have FUN. Players should bring a glove and water bottle. All other equipment is provided. Parent/adult participation is required.

- **SNOWMAN CONTEST:** Start thinking of a masterpiece you are wanting to create once the snow falls. Then bundle up and head outside to build your best snowman. Take a picture of your creation and submit it to Ramona at rdillinger@adeliowa.org. All snowmen will be featured on our Facebook page and a prize will be awarded to the most creative snow sculptor! Deadline is March 5.

- **2023 RENTALS: PARK SHELTERS, GAZEBO, COMMUNITY STAGE & PAVILION:** There are multiple rentable shelters that serve as a great place for meetings, weddings, birthday parties, family reunions, picnics, or other outdoor events. Additional information, availability, and reservations can be made online at adel.activityreg.com or in person at Adel City Hall.

ADEL PUBLIC LIBRARY:

The Adel Public Library has programming for all ages!

- Early childhood storytimes Tue-Thur @ 10 AM
 - After-school programs for kids and teens on Tuesday and Thursday @ 4 PM
 - Indoor Plant Swap on February 28th @ 6:30 PM
 - Family Puzzle Competition February 4th @ 10 AM
- Visit the Adel Library website (www.adelpl.org) for more information!

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 7:00 a.m. – 8:00 p.m. (April through October) and 7:00 a.m. – 6:00 p.m. (November through March).

CITY HALL

Administration

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Compliance Officer

Parks and Recreation

301 S. 10th St.

P.O. Box 248

515-993-4525

M-Th 7:30 a.m. – 4:30 p.m.

F 7:30 a.m. – noon

www.adeliowa.org

PUBLIC SAFETY

Police and Fire Depts.

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515-993-6723

M – F 8:30 a.m. – noon and

12:30 p.m. – 4:30 p.m.

EMERGENCY – DIAL 911

LIBRARY

303 S. 10th St.

515-993-3512

M-Th 9 a.m. – 6 p.m.

F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.

www.adelpl.org

UTILITY PHONE PAYMENTS

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ADEL CITY COUNCIL

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Mayor Pro Tem

Shirley McAdon

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Bob Ockerman

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www.adeliowa.org



HOW SECURE Act 2.0 could impact your retirement

Lawmakers have changed retirement rules again. SECURE Act 2.0 is a giant piece of legislation signed into law just before Christmas. It includes more than 90 retirement provisions. Some of these new laws could immediately impact your retirement plan.

As of Jan. 1, 2023, the Required Minimum Distribution (RMD) age has increased to 73 (from 72). Generally, RMDs apply to traditional IRAs and employer-sponsored retirement plans like 401(k)s. If you turned 72 in 2022 or earlier, you should continue to take RMDs as scheduled. If you're turning 72 this year and you've already scheduled your distribution, you can still take out the money or wait until 73.

We are reaching out to the families we work with in this situation. Some need the distribution as retirement income; others could be pushed into a higher federal tax bracket and may want to wait to take the distribution.

A friendly reminder for my fellow Iowans: Local lawmakers made changes impacting taxes this year. If you are 55 or older, you will not pay state income taxes on pension income and distributions from IRAs, annuities and employer-sponsored plans such as a 401(k).

Back to Washington, Another immediate change decreases the steep



penalty for not taking an RMD from 50% of the RMD to 25%. The penalty is reduced to just 10% if the account owner withdraws the amount not previously taken and submits a corrected tax return in a "timely manner" (generally within two years).

This legislation comes three years after the SECURE Act of 2019, which changed the RMD age from 70 ½ to 72 and eliminated the stretch IRA. I was a vocal critic of the 10-year rule replacing the stretch IRA.

Instead of being able to stretch distributions over a lifetime, those inheriting an IRA from someone other than their spouse have to take the money out within ten years.

This can create a significant tax bill for beneficiaries. We reached out to many of the families and individuals we work with to discuss how the law change could impact their legacy plan. Some chose an IRA relocation strategy and the ability to see more of their money go to their loved ones and less go to taxes.

If the financial advisor you are working with isn't reaching out when retirement laws change, you may not be working with a team specializing in retirement planning. Your retirement planner should be watching what's happening in Washington so you can focus on the fun stuff, like living out your retirement vision. ■

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

ARE YOU WORRIED ABOUT THE

SECURE ACT 2.0

AND YOUR RETIREMENT?

Scan the QR code or go to MerkleRetire.com to talk with a retirement planner about how new laws affect you.

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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

Red & Black Bash

The ADM Alumni Association is proud to present the fourth annual Red & Black Bash Fundraiser on Saturday, Feb. 25, with doors opening at 6 p.m. at Country Lane Lodge, 29300 Prospect Circle, Adel. The event features raffle prizes, silent auction, DJ, food and drink. All ADM supporters are welcome. Tickets are \$20 presale and \$25 at the door. For more information and tickets, visit www.eventbrite.com/e/2023-red-and-black-bash-tickets-483526640197.

Rhythms of Grace Gala

Country Lane Lodge,
29300 Prospect Circle, Adel
Saturday, Feb. 4, 5-9 p.m.

The Rhythms of Grace fundraising Gala brings the community together to celebrate and support the mission of improving lives through equine-assisted activities and therapy programs. The event is full of heart-touching stories, delicious food and drinks, great company and entertaining activities. Everyone is invited.

With the community's support at the 2022 Gala, a scholarship fund was established to support families needing financial assistance, and funds were raised to purchase a special horse with the size, strength and temperament to support adult riders with diverse needs. With the support of Beisser Lumber, a wheelchair ramp and mounting area were also constructed.

Tickets, \$50, are available for purchase at www.RhythmsOfGraceEquine.org/events-1. A limited number of VIP table sponsorships are available for groups and businesses to reserve. Forgo reserving a general admission ticket if investing in a sponsorship. Attire is Western or business casual. There will be live music, dinner by Snappy's BBQ, a program, games, live auction, raffle and more.

ADM kindergarten registration

ADM kindergarten registration for the 2023-2024 school year is open. If you have a child who will be 5 years of age on or before Sept. 15, 2023, plan to begin the kindergarten registration process today. Complete the online registration process during January and February to ensure you receive all communication related to kindergarten screening in preparation for your child to attend kindergarten at ADM. Visit www.admschools.org to get started with the online registration process. Contact Rikki Kuhns at rikki.kuhns@admschools.org or 515-993-4283 ext. 1041 with questions about the online registration process or to set up an appointment to complete the online registration in person.

50s-Plus Senior Group meets

The 50s-plus senior group meets at the Adel Public Library Community Room on the first and third Tuesday each month from 10 a.m. to 1 p.m. This is a place to come and have coffee, conversation, programs and, in the future, day trips to places of interest in Iowa. Join when you can.



Third Monday Bingo

Enjoy Bingo on Monday, Feb. 20, 6-8 p.m. at the Masonic Lodge, 411 S. 12th St., Adel. Seventeen games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card) will be held. Packaged snacks and non-alcoholic drinks will be available. Social distancing and masks are recommended. Bring a dauber if you have one. They will also be for sale.

Dallas County Conservation Board offers activities

A variety of family activities are offered by Dallas County Conservation Board (DCCB). 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.

Animal Sign Hike: Who is active in winter? How can we tell? Join Dallas County Conservation Board Naturalist Erica "Bearica" on a hike to see what critters have been active and how we can tell them apart. Hikes are planned for Feb. 10, 10-11 a.m. at Voas Nature Area, 19286 Lexington Road, Minburn. If there's snow on the ground, you can play a game to test your tracking skills. Register to be notified of weather cancelation.



Vietnam-era veterans recognition

An event to honor and thank Dallas County veterans who served during the Vietnam era will be held Saturday, March 25, 9-10 a.m. at the Van Meter Veterans Reception Center, 910 Main St. A light breakfast will be provided, and there will be drawings for door prizes. RSVP by March 1 by emailing kenyonmargie67@gmail.com.



'Singin' In The Rain JR.'

Feb. 17-19, Feb. 24-26, March 3-5.
Friday performances at 7 p.m.
Saturday and Sunday shows at 2 p.m.
CAP Theatre, 201 First Ave. S., Altoona

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green, from their original award-winning screenplay in "Singin' in the Rain JR." Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make the production a guaranteed good time for performers and audience members alike. Tickets on sale online at captheatre.simplenetix.com. ■

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

Celebrate! Innovation Live at DMACC Speaker Series

Thursday, March 9

DMACC West Campus, 5959 Grand Ave., West Des Moines

DMACC announced an inspiring line-up of presenters for this year's Celebrate! Innovation Live (ciLive!) at DMACC Speaker Series, which is marking its 14th anniversary this spring. ciLive! 14 will be held March 9 in-person at the DMACC West Campus in West Des Moines, and, thanks to the generous support of sponsors, all ciLive! 14 speaker presentations will be free and open to the public. Free livestreaming of all speaker presentations will also be available via e360tv.

Each year, ciLive! at DMACC gives students and the public an opportunity to hear from and interact with a variety of accomplished people — some famous, all inspired — who have dreamed, created and achieved.

This theme of ciLive! 14 is “Be Your Own Superhero” and will feature the following speakers: John Ratzenberger, an actor and director who is best known for playing Cliff on the beloved TV sitcom “Cheers” throughout the show’s entire 11-year run. Molly Bloom, the best-selling author of “Molly’s Game,” a memoir that chronicles her journey from a college student and Los Angeles waitress to founder and operator of the largest and most notorious private poker game in the world. Mitch Matthews, the host of the top-ranked “DREAM THINK DO” podcast. Alex Weber, an author, international keynote speaker on leadership and peak performance, and the only person to both host and compete on NBC’s Emmy-nominated series “American Ninja Warrior.” Dr. Shawna

Pandya, a physician, aquanaut, scientist-astronaut, martial artist and advanced underwater diver. With backgrounds in neuroscience, space, entrepreneurship and medicine, Dr. Pandya has led a life devoted to technology, innovation, social development and adventure. Kenny & Friends, Grammy Award-winning drummer Kenny Aronoff, who was named one of the “100 Greatest Drummers of All Time” by Rolling Stone magazine. Aronoff has recorded and toured with some of the biggest stars in every genre of music, including John Mellencamp, John Fogerty, Bob Seger, Ringo Starr, Willie Nelson, Johnny Cash, Melissa Etheridge, Gregg Allman, Alanis Morissette, Goo Goo Dolls, Joe Cocker, Sting and many others. He will be joined at ciLive! 14 by bass guitarist James LoMenzo, who’s played with White Lion, Ozzy Osbourne, Slash, Ace Frehley, David Lee Roth, Megadeth and John Fogerty, and by guitarist Brent Woods, a student of the legendary Randy Rhoads who has played with Vince Neil, Kristin Chenoweth, John Waite and Sebastian Bach.

For more information about ciLive! 14, visit ci.live. A detailed event schedule will be released in early March.



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EVENTS IN THE AREA

Be sure to check for cancelations



Des Moines Community Orchestra performance

Sunday, Feb. 12, 2 p.m.

Sheslow Auditorium on the Drake University campus, 2507 University Ave., Des Moines

The Des Moines Community Orchestra will present a concert in honor of Black History Month. The performance will feature works by African-American composers, including a world premiere of a major work commissioned by the orchestra. The program will be: "Dancing in the Canebrakes" by Florence Price (arr. William Grant Still); "Brother Yasuke: The True Story of the Afro-Samurai (for Narrator, Solo Piano Trio, Voices, and Orchestra)" by Josh Henderson, and the "Afro-American Symphony" by William Grant Still. Mr. Henderson will be bringing the Warp Trio, with which he plays violin, from New York to participate in the premiere performance of his piece. Admission is free but donations are gratefully accepted.

Learn on Saturdays

Saturdays, through March, 10:30 a.m. to 12:30 p.m.

Greater Des Moines Botanical Garden

909 Robert D. Ray Drive, Des Moines

Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. For more information, visit dmbotanicalgarden.com.

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

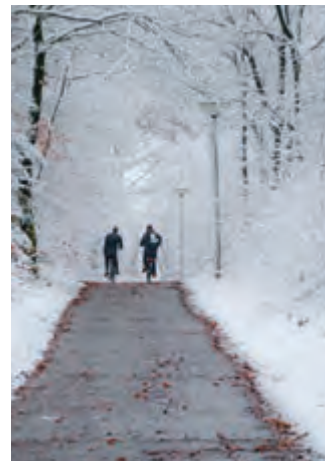
Winter Chowder Ride

Saturday, Feb. 11, 10:30 a.m.

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Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (10 miles). Check-in is at 10:30 a.m., and the ride starts at 11 a.m. Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails at no cost. You can enter to win a prize by submitting a selfie with the tag #2023ChowderRide (make sure the post is public). Register online at <https://conta.cc/3w1EMaw>.



Soup Supper and Bake Sale

Saturday, Feb. 11, 4-6 p.m.

Peace Lutheran Church (exit 106 off of I-80, 2 miles north on P58)

Enjoy a soup supper and bake sale for a freewill donation. Carry outs will be available.

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WHAT happens if you don't have a will?

They say two things in life are certain: death and taxes. Creating an estate plan with an attorney allows you to understand what options are available to you and gives you an opportunity to decide how your assets are distributed, and to whom, after your death. However, if you don't have a will or trust, what happens to your assets after death can be an unknown. If you die without a will or trust, your probate assets will be distributed through the state's intestate succession laws. Intestate succession is a statutory framework that provides rules concerning how much, and whom, will receive a distribution from your estate.



If you die with:

- A spouse but no descendants, the spouse inherits everything.
 - Children but no spouse, the children inherit everything.
 - A spouse and descendants from you and that spouse, the spouse inherits everything.
 - A spouse and at least one descendant from you and someone other than that spouse, the spouse inherits half of your intestate real estate and at least half of your intestate personal property, provided the spouse's

share is worth at least \$50,000. The descendants inherit everything else.

- Parents but no spouse or descendants, the parents inherit everything.
- Siblings but no spouse, descendants, or parents, the siblings inherit everything.

If you die without any family, including descendants of your maternal and paternal grandparents, only then will your estate "escheat" to the state, but it should be noted that this is incredibly rare. You may be wondering why, then, is estate planning a good idea? Firstly, it allows you to ensure the people you want to receive your estate actually receive it. Under intestacy, it won't matter if you have a strained relationship with your child or that one uncle — if they are entitled to a portion of your estate under intestacy, they will receive it. Additionally, estate planning will allow you to appoint a personal representative to represent your interests and your estate, will allow them to do so without requiring bond, will allow you to appoint a guardian for minor children, and in general give you more control over your hard-earned assets.

If you have additional questions about estate planning, please contact an attorney in your area. ■

Information provided by Meghan O'Meara, Hopkins & Huebner P.C., 1009 Main St., Adel.

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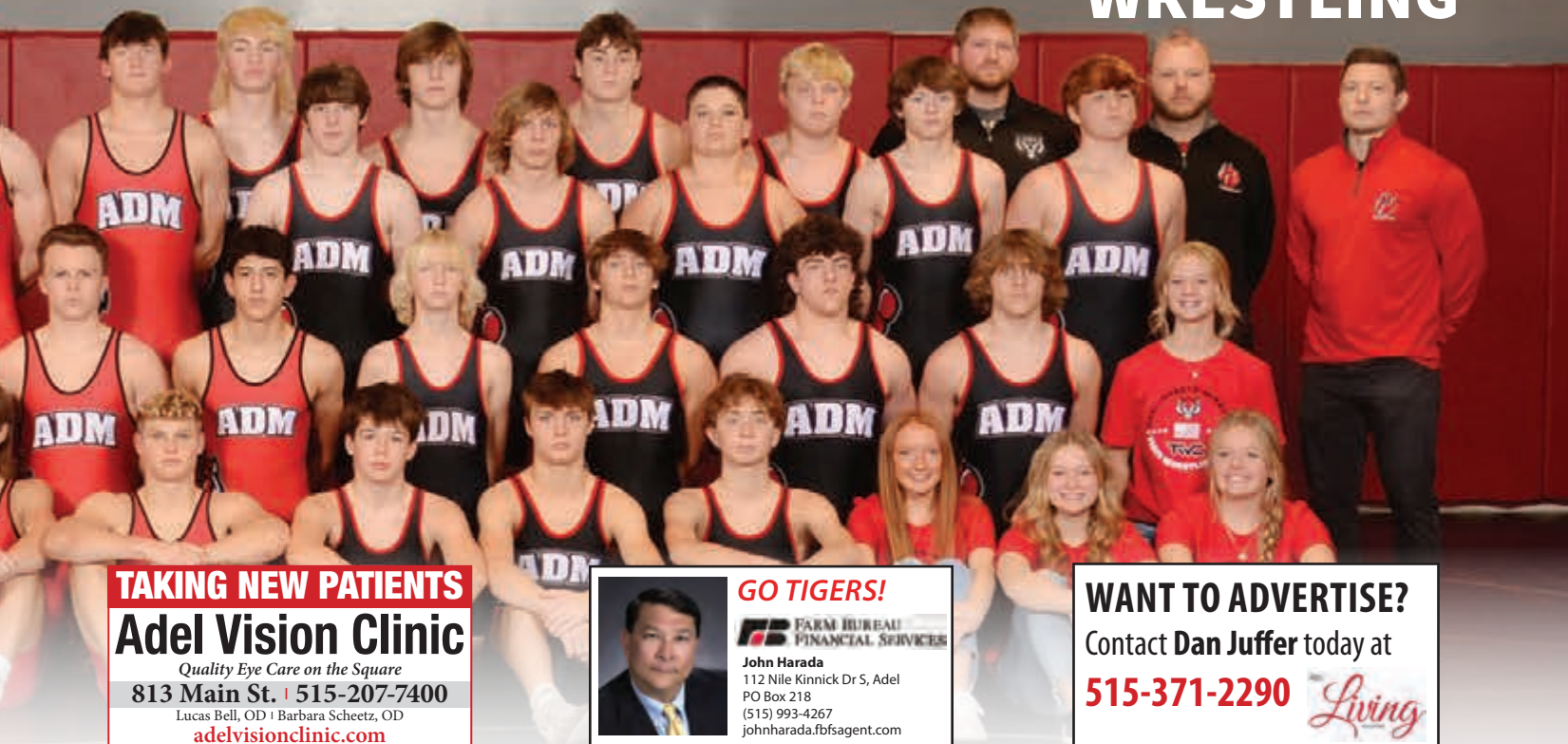
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MEET Carter Tryon

Connecting lessons to the environment

After graduating from the Winterset Community School District in 2018, Carter Tryon studied biology and education and ran track at Central College in Pella. Today, he teaches biology at Adel-De Soto-Minburn High School. His family is originally from the Adel area, and he had heard positive things about the district.

“Working in the ADM School District makes me feel like I am in the right place. The staff and students are great, and I enjoy all the other opportunities to serve the community outside the classroom,” Tryon says.

He says he enjoys teaching biology because his students learn to make connections to the environment and themselves. These connections allow them to understand complex ideas such as why everyone has different colored eyes or how the parts of an ecosystem work together.

His students participate in an activity that helps them understand why fishing limits are set in place. They catch foam fish with chopsticks which simulates human consumption of natural resources and the importance of regulation. In addition, his students test the level of organic matter in soil and relate the findings to farm fields around town.

“I find joy in teaching students at the high school level because of their ability to start relating what we learn to the real world, future careers, or everyday occurrences,” he says.

When not teaching, Tryon enjoys spending time with his family and friends. He also enjoys participating in several outdoor activities, including kayaking, running and fishing.

Tryon is looking forward to having his first year of teaching under his belt so he can learn from it and grow for the upcoming year. He is also eager to join the high school track team coaching staff in order to share his running knowledge and passion.

“One reward I face as an educator is seeing the students grow personally and academically throughout the year. On the other hand, I face the challenge of not knowing what to expect and learning how to best handle things throughout my first year,” he says. ■



Carter Tryon is learning alongside his students as he navigates his first year of teaching.

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- Keiara, 11

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FINANCE

By Cookie Buckler

STEPS to saving for retirement

How much do you need to retire? Will you continue working after age 65? Do you want to travel during your retirement? These are just a handful of questions that are important for retirement preparation. Unlike saving for a home or new vehicle, saving for retirement requires long-term commitment and goal-oriented benchmarks. We want to help you succeed as you save and offer you the following steps to retirement success:



Create a monthly budget and designated emergency fund.

If your employer offers a 401(k) option, we recommend contributing the maximum amount your budget will allow.

Open an IRA.

This enables you to continue to save without having your funds tied to an employer. As long as you have compensation, you are eligible to make regular contributions to a traditional IRA, and, beginning with the 2020 tax year, there are no age requirements to be eligible to make an annual regular contribution to a traditional IRA.

Ensure your money is where you need it when you need it.

An experienced financial adviser can help you invest in appropriate stocks, bonds and other financial strategies. Together you can construct a plan to ensure your risk decreases as you age and be certain the funds you need are available upon retirement.

Examine your current career path and determine the year at which you would like to retire.

Although the average age of retirement is 66, this may not hold true for you. Whether you decide to retire later at 72, or earlier at 57, you will need to have this number available to help continue the development of your savings.

Know when you are required to begin taking distributions.

Once you have officially retired, you will begin to take distributions from your 401(k) IRA. While a Traditional IRA requires you to accept funds after age 72 (for years 2019 and earlier, the requirement is still age 70), a Roth IRA can remain untouched until you decide to use the money. For this reason, we recommend using a Roth IRA when your income levels allow.

Laws are constantly changing when it comes to IRA contributions and distributions. Check with your tax consultant on new IRA regulations. Whether it's in 10 years or 50, it's never too early to start saving. ■

The IRA specialists at Raccoon Valley Bank can help you with your IRA account needs, and we look forward to joining you on your journey to retirement. Information provided by Cookie Buckler, Universal Banker III, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.



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RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked Vegetarian Taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
- Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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CONTINUING to serve by helping others

Hintz helps fellow veterans on road to recovery.

"Angels are everywhere," was my husband Mike's comment, when we met John Hintz on the sidewalk of Greenhill Road in Adel. Our son, Robert, who uses a motorized wheelchair, called when his wheelchair stopped dead, halfway up the steep grade of the hill. After Rob called, we came to rescue him with our lift van. However, there was the problem of pushing the 600 pounds of combined weight of Rob and his chair up the ramp of the van at an angle. John had been talking with Rob when we arrived and volunteered to help by pushing him into the van.

"I heard someone yell 'Help' when I drove into my driveway," says Hintz, "and I saw Rob stuck on the sidewalk. I recognized him from Waukee Hy-Vee and walked over to see if I could help."

Hintz was returning from speaking to the business classes at Waukee High School and had taken the day off from his small business, Warrior Tattoo Studio in Waukee. Hintz is an Army veteran who had served a variety of roles, such as paratrooper and sniper in the 82nd and 101st Airborne Divisions, as well as the 4th Infantry Division.

"I was born in Winterset, and when I retired from the military in 2015, after 20 years of service, I returned to Iowa and chose to live in Adel," he says. "I was selected to become an infantry officer and retired as a major."

Hintz had been deployed to Panama and Saudi Arabia and served two combat deployments to Iraq and Afghanistan, where he earned many honors, including two Purple Hearts, the Bronze Star for Valor, and the



Combat Infantryman's Badge, as well as the 2012 General Douglas MacArthur Award, presented to him by the U.S. Army Chief of Staff at the Pentagon.

His experiences have led him to volunteer as president of ValorFit, a local nonprofit with a mission to align local networks to provide veterans support services. Centered at CrossFit gyms, the organization focuses on improving health and wellness and developing a renewed sense of self-worth of veterans.

"ValorFit was created by Troy Peterson, a native of central Iowa who had struggled with returning to civilian life. His mental health improved with exercise and the positive support of a strong gym community," says Hintz. "Veterans identify with being part of a team, a battle buddy system. Now, that's a part of the gym programming in the real world. The motto of ValorFit is 'Stronger Together.'"

The goal of ValorFit is to help struggling veterans get their life back through group fitness and connecting them to others and to networks of services. VA care providers have referred veterans to ValorFit as a way to start them on a path of recovery.

"My career in the military as an officer taught me to teach, train, mentor and help



John Hintz served his country and now helps fellow veterans on the road to recovery.

others achieve great things," says Hintz. "Life is hard. Not all of us make it through. I've lost so many friends that I wish could still be here. Helping others makes me realize that it's not about you. Life is about legacy and giving back. I do my best to help others. ValorFit is the greatest example of a project of helping I can think of. I give back in hopes others will do the same."

Information about ValorFit, including the board of directors, mission, events and donations for fitness programming for veterans is available at www.valorfit.org.

Recalling the day he had come to help Rob, Hintz repeats his philosophy of volunteering both to serve and to help those who have served.

"Rob was having a tough day; his wheelchair was not working properly, so I helped him," says Hintz, "I comforted him, and it all worked out. And I met a really cool human being. So, helping him helped me." ■

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HAIRSTYLING and plants

Young's greenhouse accommodates both her passions.

It isn't often one can combine the best of both worlds of work and hobby, but Lee Young has done so in a beautifully designed greenhouse with incredible features that can provide for both of her passions: hairstyling and plants. Young's husband of four years, Judd Bristow, designed the greenhouse so he could keep his new wife closer to their home and not have to make a 30-minute commute to Des Moines and back daily.

"During the pandemic, Lee was home for about three months straight, and I am semi-retired, so I enjoyed having her around the house with me," says Bristow. "As the economy started to open up, I tried to convince her to retire, too, but she said, 'Oh, no, I want to keep working.'"

"I tried to convince her with one or two options of where I could remodel a space for her shop," continues Bristow. "She said, 'No,' until I suggested I build her a greenhouse with dedicated space for her hairstyling."

Her business is now at 33694 N Ave., south of Adel off of Highway 169. Bristow has lived on the 5-acre property for more than 40 years, originally with his late wife, Cathie, raising their two daughters, Jessica and Emily, in the ADM school district. He became a widower in 2016.

Young had been a widow for more than 27 years and had a hairstyling business on Merle Hay Road for 37 years. She came to the United States from South Korea with three of her brothers to join her mother, sister and brother in Des Moines in 1977.

"In South Korea, I had gone to beauty school, but when I came to Iowa, my English was not good, and so I worked in a factory," says Young. "I worked hard to learn English and then met and married my first husband, Michael Mason. He said I could go to beauty school to be licensed here, and I opened my shop about the time our daughter, Julia, was born."

After his wife's passing, Bristow says, "I knew that tomorrow has no guarantees. It was hard to meet anyone around my age with similar interests, until I finally set my filter on Match.com to 'widow.' I figured we at least would have one similar experience."

When their misfortunes brought them together, Young and Bristow realized they had similar personalities.

"I get the goosebumps sometimes," says Young. "I might be thinking in my head about a kind of restaurant to go and eat and Judd will say it out loud. It is amazing. We almost think the same thoughts and agree on everything, especially about plants."

"I took 18 hours of horticulture at ISU and wanted to be a landscape architect until my dad pointed out the income available being an electrical engineer," says Bristow. "My dream was set aside, and my career with IBM was amazing as a regional manager. But, when I retired, I started the landscaping I always wanted to do on my own property."

As a Master Gardener, he designed a detailed plan and took three years to execute it, putting in a pool, two koi ponds, and hundreds of pounds of decorative boulders for paths and plantings.

The couple both have a determined, strong work ethic. Bristow calls it his wife's "weeding" personality.

COMMUNITY

"She can't walk from here to there without seeing some little weeds that need to be pulled."

Young starts all of her plants from seeds or cuttings and tends to them daily, cultivating them with love.

Their 150-foot garden keeps them both busy, which was another impetus for the greenhouse to be built.

"Lee had been selling specialty canned goods at her shop on Merle Hay Road, and she was running out of room," says Bristow. "The amount of canning of pear jams and other jellies, kimchi and gochujang (red bean chili paste), tomato salsa, bread and butter and beet-onion pickles, and sweet pickle relish is amazing. The recipes are a combined effort. They are 'ours,' and I think the sweet pickle relish is my favorite."

The greenhouse project was built with Bristow's comprehensive plan from his engineering side with many unique resource — efficient, sustainable qualities. It has solar power, eight skylights and water heat in the floor from a water cistern and water-resistant oriented strand board (OSB). Humidity is kept at a constant 60%, and plants are hanging from electrical struts crossing the ceiling with recoil cords so they can easily be pulled down and watered.

When combining the two passions of plants and beauty, the couple has created a spa-like calm atmosphere. When it comes to hairstyling at the greenhouse, Young says the peaceful setting is her favorite aspect. Bristow has a different answer.

"Being able to have lunch with my wife and see her during the day." ■



A couple with common interests: Lee Young and Judd Bristow.



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THREE achieve 'gold standard' of Girl Scouts

Highest award of recognition presented.

Three girls from the ADM area have achieved the highest award of recognition available through the Girl Scouts organization. Piper Giles, Kylie Shafer and Rebecca Yanacheak, Ambassador Girl Scouts from Troop 505 in Adel, successfully earned the Gold Award. Fewer than 6% of eligible Girl Scouts in the United States successfully earn the Gold Award.

A series of challenge awards and activity badges are expected to be earned before the Gold Award is completed.

"Girl Scouts helps girls build 'confidence, courage and character,' " says Jackie Giles, one of the Troop leaders, along with Rose Bass. "During meetings, camp outs, and a variety of scouting activities, they earned skill badges and fun patches — all of which built the skills required to plan, finance and execute their Gold Award projects."

"The Gold Award project has many requirements," says Piper Giles. "The project idea must impact your local or global community, and it must be unique, measurable and sustainable. After it is approved by the Girl Scout Council, you must work on the project a minimum of 80 hours: project planning, logging hours, fundraising, recording donations and money spent, with documentation through pictures. My project was sending supplies to the Philippines to provide school supplies, backpacks, STEM and first-aid kits and special reusable feminine hygiene products for teenage girls to be able to attend school."

Piper's first memory of Girl Scouts was collecting food donations for the Adel Food Pantry. She says the community service she learned in Girl Scouts taught her hard work and that community and relationships are important.

"Girl Scouts has impacted my life today because it has taught me about community service," says Piper. "I know I will continue to give back to my community and teach future generations all of these skills as well."

Kylie Shafer's first memory of her Girl Scout experience was the fun she had dressing up in costumes and attending a Halloween party as a Daisy Scout. Then, as a troop of 11- and 12-year-olds, Troop 505 raised



Piper Giles, ADM high school senior and Ambassador Girl Scout, is an original member of Troop 505.

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Rebecca Yanacheak at the London Eye during a tour of Europe with other Girl Scouts this past summer.



Kylie Shafer earned her award with her natural and built play area in Redfield's city park.

\$17,000 for establishing the Adel Dog Park and completing their Bronze Award. “One of my favorite memories was the fundraising — making homemade dog beds, toys, treats and more to sell,” says Kylie. “We spent a lot of time together, working hard, but having fun. Our relationships grew strong. Raising that money was a very big accomplishment.”

Hoping to encourage children to spend more time having fun playing outside, Kylie designed a play area for the “storybook park” in Redfield.

“My project addressed many different topics: child health issues, education, the outdoor environment and sustainability,” says Kylie. “The City’s Parks and Recreation department said they would ‘love it’ if I added the natural play area with recycled materials, trees and mulch, some of which were donated by Xtreme Tree in De Soto. I think the hardest part of the project was reaching out to people and asking for help. However, when I went to check on the park, two days after it was finished in August last year, there were already kids playing on the equipment. I am so proud,

and I hope the kids enjoy it.”

Planning to be an educator, Rebecca Yanacheak knows how important it is to build community within a classroom and among children. Her first memory of Girl Scouts was when she came into her first meeting in first grade.

“I only knew one other girl in my new troop, and I was incredibly nervous because everyone else had been meeting for a few months,” says Becca. “But, when I opened the door, I was met with so many smiles and even a goodie bag; I knew I had found a new happy place. The biggest impact that Girl Scouts has had on me is the sisterhood. I met the people who would be my best friends. With our trip to Europe last summer, I had the chance to interact with Girl Scouts from across the world, and it always felt like I was talking with a sister. Girl Scouts brings us together.”

Becca’s Gold Award project was to write a children’s book to help bring children together with understanding and acceptance. Working with a storyboard and illustrations, she completed the book, “Be a Gold Friend,”

and has been distributing it to the local school districts and the public libraries in the area. Becca covered some diagnoses that may affect children within the classroom, such as social anxiety, ADHD, dyslexia, or Tourette syndrome and hopes to open conversations about these conditions to help children in their understanding about why some classmates may be acting in a manner different from their own.

“Each page of the book has a story and ends with a discussion question or an activity,” says Becca. “I started with a story about myself and my writing the book, tying in the Gold Award to being a Gold Friend. The illustrations were done with the help of the girls in our large troop of third grade through high school. So, with the help of my Girl Scout sisters and troop leaders, I feel the book speaks to younger people.”

The three were among a group to visit the World Centers for Girl Scouts, including Pax Lodge in London, Girl Guide Chalet in Adelboden, Switzerland, and stops in between, including their dream to go to Paris. ■

CELEBRATING American Heart Month

It's February, and that means two things: It's time to buy your Valentine a nice card and some chocolate, and it's American Heart Month. As the number one cause of deaths for most groups, heart disease affects all

ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits.

Who should be assessed for cardiovascular risk and how? If there is a concern of a family history of a genetic condition that causes high



cholesterol levels, a lipids check may first occur in patients 20 or younger. In patients 20-39, a lipid profile should be assessed along with family history of cardiovascular disease, A1c, blood pressure, tobacco use, weight, exercise and diet. These factors are pooled together to estimate lifetime cardiovascular disease risk.

In patients aged 40-75, an LDL of 70 or above could indicate a need for a medication called a statin to help lower cholesterol levels. For patients over the age of 75, statin medications are often prescribed when appropriate for primary or secondary prevention. This is a very brief discussion of the assessment process, and there are a number of different factors that you and your doctor would discuss when considering treatment as appropriate.

Nearly just as important as treatment with medication when necessary, are lifestyle changes. All the way back in the 1950s, doctors and researchers began understanding the importance of diet and cholesterol to heart

disease. A heart-healthy diet consists of fruits, vegetables, whole grains, low-fat dairy, poultry, fish, beans and limiting red meats. Limit sugary drinks and sweets as well as saturated and trans-fats. Along with diet, exercise is incredibly important. Exercise regularly, engaging in moderate to vigorous aerobic activity for at least 40 minutes three to four times each week, unless otherwise instructed by your physician. Lastly, avoid tobacco and maintain a healthy weight.

Let's observe this Heart Healthy month together. Take up a heart-healthy habit such as exercise or eating healthy. Educate yourself about the risk factors of heart disease. Lastly, if you are worried about your risk and haven't had a routine checkup, get your cholesterol tested. ■

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

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WHAT IS plantar fasciitis?

The plantar fascia is a band of connective tissue that starts at the heel, runs through the arch of the foot, and connects into the ball of the foot. Plantar fasciitis occurs when this tissue becomes inflamed and painful. Inflammation of the plantar fascia is diagnosed by the classic symptoms of pain over the heel on the bottom of the foot. The pain is most severe when you first stand on your feet in the morning and subsides after walking for a few minutes, but then returns after prolonged episodes of standing or walking.



The plantar fascia can become irritated due to the small joints in the foot and ankle not moving as freely as they should or from tight muscles in the calf causing strain on the plantar fascia. When the foot moves freely and has good mobility, the arch acts as a spring to provide a cushion during walking. However, when the foot doesn't move, the spring no longer absorbs the forces, and the plantar fascia becomes irritated.

At times, anti-inflammatory medication or injections may be needed to decrease the inflammation, but the overall cause of the increased strain on the plantar fascia must be addressed as well. ■

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

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COLD SORES are prevalent in winter

Cold sores are small, painful blisters that commonly appear around the mouth, face or nose. They usually resolve within one to two weeks. They're filled with fluid but crust over and scab before they go away. They're brought on by the HSV-1 virus which can cause gum redness/swelling, fever, muscle aches, a generally ill feeling, and swollen neck glands.

After contracting HSV-1, it can lie quietly in the body without symptoms, yet wake up later from things like: other infections, fever, sunlight, cold weather, menstrual periods and stress.

The herpes simplex virus type 1 (HSV-1) is a different virus from herpes simplex virus type 2 (HSV-2). HSV-2 causes lesions in the genital area called genital herpes.

People get HSV-1 by kissing/touching someone with cold sores or sharing personal items with an infected person.

No medicines make the virus go away, but some treatments can make cold sores less painful and not last as long, such as: cold compresses, prescription or OTC treatments, and acetaminophen/ibuprofen for pain.

The HSV-1 virus is very contagious. To prevent spreading: separate drinking glasses/eating utensils, washcloths/towels. Wash after use. No kissing until sores heal. Diligent handwashing. Be especially careful not to touch your eyes. HSV-1 in eyes can cause a lot of damage.

See a doctor if sores don't heal within two weeks, if you get them often, or if you have other signs of infection. ■

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



ADEL'S medical men

Besides Dr. Caldwell, whom we talked about last month, Adel was blessed with many other fine medical men. Ezra Van Fossen was probably the earliest, coming to Adel in 1852. J.B. Brenton, whose family was later known for their banking interests, also came about that same time. Other doctors and physicians before the turn of the century were: J.F. Irvin, J.C. Michner, S.B. Cambell, M.R. Cullison, S.C. Hills, W.J. Williams, F.J. Rogers, Walter Scott and Clinton Mershon.

W.J. Williams came to Adel in 1854 and started the first grist mill east of Adel. Married to Emma Greene, daughter of Benjamin Greene (Adel's Greene Street), he graduated from medical school in 1887, studied surgery in Germany for one year, then purchased the medical practice of Dr. T.J. Caldwell. His home was at 310 S. 11th St., the old Lester Steelman home.

Dr. Walter E. Scott was born in Pennsylvania in 1864 and made his appearance in Adel in 1891. In 1903, he built a private hospital located at 715 Main St. and had offices on the first floor and hospital and operating rooms on the second floor. The two-story building still stands at that location today. In 1901, Dr. Scott patented a "non-roaring stethoscope" (whatever that is) and was author of many papers on medicine. He practiced medicine in Adel for more than 50 years.

A history of Adel's doctors would not be complete without mentioning Dr. Henderson, a somewhat eccentric medical man of the very early history of Adel. Dr. Henderson came to Adel in 1848. He could speak at least a dozen languages and was highly educated but a little peculiar and eccentric.

Eugene Hastie, Dallas County's leading historian, tells of the good doctor being called upon to attend a case where the patient was close to death. After the customary procedure, he is said to have told the unfortunate man: "Well sir, you're sick, very sick, and if you have any prayers to make, be about it, sir, at once. There is no use me nauseating your stomach with a prescription that can do no good; you must die, sir, and if you have a will to make, make it. Don't be deluded by a fallacious hope that you will live, or even grow better; you will do neither. Still, sir, if you have money to spare foolishly, I am willing to watch by your bedside and smooth your pathway to the grave as best I can, sir. I will charge you \$20 for this interview, but, sir, if the money is forthcoming now, \$10 will pay the bill. I await your answer, sir." After a pause, the money was paid, the doctor looked over carefully and said, "Do you wish my professional services longer?"

"Gu-ess not" was the response, and the doctor moved carefully out, and the patient, sure enough, died as the doctor had predicted.

Next month, we'll take a look at the early churches and preachers of Adel. ■

Mike Flinn is an amateur historian and author of "Most Exciting Day" and several other books of local history. He can be reached at ironpdlr@gmail.com. His books are available at <https://books-and-stories-by-mike-flinn.square.site>.



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HEALTH

By Ashley Brockman

RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:

- **Break them down:** Revise goals into smaller, more achievable bits and identify clear action steps.
- **Get support:** Have someone join in the goal or ask that they help hold you accountable.
- **Rewards:** Use small mental rewards to encourage continuation.
- **Tracking:** Track progress to be reminded of efforts.
- **Find the why:** Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

Information provided by Ashley Brockman, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, brockman@sstherapyandconsulting.com, 515-528-8135, www.sstherapyandconsulting.com.



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HEALTH

By Delecia Crannell

PRIMARY care options

What is an FNP?

Family Nurse Practitioners (FNPs) are registered nurses who have obtained graduate degrees with a focus on complete primary health care for all age ranges. FNPs are recognized as expert health care professionals with national certifications and a strong code of ethics.

They are qualified to manage chronic conditions, such as hypertension or diabetes, in addition to treating acute illnesses and injuries. They evaluate patients, order and interpret diagnostic tests, prescribe treatments and coordinate care with other health providers as needed.

FNPs offer a unique focus on the whole person. They provide wellness and health promotion, disease prevention and education for families and individuals on better health and lifestyle choices, which can help lower overall healthcare costs. This blend of health treatment and health management provides a personal touch that has led to FNPs becoming the primary care partner of choice for many Americans. ■

Information provided by Delecia Crannell, ARNP, FNP-BC, Triune Health and Wellness, 715 Cottage St., Adel, 515-478-9660.



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BACK to small town roots

In just a few months, Adel has become “home” for Kreschollek.



Linsey Kreschollek and her family returned to Iowa recently, choosing a home in Adel that provided ample room for an extra kitchen and office, as well as a deck to enjoy during better weather.

Linsey Kreschollek and her family moved to Adel this past October from Fountain Hills, Arizona. She grew up in Dexter and spent a lot of time in Adel growing up, so it felt like a natural fit.

When looking for a home, Kreschollek wanted to ensure it was large enough to accommodate family gatherings, was in an established area with neighbors, and had room to add a second kitchen to eventually use for her in-home bakery business, Twisted Cakes by Linsey — a name she came up with as a nod to Iowa’s tornadoes.

“We flew back one weekend in August and toured an unbelievable 15 homes,” she explains. “The house we ended up choosing was the third home we toured, and I kept coming back to it and how perfect the location, size and feel of the home was, so we made an offer on it the day

after touring.”

Kreschollek’s favorite part of their home is, ultimately, the second kitchen they built in the basement for her baking needs.

“It functions as a multi-purpose room, as it is also my craft room and my home office,” she says. “So, I can work my 9 to 5 while baking up orders and crafting custom cake toppers all at the same time.”

Another favorite spot of hers in the home is the main living space with its cozy fireplace.

“My next favorite spot in our home will be our porch,” Kreschollek says. “It hasn’t gotten much use yet since we moved right as it was getting cold; however, that will be our next project to get the backyard how we’d like for outdoor living during the beautiful spring, summer and fall.”

So far, what Kreschollek enjoys most about

the Adel community is how open, friendly and helpful everyone is.

“The first couple snowfalls we had, we hadn’t yet gotten a snowblower, so one of our kind neighbors was nice enough to plow the entire sidewalk down the entire street for everybody,” she says. “And when I got my bakery business up and running here, the Adel chamber reached out immediately inviting me to join and connect with others in the community that way. So, overall, the community has been fabulous.”

For Kreschollek, being back in a small town is simply an amazing feeling.

“There is nothing like the community feel of a small town and the people surrounding you who wave at you while driving by and who will stop to make sure you are OK if your vehicle breaks down,” she says. “It’s less like a town and more like an extended family.” ■

ATHLETICO

Physical therapy for all ages

Some time in our lives, most of us are likely to have an injury which restricts movement and limits activities, causing pain in our bodies.

Tim Crannell, with Athletico, is there to get folks back on track, whether they are athletes or not, when recovering from an injury or chronic condition.

Athletico opened in February 2019 in Adel at 513 Nile Kinnick Drive S. Crannell, a native of Adel, moved back from Florida in 2017, and the opportunity soon arose to open Athletico.

Athletico provides physical therapy to all ages, ranging from school-age children to older adults and specializes in manual therapy, Astym and dry needling. They focus on exercise, neuro re-education and functional activity, stressing the importance of continuing an at-home program. They treat conditions, ranging from a common ankle sprain to chronic lower back pain, whether it's surgical, non-surgical or anything in between.

Crannell was the sole physical therapist when he opened. He added a second full-time therapist in 2021. Once established, Crannell joined the Adel Chamber. He says it was important to get the word out about his business since Athletico was new in town.

"The chamber helped provide community outreach during our ribbon cutting. They invited the community into our building, so they could learn more about Athletico," he says.

Crannell says the chamber serves as a resource for local business. "When new residents move here, Deb from the chamber gives recommendations for services and businesses," he explains.

As Athletico is not the only physical therapy clinic in Adel, Crannell says it's important to offer expertise from Day One. "All of the clinics locally have excellent therapists, so providing exceptional care and building trust is imperative in growing a business," he says. "By having a self-referral service, such as Direct Access, it's our No. 1 driver, which doesn't require a physician's referral unless it's a federal payor."

It's important to immerse himself in a growing community by supporting the chamber and other local events, says Crannell, who is on the City's planning and zoning committee and helps coach his kids' sports. He and his wife presented a Christmas dinner theater at a local church. "It's very rewarding to give back to the community," he says.

He says Adel is growing, and he plans to add a third therapist this year with the continued growth of his clinic. Additionally, his wife, Dee, a nurse practitioner, also witnessed the City's growth and opened her own family medical clinic, Triune Health and Wellness.

"With Adel still being a relatively small town, word of mouth can really grow your business," says Crannell. "I truly believe belonging to the chamber has helped grow the business." ■

Information provided by Adel Partners Chamber of Commerce, 301 S. 10th St., Adel, 515-993-5472.



Tim Crannell, owner of Athletico, has added a second physical therapist and anticipates adding a third to the staff.

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OUT & ABOUT



Adel Partners Chamber of Commerce held a ribbon cutting for Scooter's Coffee in Adel on Jan. 13.



Jason Urban, with Scooter's Coffee owners, Chuck and Julie Gross, at the ribbon cutting for Scooter's on Jan. 13.



Alicia Hadfield, Kristi Fuller and Jodi Selby at the ribbon cutting for Scooter's on Jan. 13.



De Soto Police Chief John Sparling with ADM High School Principal Lee Griebel at the Kwik Star ribbon cutting in De Soto on Jan. 10.



Alicia Hadfield and Jason Urban at the Kwik Star ribbon cutting in De Soto on Jan. 10.



Rod Wiebers, Kelly Shull and Dana Brown at the Kwik Star ribbon cutting in De Soto on Jan. 10.



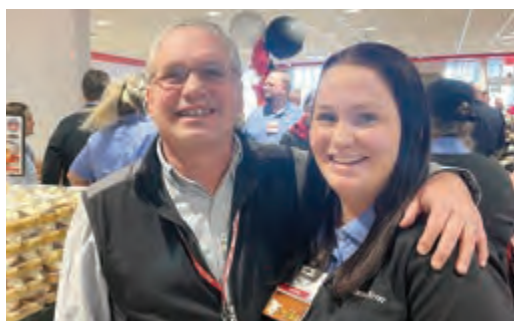
De Soto Mayor Mitch Crozier spoke at the Kwik Star ribbon cutting in De Soto on Jan. 10.



Kwik Star donated \$1,000 to the De Soto Police Department at the Kwik Star ribbon cutting in De Soto on Jan. 10.



Kwik Star donated \$1,000 to the ADM Booster Club at the Kwik Star ribbon cutting in De Soto on Jan. 10.



Kwik Star Owner and President Scott Zietlow with De Soto Store Leader Brittanie Thompson at the Kwik Star ribbon cutting in De Soto on Jan. 10.



A Kwik Star ribbon cutting was held in De Soto on Jan. 10.

OUT & ABOUT



Adel Kiwanis member Dan Juffer presents certificates and gift cards to the January ADM Kiwanis Students of the Month, Piper Giles and Tess Boorn, at the Jan. 10 club meeting at Patrick's Restaurant.



The Dallas County Master Gardeners gave a presentation to the Adel Lions Club on Jan. 4. Following the presentation, Lions Club President Del Buchman presented Megan Will and Kari Johns the second of three checks for \$2,000 for projects at the Dallas County Fairgrounds.



Laura Juffer and Andrea Cox, Handsome Hounds Pet Boarding and Grooming, receive their Residents' Choice certificate.



Jodi Kuhse, Luellen Chiropractic, receives her Residents' Choice certificate.



Lindsey Grife, Let's Dance, receives her Residents' Choice certificate.



Becky Soffa, Chelsea Pearey, Jane Clausen, Leah Clausen and Stephanie Beck, Adel HealthMart Pharmacy, receive their Residents' Choice certificate.



Julianna Cullen, Cullen + Howe Real Estate, receives her Residents' Choice certificate.



Thomas Book, Raccoon Valley Bank, receives his Residents' Choice certificate.



Eric Schepers, Lincoln Savings Bank Insurance, receives his Residents' Choice certificate.



Rick Halbur, Baldon Hardware, receives his Residents' Choice certificates.

The Impact of a Specialist

By: Chris Uglum, Co-Founder & President at Pivot Wealth Strategies, LLC

Choosing a wealth manager or advisor is a decision no one takes lightly. There are few decisions in life more important than who you select to help manage your wealth. Many people are unsure what to look for when they start their search or look to make a change. And who could blame them? Wealth management is a complex industry. Businesses, laws, tax codes and markets are constantly changing, and money is always in motion.

It's hard to imagine a 'superstar' advisor with the ability to be everything to their clients all the time; however, it's easy to imagine a specialist in just one discipline. We understand a specialist to be an individual capable of demonstrating expertise in understanding specific needs and problems. Still, a specialist by nature can only adequately address a few aspects of wealth management. With this in mind, we advise forming a team of specialists to address the varied aspects of the wealth management process.

Your trusted advisor should be your "talent scout" for financial specialists. In addition to investment services, they should be able to place true experts in tax, risk management, estate and investment strategies at your fingertips. It's critical that your advisor ensures that your wealth management is not confined to a narrow range of knowledge. To qualify as a specialist, an individual must have a specific audience, grasp the specific needs of that audience, and then tailor their work to every individual/family they serve.

They Work with a Specific Audience

Specialists realize they can't be everything to everyone; rather, they can be an expert for a specific sector of people. The process of specialization doesn't just apply to an area of expertise. Their client base must be a select group of people with specific needs. Working from this premise, your trusted advisor should be well equipped to identify opportunities available to those people.

They Grasp Specific Needs

Specialists have clients with many characteristics and attributes in common, so it's easier for them to find the shared themes and anticipate the problems and opportunities of that audience. The only way to learn about a person's wealth management goals is to spend time with them. Their focus should be to find out what is important to you, rather than spending all of their time telling you about them. Before anything else, it's essential that they understand what is most important to you. From there, they should be able to build a strategy that fits into your long-term plans.

They Tailor Their Work to the Individual

Too often, we hear about the bad experiences folks have at investment firms. From shoddy communication to elementary solutions of the past, the reality is that customer service has become a rarity in the industry. Specialists don't accept that reality - they think it's lazy thinking. Behind every specialist there should be a team to keep you informed about your business with them. They should stand on a technological platform that allows them to affect decisions for each client. These aren't just philosophical tools that exist in space; they must be "real world" tools you can touch, operate and adjust. By combining the spirit of service with the tools necessary to practice their expertise, specialists can keep their focus on what is important: *You*.



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