

ADEL

FEBRUARY 2022

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Dallas County residents
share their favorites

Design challenges and more
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RECIPE

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WELCOME

OPINIONS galore

Most of us have been told to keep our opinions to ourselves at one point or another in our lives, but this issue of your Living magazine is full of opinions. That is the premise of our annual "Residents' Choice" poll where voters name their favorites in a number of categories. Inside this issue, you will find the full results from the Dallas County Residents' Choice poll.



An important item to note is that the people, places, events and other winners in this "Residents' Choice" poll are not our choices but rather the choices of each of you — our readers and the residents of this community. You might think that the name "Residents' Choice" should make that clear, but we do have people each year who reach out to us and say, "I can't believe you named..." We didn't. You did.

Some publishers call their polls like this "Readers' Choice" polls, but we choose to call ours "Residents' Choice," as, for us, they are one and the same. Every home in this community receives a copy of this Living magazine each month, and the magazines are read in nearly eight out of 10 households. We placed the ballot here in multiple issues prior to tallying the results. We also made the ballot available online for those who prefer to vote that way — and most of you do.

You may wonder how we keep people from voting multiple times. It's quite simple, actually. The poll software prevents it from happening, but some clever folks discovered that they could delete their "cookies" on their computers and vote again. That would work, except that we export the results and sort them by IP address, tossing out ones that are clearly from cheaters. It doesn't happen very often, but there are a few swindlers out there.

You should also know that the difference in the top choice and the runners-up is often only a handful of votes. With that in mind, being in the top three is an incredible honor.

So, if you took the time to vote in this year's poll, thank you. Your voice has been heard. If you didn't vote, enjoy reading what the favorites are from your fellow residents — and be sure to vote next year.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

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

Dan Juffer

Senior Advertising Account
Executive
515-953-4822 ext. 303
dan.juffer@dmcityview.com



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RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites

By Tammy Pearson

Once again, local residents have let their favorites be known. The results of the Dallas County Residents' Choice Poll have been tallied, and congratulations are in order. Those who made the top three can truly be proud, for they have earned the respect and loyalty of those who matter most — customers! From favorite restaurant to favorite hair salon, bank, coach, health club, park and more, the people who know — because they live

here — have shared their opinions.

You may notice some new favorites this year, as well as many repeats. We've also added some new categories. These are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. And, if you hope to make the list next year, you have time to win over the hearts of residents. Until then, drum roll...

When it comes to favorite bank, Dallas County residents voted Raccoon Valley Bank their favorite. From left: Logan Willems, Bryce Moss and Thomas W. Book. In the background is one of three original paintings by James Navarro depicting scenes around Adel. They were part of recent remodeling and landscaping completed at the bank.

FEATURE

Dallas County Residents' Choice for Favorite...

(Runners-up listed in alphabetical order)

1. Bakery

River to River Bakery & Pizza

Runners up: The Baker's Pantry; Echo's Cookies

2. Pizza establishment

Patrick's Restaurant

Runners up: 7 Stone Pizzeria; River to River Bakery & Pizza

3. Dad/child date spot

Adel Family Fun Center

Runners up: The Brenton Arboretum; The Palms Theatre & IMAX

4. Mom/child date spot

Adel Family Fun Center

Runners up: The Morning Grind; The Palms Theatre & IMAX

5. Bank

Raccoon Valley Bank

Runners up: Lincoln Savings Bank; Peoples Bank

6. Restaurant

The Handlebar

Runners up: Ambro's Roadhouse Bar & Grill; Big Al's BBQ

7. Hair salon

Studio 10

Runners up: Texture Salon; Van Meter Salon
TEC by Ro

8. Gymnastics studio

Adel Tumbling & Dance Club

Runners up: Jacobs Gymnastics; Studio Bea Dance

9. Doctor

Dr. Susan Donahue

Runners up: Dr. Kim Countryman; Dr. Jenna Kemp



10. Dentist

Dr. Kelly Sedars

Runners up: Dr. Eric Anderson, Dr. Michael Louscher

11. Chiropractor

Dr. Jodi Kuhse

Runners up: Dr. Logan Davis; Dr. Wes Nyberg

12. Eye doctor

Dr. Charles Varcoe

Runners up: Dr. Lucas Bell; Dr. Ethan Huisman

13. Veterinarian

Dr. Elizabeth Holland

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

Thank you for voting us Dallas County's **FAVORITE!**

Living MAGAZINE RESIDENTS' CHOICE AWARD DALLAS COUNTY WINNER!

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Runner-up FAVORITE PASTOR
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Living MAGAZINE RESIDENTS' CHOICE AWARD DALLAS COUNTY WINNER!

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FEATURE

14. Pastor

Mike Householder

Runners up: Matt Krause; Ryan Whitson

15. Health club or gym

Forever Strong Training Center

Runners up: Anytime Fitness Adel; Waukee Family YMCA

16. Boutique

Azalea Lane Boutique

Runners up: Mainstream Boutique; Real Deals

17. Retail store

Azalea Lane Boutique

Runners up: Adel HealthMart; Board & Batten

18. School

MeadowView Elementary School

Runners up: ADM High School; Eason Elementary School

19. Park

Evans Park

Runners up: Kinnick-Feller Riverside Park; Mound Park

20. Place for a field trip

The Brenton Arboretum

Runners up: Kuehn Conservation Area; Voas Nature Center

21. Community festival

Adel Sweet Corn Festival

Runners up: Dallas Center Fall Festival; Raccoon River Days

22. Teacher

Corey Myers

Runners up: Lori Boston; Erica Suckow

23. Church

Faith Lutheran Church, Adel

Runners up: Lutheran Church of Hope, Waukee; St. John's Catholic Church, Adel

24. Restaurant for dessert

Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Patrick's Restaurant

25. Restaurant for breakfast

Patrick's Restaurant

Runners up: Ambro's Roadhouse Bar & Grill; BrickYard Burgers & Brews

26. Restaurant for lunch

Ambro's Roadhouse Bar & Grill

Runners up: Lemon Grass; Patrick's Restaurant

27. Restaurant for dinner

Fiesta Mexican Restaurant

Runners up: Ambro's Roadhouse Bar & Grill; The Handlebar

28. Car dealership

Stivers Ford Lincoln

Runners up: Deery Brothers Chrysler Dodge Jeep Ram Waukee; Shottenkirk Chevrolet

29. Place for ice cream

Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Korner Kone

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FEATURE

30. Event

Dallas County Fair

Runners up: Adel Sweet Corn Festival; Dallas Center Fall Festival

31. Daycare

Kids Korner

Runners up: Little Tigers Learning Center; University Kids

32. Children's birthday party spot

Adel Family Fun Center

Runners up: The Brenton Arboretum; Warrior Lanes

33. Preschool

Faith's Flock Preschool

Runners up: Brick Street Kids Preschool; New Hope Beginnings Preschool

34. Library

Adel Public Library

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



Adel Fareway Meat Manager Jeff Whipple and Store Manager Cory Johnson help make the Adel Fareway residents' choice for favorite grocery store. Photo by Marsha Fisher

35. Chamber of commerce

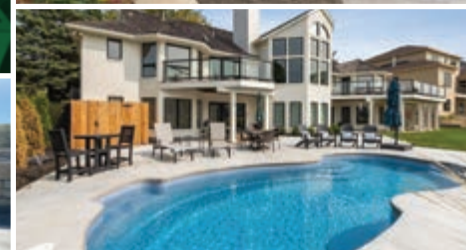
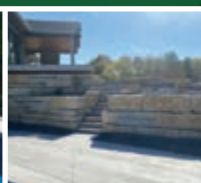
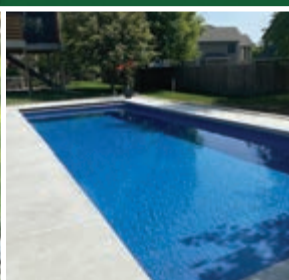
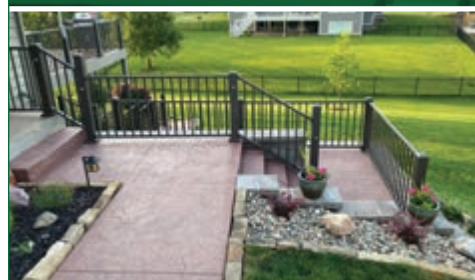
Adel Partners Chamber of Commerce

Runners up: Dallas Center Betterment Foundation; Waukee Chamber of Commerce

36. Camping spot

Island Park & Campground

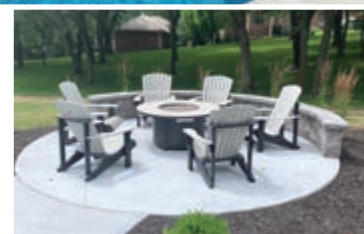
Runners up: Dallas County Fairgrounds; KOA



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FEATURE

37. Photographer

Chelsy Zimmerman - Poppy Photography by Chelsy

Runners up: Cj McClatchey - Fine Art Photography; Heather Schroeder Photography

38. Dance studio

Let's Dance

Runners up: Adel Tumbling & Dance Club; Westside Dance Academy

39. Place to take your mom and dad

The Brenton Arboretum

Runners up: Ambro's Roadhouse Bar & Grill; Patrick's Restaurant

40. Place to take your kids or grandkids

The Brenton Arboretum

Runners up: Adel Family Fun Center; The Palms Theatre & IMAX

41. Place for auto service

Alley Auto Sales

Runners up: Adel Tire & Service; Tiger Tires

42. Place to purchase a gift for a woman

Azalea Lane Boutique

Runners up: Adel HealthMart; Board & Batten

43. Place to purchase a gift for a man

Baldon Hardware

Runners up: Board & Batten; Iconic Apparel

44. Realtor

Julianna Cullen

Runners up: Kevin Howe; Amy Lucht

45. Bar

Ambro's Roadhouse Bar & Grill

Runners up: BrickYard Burgers & Brews; Corner Tap

46. Place for guests to stay

Big Blue Bed & Breakfast

Runners up: Restored Presbyterian Church; Airbnb; Hotel Pattee



Alicia Fisher is residents' choice for favorite physical therapist.

47. Coffee shop

The Morning Grind

Runners up: The Coffeesmith; Sugar Grove Goods

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FEATURE

48. Florist

Adel Flowers & Gifts

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

49. Landscaping company

Luke's Lawn & Landscaping

Runners up: Red Fern Landscape Design; Wiges Outdoor Services

50. CPA

Chris Oberreuter

Runners up: John Short; Denise Walter

51. Insurance Agent

Eric Schepers

Runners up: Scott Gustafson; Philip Stueve

52. Pharmacy

Sumpter Pharmacy

Runners up: Adel HealthMart; Medicap - Dallas Center

53. Grocery store

Fareway - Adel

Runners up: Aldi; Hy-Vee - Waukee



AFTER

Residents' choice for favorite pharmacy is Sumpter Pharmacy. Staff members include Pharmacy Tech Nan Cooley, R.Ph.; Pharmacy Tech Laurel Weighner; Pharmacy Tech Jess Murray; Pharmacist and Owner Leslie Herron; and Pharmacy Tech Tim Zuo.

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FEATURE

54. Nursery or garden center

Harvey's Greenhouse

Runners up: Earl May Garden Center; Perry Greenhouse & Supply

55. Senior living facility

Spurgeon Manor

Runners up: Adel Acres; Perry Lutheran Homes

56. Home builder

Behr Construction

Runners up: RCI Builders; Summit Homes

57. Home improvement retail store

Baldon Hardware

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

58. Home improvement contractor

Heartland Handcrafted

Runners up: Hokel Contracting; RCI Builders

59. Plumber/plumbing company

Baldon Plumbing Heating & Cooling

Runners up: Lenhart Plumbing; Rhiner Plumbing & Heating

60. Electrician

Elite Electric & Utilities

Runners up: Honorable Electric; Luellen Enterprises

61. Heating and cooling business

Baldon Plumbing Heating & Cooling

Runners up: Adel & Winterset TV & Appliance; Dorrian Heating & Cooling

62. Lawn care business

Grassy Knoll Lawn Care

Runners up: Innovative Lawn Solutions; Luke's Lawn & Landscaping

63. Attorney or law firm

Bergkamp, Hemphill & McClure, P.C.

Runners up: Brown, Fagen & Rouse; The Law Shop

64. Dog groomer

Handsome Hounds Boarding and Grooming

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

65. Physical therapist

Alicia Fisher

Runners up: Timothy Crannell; Timothy Mack

66. Financial planner

Steve Conard

Runners up: Danny Beyer; Travis Gaule ■

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FEBRUARY 2022

REMINDERS & CLOSURES

- **Monday February 21st** – City Hall will be closed in honor of Presidents Day.

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, February 8th, 2022** at 6 p.m.
- **Monday, February 28th, 2022** at 6 p.m.
- For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

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).

PARKS & RECREATION ACTIVITIES

Please register online at www.adel.activityreg.com.

- **2022 SUMMER AQUATIC STAFF:** Acceptance of applications for Lifeguards, Concession, and Admission staff has begun. Applications can now be filled out online by visiting 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.
- **YOUTH BASEBALL & SOFTBALL LEAGUES AND LITTLE SLUGGERS** – Registration going on now through February 25th. To register and for all the details go to www.adel.activityreg.com.
- **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 6.
- **2022 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.
- **PARK LAND IN THE CITY OF ADEL:** The Adel Parks and Recreation Department would like to remind area citizens of the following based on recent happenings on City park land: "Destruction of City property is a crime; including parks, the equipment in the parks, and the plants/trees on park land." City Code Chapter 42.01: *"Being upon or in property and wrongfully using, removing therefrom, altering, damaging, harassing, or placing thereon or therein anything animate or inanimate, without the implied or actual permission of the owner, lessee, or person in lawful possession."* Please contact Parks Director Nick Schenck with any questions about Park rules, or the Adel Police department to report damage.



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GET TO KNOW...

What is your title? Accounting Clerk

What is your past work experience? Customer Service in home mortgage, insurance, and employee benefits.

How long have you been working for City of Adel? 3 years

What are you excited about for your department's future plans? The growth of Adel is exciting as that will allow me to get to know more people in the community.

What is a hobby you enjoy? I love watching my child play softball.

Anything else Adel should know about you? I am a big Oklahoma Sooners fan – Boomer Sooners!



EMILY LIGHT

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.



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NEWS BRIEFS

MORTGAGE company spreads cheer with donation

Midwest Family Lending's Sara Fuller (far right) presents fellow Adel residents Melissa and Nate Shanks a donation through the mortgage company's #SpreadCheer program.

Nate's a small-business owner (plumber) who, due to COVID, developed liver failure requiring many hospitalizations not covered by insurance. Fuller and her team reached out to local

community groups to identify more than a dozen families like the Shanks in need of support and a little hope throughout the 12 Days of Christmas for the second year of the company's "SpreadCheer" project. ■



JANUARY ADM Students of the Month

A reminder for seniors of ADM: It is time to research available scholarships to assist in the cost of your postsecondary education. The Adel DeSoto Minburn Scholarship Foundation was founded in 1985 to assist the graduating students of ADM in the cost of their future education. Since that time, more than 800 students have received scholarships totaling more than \$786,000. Information and the applications for these scholarships are posted on the school's website and need to be completed and submitted as directed by the deadline designated.

Each month, the Foundation announces the names of students who have excelled academically and athletically in their areas of achievement. The ADM teachers and coaches, along with the Scholarship Foundation, announce the following students for the month of January.

Student of the Month: Carly Kuhse - Raccoon Valley Bank

Kiwanis: Callie Hazel and Chris Aukes

Fine Arts: Quinton Kimrey (Choir) and Jackson Banwart (Band) - Lincoln Savings Bank

Wrestling: Ben Smith - Adel TV and Appliance.

Wrestling Cheer: Alexa Teckenburg - Fareway

Boys Basketball: Sam Hlas - Patrick's Restaurant

Girls Basketball: Claire Greenslade - Big Al's BBQ

Dance: Eliana Dohlman - Core Physical Therapy & River Valley Insurance

Local businesses make a contribution to the ADM Scholarship Foundation to support the Student of the Month program. 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 contact a board member listed on the site. ■

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515-465-3521



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 ½), 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, 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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RECIPES

A FRESH take on family dinner

(Family Features) If your family gets stuck in a dinner routine rut, it can feel like you're eating the same recipes over and over again.

However, this fresh and unique recipe for Cuban chicken with salsa fresca might inspire you to think outside the culinary box and give your family members the satisfactory flavor they desire at dinnertime. With fresh ingredients and a wholesome flavor, this meal is perfect to add to your menu.

Find more recipes and family dinner ideas at Culinary.net. ■

Cuban chicken with salsa fresca

Servings: 5

- 1 cup grapefruit juice
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper
- 1 1/4 pounds boneless, skinless chicken breasts

Salsa fresca:

- 1 cup grapefruit segments
- 1/2 jicama, cubed
- 1/2 red onion, chopped
- 3/4 cup grapefruit juice
- 4 tablespoons olive oil
- 1/2 cup fresh cilantro, chopped
- 1 jalapeno pepper, chopped

Directions

- Heat oven to 400 F.
- In large bowl, mix grapefruit juice, oil, garlic powder, cumin, paprika and red pepper until combined. Add chicken to bowl and turn to coat. Refrigerate 30 minutes or longer.
- To make salsa fresca: In medium bowl, mix grapefruit segments, jicama, red onion, grapefruit juice, olive oil, cilantro and jalapeno pepper until combined. Refrigerate until ready to serve.
- Remove chicken from marinade. Place chicken in baking dish. Bake 25-30 minutes until chicken is cooked through.
- Serve chicken with salsa fresca.



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RECIPES

TAKE your salad from bland to bold

(Family Features) Step aside, boring salads. A healthier eating plan can include better-for-you greens and dressings that hit the spot.

Veggies roasted with aromatic spices served on Fresh Express 5-Lettuce Mix are drizzled with lemon tahini dressing in this Moroccan roasted vegetable salad, a delicious vegetarian way to turn a bland meal into a bona fide delight. With green leaf lettuce, red leaf lettuce, butter lettuce, romaine and radicchio, the mix of greens offers a bold combination of textures and flavors for those who love variety and color.

Find more ways to enhance your at-home salads at FreshExpress.com. ■

Moroccan roasted vegetable salad

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 4

Lemon tahini dressing:

- 1/4 cup tahini
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 teaspoons maple syrup
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 2 tablespoons cold water

Salad:

- nonstick cooking spray
- 6 tablespoons olive oil
- 2 teaspoons ras el hanout or garam masala
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 sweet potatoes, peeled and cut into long wedges

- 4 whole large carrots, chopped
- 2 red bell peppers, cored and cut into 1-inch pieces
- 2 packages (6 ounces each) Fresh Express 5-Lettuce Mix
- 1 can (15 1/2 ounces) chickpeas, rinsed and drained
- 1/3 cup dried apricots, sliced
- 1/3 cup slivered almonds, toasted
- 2 tablespoons Italian parsley, chopped

Directions

- To make lemon tahini dressing: In small bowl, whisk tahini, olive oil, lemon juice, maple syrup, Dijon mustard and salt. Add cold water; mix well. If dressing thickens, mix in more cold water.
- Heat oven to 400 F. Spray two baking sheets with nonstick cooking spray.
- In large bowl, mix olive oil, ras el hanout, salt and pepper. Add sweet potatoes; toss to coat. Transfer to first prepared baking sheet. Add carrots and peppers to leftover oil; toss to coat. Transfer to second prepared baking sheet. Bake 15-20 minutes, or until vegetables are tender. Let cool.
- Arrange lettuce mix on four plates. Top each with sweet potatoes, carrots, red pepper, chickpeas, apricots and almonds. Drizzle with dressing and sprinkle with parsley.



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WORKING through adversity

Hillmer has used her talents to light the way.

Armed with a business card that states her name and “Community Volunteer,” Rebecca Hillmer is determined to make the world a better place, and she has done this while handling hardships that have come her way. Born and raised in Sac City, or, “actually, Lytton,” Rebecca was a fourth generation northwest Iowa native who married her sweetheart, Dave, who was also raised near Sac City on a farm. This was after she majored in English at Troy University in Troy, Alabama.

After she and Dave were married, Rebecca began a varied career that included banking, personnel management at a grain cooperative and serving in county government. She was on the Sac County Board of Supervisors for two terms.

“Thirty-some years ago, my volunteering also included being active in the Pork Producers, the Farm Bureau and the local Lions Club,” says Rebecca. “I cooked a lot of omelets and grilled a lot of pork burgers!”

Dave and Rebecca started farming with family and the Johnson Jersey Dairy. Then Dave was struck with multiple sclerosis and, later, lupus, both autoimmune diseases that affect the body in different ways.

“I was trying to manage the farm work alone because Dave couldn’t do much with his MS,” says Rebecca. “After a few years of that, we knew that farming was not going to be in our future.”

After working in accounting for a few years, Rebecca took a job in pharmaceutical sales with Mead-Johnson.

In 2011, Dave and Rebecca moved to Adel



to be near their son, Rick, and his family, wife Shasta and children Levi and Annika. The Hillmers’ daughter, Morgan’s position as a Lt. Commander on a Coast Guard Cutter sends her around the world. Dave’s condition was worsening, with blindness now being one of his symptoms. Rebecca’s job continued, however, with more time at home.

“Once we moved to Adel, I was able to get back into some volunteering. I have always believed in using my abilities to help wherever I can.”

Hillmer made more than 50 presentations in the community regarding the Light the Bridge project. This was something that had been tossed around in conversation for years, but Rebecca led the team that lit the bridge on the Raccoon River Valley Trail.

“It is unique to Adel and also recognizes a historic landmark of our community,” she says. “I am very proud of that project.”

Rebecca also served a four-year term on the Adel City Council, during the time that Dave was very ill. Dave died in 2015.

“We just have to keep going,” says Rebecca. “I can’t sit on the couch and mope around. When we were farming, and I was working, too, we had Dave’s grandparents, Bob and Ruth, come and live with us for five years. It works out.”



BigDeal Car Care Shop Manager McKinzie Wright presents Rebecca Hillmer with a Good Neighbor Certificate.

Behind the scenes, Hillmer continues to give back. While on a walk with B.J., Dave’s old dachshund, Rebecca discovered an historic cemetery on the west edge of Adel, about a quarter mile north of Highway 6. Named the Rodenbaugh-Van Fossen Cemetery, its oldest legible stone was dated 1856 and the most recent 1910, with approximately 75 stones in all. Rebecca has spent the last summer scrubbing the stones with a biologic provided by Adel Parks and Recreation Department. She plans to make a map and guide of the cemetery.

Rebecca retired in 2016, which has allowed for more intensive volunteer commitments, such as the Light the Bridge project, the Adel Partners Chamber, the Women’s Club, and others. In the future, her recent appointments to the Dallas County Conservation Board and to the Dallas County Foundation Board will broaden her scope of influence.

“I actually am an introvert and originally got involved in volunteering to make myself go out and meet people,” says Rebecca. “It’s just grown from there.” ■

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

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THE 'WILD WEST' of Cryptocurrency

I get asked about cryptocurrency a lot. Is it a good investment? Should I get in now? How much should I invest? I've been watching the cryptocurrency game for a long time and answering the question the same way since investors started playing: "It's like the Wild West of investing." Maybe not the untamed lawlessness of the Western territories in the mid-1800s, but more like the wildness of the DotCom era.



I know you remember it. There was a rapid rise in U.S. technology stock equity fueled by investments in Internet start-up companies. The problem is, there were no actual balance sheets. The bubble burst in 2000 when the capital began to dry up. There was a lot of money to be made and a lot of money to be lost. A few companies survived, such as Microsoft and Amazon, but it took 10 years and 16 years respectively for investors to break even.

I understand why many want to grab the cowboy boots and join in. Bitcoin has seen a 4,700% surge since 2016 (yes, 4,700%). Last year alone, there was a 60% gain. Goldman Sachs recently predicted a 50% increase over the next five years, for a return of 17% or 18%. It's

incredible. But there are a few other numbers to consider before investing in cryptocurrency. There are more than 1,500 cryptocurrencies, and a new one is coming out every week (sound like the DotCom era?). In 2018, the price of Bitcoin fell by about 65% in just one month, from Jan. 6 to Feb. 6. Cryptocurrency is known for its volatility. Cryptocurrency is still largely untamed in the U.S., though the Federal Reserve has talked about roping it in — even talks of regulation impact price.

It's still a speculative investment, so enter this "Wild West" with caution. You have to have the stomach for the swings. You want to invest money that you don't need to live out your retirement vision. If it blew away like a tumbleweed, you wouldn't be upset.

We help people build a comprehensive retirement plan that shows them in writing how their resources will get them to and through retirement. The plan also shows them where they can take some risk, if they desire, on something like cryptocurrency, and do it without disrupting their retirement vision. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006. Sources: Worrachate, Anchalee (2022, January 4) Bitcoin Could Surpass \$100,000 if it Replaces Gold as a Store of Value, Says Goldman Sachs. Fortune.com

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CRIME and punishment. Well, at least punishment

Generally, tort law is designed to compensate a party who has suffered injury through the fault of another.

However, in certain egregious circumstances, additional monetary damages may be allowed to punish the at-fault party for their conduct. These are known as punitive or exemplary damages, which one may receive in addition to compensatory damages.

Punitive damages, as the name clearly implies, are meant to punish. They are governed by the Iowa Code, which will allow the damages if the conduct of the at-fault party constituted willful and wanton disregard for the rights and safety of another. Iowa courts have interpreted this level of disregard to exist when an at-fault party “has intentionally done an act of an unreasonable character in disregard of known or obvious risk that was so great as to make it highly probable that harm would



follow, and which is usually accompanied by a conscious indifference to the consequences.” The conduct of the at-fault party is the focus of the inquiry. Such damages can be available in many contexts such as negligence, employment, contracts, products liability, and others.

While insurance policies may cover negligent lawsuits, punitive damages are not always covered under an insurance policy. In Iowa, punitive damages must be specifically excluded from an insurance policy. If they are not, and broad enough language exists to include them, they may be covered. However, when specifically excluded, Iowa courts will follow the agreement. Due to this, the financial wealth of the at-fault party may become a relevant issue in the proceedings regarding punitive damages as the jury will need to consider the appropriate amount of monetary damages that will punish the at-fault party personally and be a deterrent to others from acting in the same manner.

These higher damages also require a higher burden of proof than the negligence

standard of preponderance of the evidence. Punitive damages require clear, convincing and satisfactory evidence, which Iowa courts have stated is higher than a preponderance of evidence but less than beyond a reasonable doubt. Interestingly, this area between civil and criminal standards also causes punitive damages to implicate certain constitutional constraints. For instance, an Iowa court must look to the reasonableness of the punitive damages in comparison with the potential harm and actual harm caused because of constitutional considerations.

Punitive damages in Iowa have a long history and many interesting facets. If you believe you have a lawsuit that may include a claim for punitive damages, or if you are currently in a lawsuit where punitive damages are being claimed, it is important that you discuss such a claim with a lawyer. ■

Information provided by Rob Howard, Hopkins & Huebner P.C., 1009 Main St., Adel.

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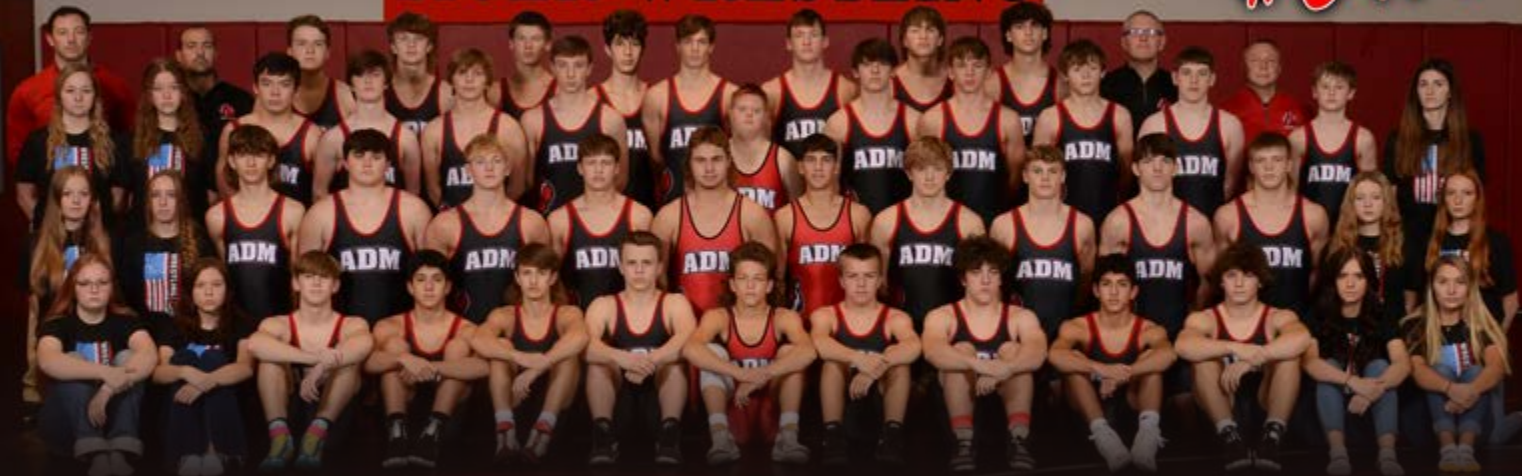
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EMBRACING Hope in Dallas County

A story seldom shared has circulated for centuries about Queen Victoria who heard of a local woman who had experienced a miscarriage. Having suffered deep sorrow herself, she wanted to express her sympathy. To the surprise of those around her, she left the palace to call on the woman. Later, the woman's neighbors and friends asked what the queen said. "Nothing," replied the grieving mother. "She simply put her hands on mine, and we silently wept together."



What a beautiful picture of what it looks like to comfort those who are hurting. It reminds me of John 11 where we read one of the shortest verses in the entire Bible, which states, "Jesus wept" (v. 35). The Savior of the world found Himself in a place of loss due to the death of a friend and He felt it. In His humanity, the Savior of the world grieved His loss, and we are no different.

Every one of us knows someone who is hurting. Maybe you are the person who is enduring a painful season of life. Regardless, the Bible calls upon people to move toward others who are grieving. We need to make that phone call, write that letter, and offer to pray with those who are hurting. Usually, our challenge with this is not in the desire to help,

but in the fear of not knowing what to say or do.

2 Corinthians 1:3-4 states, "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

In these verses, we learn the Lord will allow us to suffer, but He does this so we can comfort others with the comfort we have received from Him. In other words, our suffering can broaden our ministry base and deepen our trust in Him. Who in your life needs comfort? The Lord does not comfort us to make us comfortable. He comforts us to make us comforters of others.

I want to introduce you to a new ministry for Dallas County called Embracing Hope. This ministry of women for women aims to meet moms in those painful moments of miscarriage and infant loss to extend compassion, encourage community, and embrace hope together through loss. To kick off this new ministry, you are invited to meet the women behind Embracing Hope and learn more at the upcoming open house. ■

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

- EXTENDING COMPASSION -



Embracing
HOPE

- ENCOURAGING COMMUNITY -

OPEN HOUSE

Meet the women behind
this women's ministry.

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FEBRUARY 26

9:30-11:30am

at The Rooted Bean
(712 Cottage St. in Adel)

Meet other moms
who have experienced
miscarriages and infant loss

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EVENTS IN THE AREA

Be sure to check for cancellations

Daddy Daughter Dance

Feb. 5, 7-9 p.m.

ADM High School

This Afterprom fundraiser is for grades pre-K to fifth. Cost is \$25 per couple and \$10 per additional child. Dessert and refreshments will be served. Register at: <https://docs.google.com/forms/d/e/1FAIpQLSfcqD57uc5Fmw-wjHspxpvf7Ztj7lwzkbcbDW26UtoD2VCSzA/viewform>.



Knights of Columbus Fish Fry

Feb. 25, March 4, March 25, April 1 and April 8, serving 5-7 p.m.

St. John's Catholic Church, 24043 302nd Place
The Knights of Columbus will hold a Fish Fry on Feb. 25, March 4, March 25, April 1 and April 8 with serving from 5-7 p.m. Menu includes fish, fries, grilled cheese, and their famous slaw. Fish fries will be dine-in and carry-out. Cost is \$10 per plate with a \$30 family maximum. Free will offering beer and wine bar will be available for dine-in guests. No drive-through service.

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

BINGO

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11	27	38	56	71
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13	21	42		67
14	24	32	59	68



Third Monday Bingo

Monday, Feb. 21, 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. Social distancing and masks are recommended. Bring a dauber if you have one. They will also be for sale.

Library events

Various dates

- Books Like Us winter reading program continues until Feb. 11. Sign up for your chance to win fun prizes and books.

- Yoga continues every Wednesday at 5:45 p.m. in the library community room. Space is limited and registration is required.

- Book Clubs: The Brown Bag Book Club meets the first Thursday of each month at noon. Cook Book Club meets the third Wednesday of each month at 11 a.m. The Evening Book Club meets the fourth Thursday of each month at 6 p.m. Copies of each club's selections are available at the circulation desk.

- Scavenger hunts and take home crafts will be available this month while supplies last.

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EVENTS IN THE AREA

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Youth Baseball and Softball sign up

Now underway

It is time to start thinking about youth baseball and softball signups.

Leagues start in mid-April and May.

Register for Adel Parks & Recreation programs online at adel.activityreg.com.



Open gym

Mondays, Wednesdays and Fridays through March (when school is in session), 9-11 a.m.
ADM District Administration Center 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, socialize, etc. for free. Note, the gym is not open on days when there is no school.

Eagle Watch

Sunday, Feb. 27,
noon to 4 p.m.
Saylorville Reservoir -
Cottonwood Shelter No. 4

Every once in a while, nature gives us a chance to correct a mistake. In the 70s, only 400 pairs of bald eagles were in the lower 48 states. Come view what is possible when we choose to care for the wilds. Bald eagles again grace the skies in our area. The open waters below the dam at Saylorville Reservoir create feeding opportunities that congregate central Iowa's winter eagles and almost guarantees you a chance to view an eagle. Naturalists will set up spotting scopes to create a viewing station and answer questions. The program is a joint effort between Dallas County Conservation Board and the Corps of Engineers. No registration required.

'Kuehn's Ochante' — a First Step Volunteer Opportunity

Sunday, Feb. 20, 1:30-3:30 p.m.

Kuehn Conservation Area, Earlham

Kuehn has been identified as one of the seven natural wonders of Iowa. If you are one of the many who has found wonder here, perhaps this is your chance to give something back to the wilds. Dallas County Conservation Board is initiating a volunteer project, "Kuehn's Ochante," which in Lakota means "heartbeat." Participants will gather around a fire in the council ring and create a volunteer group to assist in DCCB's mission of preservation, protection and restoration. Stewards of Brown's Woods will share lessons they have learned in creating a similar group in Polk County. The first project will be to restore the arbor in the Prairie Awakening-Awoke arena. The work will be unveiled at this year's Celebration, along with a heartbeat in the nature of a song and a drum. Registration is 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.

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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

Stargazing and Winter Constellation Stories

Kuehn Conservation Area, Earlham

Through early March

Join a Dallas County Conservation Board naturalist under the star-filled skies to learn how to build and read a star chart, measure distances in the sky to help locate and identify common constellations, and share a few sky stories. Register and check online for specific dates at www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.

Benefit for Mike Enos

Friday, Feb. 25, 5:30 p.m.

Silent Auction opens, 7 p.m.

live auction starts

Country Lane Lodge, 29300 Prospect Circle

Mike Enos was involved in an explosion accident at home on Dec. 16 and remains in the ICU Burn Unit in Iowa City. He has third-degree burns that cover 81% of his body. Since the accident, Mike has undergone several lengthy surgeries each week and has many more to come. Mike will be in the burn unit for approximately 100 days and then will be transferred to an intensive therapy rehab facility for an unknown amount of time. Mike and his wife, Tanya, have two daughters, Claire and Grace. He is the owner of Waukee Power Equipment and a board member of the Waukee Chamber of Commerce. He is an avid supporter of the Waukee and Adel communities.

Conservation with an Owl

Hanging Rock shelter house, Redfield

Through March, check for dates

Meet Strix, a rehabilitated barred owl, during a naturalist-led conversation examining the owl species common to Dallas County. The evening version of the program includes an Owl Prowl hike. Register and check online for specific dates at www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.



Bird Watching Basics

Kuehn Conservation Area, Earlham

Through early March

Learn the basics of identifying birds from a naturalist. Follow a path of lawn signs that will describe shape, size and field marks of birds and finish with a visit to the bird blind to test your skills. Binoculars and field guides will be provided. Register and check online for specific dates at www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.

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EVENTS IN THE AREA

Be sure to check for cancellations

Rhythms of Grace Gala

Feb. 5, 5-7 p.m.

Van Meter Veteran's Reception Center, Van Meter

The gala will raise funds for Rhythms of Grace, the newest therapeutic riding facility in Dallas County. Rhythms of Grace is dedicated to enhancing the quality of life for children and adults with diverse needs by partnering with the horse to bring hope and healing through equine-assisted services. Funds raised from this event will go towards scholarships for the riders and care for the horse herd. The event begins at 5 p.m. with social hour and silent auction. The first 50 bidder numbers are entered into a drawing. At 5:30 p.m., a barbecue dinner will be provided by Snappy's Stick Fire Barbeque. A program about Rhythms of Grace will begin at 6 p.m. followed by a dessert auction, Heads + Tails Game, and a live auction. For more information, visit <https://rhythmsofgraceequine.org/> or contact Cindy Kool at 515-669-3714 or Dawn Carlson at 515-238-9819.

Des Moines Performing Arts shows

www.desmoinesperformingarts.org

Saturday, Feb. 5: "Step Afrika!" at the Des Moines Civic Center, 221 Walnut St. - Wellmark Family Series.

Feb. 8-13: "Tootsie" at the Des Moines Civic Center, 221 Walnut St. - Willis Broadway Series.

Friday-Saturday, Feb. 25-26: Comedy XPeriment at the Stoner Theater, 221 Walnut St.



CITYVIEW Chocolate Walk

Friday, Feb. 25, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you'll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.

'Agatha Christie's Murder on the Orient Express'

Feb. 4-20

Des Moines Community Playhouse, 831 42nd St., Des Moines

It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. www.dmplayhouse.com

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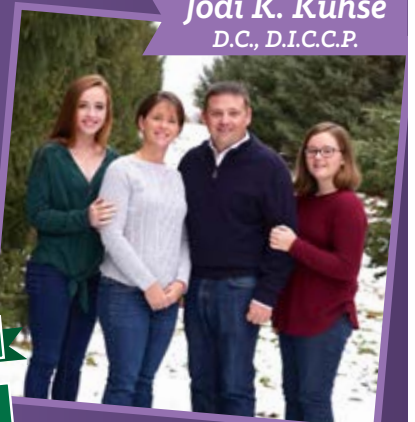
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CREDIT COUNSELING

By Tom Coates

THE FAIR Debt Collection Practices Act

There is a federal law that protects consumers from abusive collection practices. That is the Fair Debt Collection Practices Act. If you feel threatened by collectors calling for payment, you need to be aware of your rights. Third-party collectors are not allowed to use foul language nor misleading information in order to collect on a debt. Collectors also cannot call you late at night or pursue you for a debt you do not owe. Debt collectors must be truthful, and they cannot misrepresent the amount of the debt, whether it's past the statute of limitations, or the legal consequences for not paying the debt.



Unfair practices that are also prohibited are soliciting post-dated checks for use as a future threat, threatening to deposit post-dated checks before the intended payment date, or threatening to take property if it's not allowed. If your rights are violated, you can file a complaint with the Consumer Financial Protection Bureau.

Make sure to keep records of all the correspondence. If you know the debt is valid, then be honest about what you can afford to pay. Be firm that you understand your rights, and you would like to make payment arrangements. If you are struggling with overwhelming amounts of unsecured debts, reach out to a local non-profit credit counseling agency for help. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.

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REAL ESTATE

By Rachel Eller and Jamie Adkins

WHY IS getting pre-approved so important in this market?

You may have heard from your real estate agent that you need to get pre-approved. With rising home prices because of low inventory, it's crucial to have an approval letter prior to making an offer.

In this market, being intentional and competitive are musts when buying a home. Being pre-approved is the only way to know what your true price range is and how much you can afford to borrow for your loan. When you present a pre-approval letter with your offer, the seller knows you are qualified to buy the home. No matter the offer, a seller is not likely to choose your offer with no assurance that you are able to perform.

Buying a home is a process not to do alone. It's important to find a real estate agent that can help guide you through the process. ■



Information provided by Rachel Eller and Jamie Adkins, ReMax Real Estate. Information obtained by investopedia

HEALTH

By Leslie Herron

WITH Naloxone, you can save a life

Naloxone (NARCAN) is an antidote to opioid drugs. Opioids can slow or stop a person's breathing, leading to death. Naloxone helps a person who has opioids in his or her body wake up and keep breathing.

An overdose death may happen hours after taking drugs. If a bystander acts when they first notice that a person's breathing has slowed or the person cannot be awakened, there is time to call 911, start rescue breathing (if needed) and give Naloxone.

Naloxone is safe and effective and will only work on opioid overdoses. However, if administered under other circumstances, it will typically do no harm. Naloxone should not be used in pregnant or nursing women.

Who should carry naloxone?

- People who use opioid drugs (either prescribed or illicit)
- Those who interact with people who use drugs (like friends, family and emergency personnel)

Many overdose deaths occur because bystanders may be afraid to call 911 due to illicit drug use. Iowa's Good Samaritan Immunity Law allows those who help an overdose victim to avoid prosecution for certain crimes if they report the emergency.

For your free supply of Narcan or more information, contact your pharmacy. ■

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



HOME REMODELING

By Trish and Marty Radke

IS A home addition right for you?

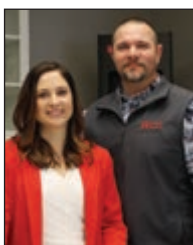
Most homeowners have a wish list of desired updates for their home, and additions usually make the "big dreams" list. So, how do you know if an addition is right for your home, and how do you get started with the process?

1. Start with an audit of your home, lifestyle and budget. Take note of daily living wants and needs but also consider the value of your current house, the neighborhood, as well as how long you plan to be in your home.

2. Determine the scope. Are you ready to take on a multi-room addition or will a bump out or single room give you the extra space needed? Keep in mind bigger is not always better, but smaller doesn't mean cheap.

3. Secure funding. Most additions are large enough that a loan or line of credit is needed. Talk to your bank or lender to learn about your options for financing the project if you are not planning to pay cash.

4. Work with a good, experienced contractor. Most additions are too large to be DIY. A general contractor can walk you through the planning stages and oversee the full project. ■



Information provided by Marty and Trish Radke, RCI Builders, 23561 Nantucket Road, Adel, 515-314-5650.

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HEALTH

By Dr. Lucas Bell

THE HEART to eye connection

With Valentine's Day being the next mainstream holiday on the calendar, it is fitting that February is also National Heart Disease Month. And, while you probably aren't thinking about heart health when you schedule an eye exam, our eye health can reveal a lot about our overall health — including our hearts. When cholesterol builds up in your eyes, a white, gray or blue ring can form around your iris. While it's a common sign of aging, this condition, called arcus senilis, can indicate high cholesterol and triglycerides and a greater risk for heart disease and stroke. During an eye exam, the most telling sign of high blood pressure is blood vessel damage such as leaking, narrowing, nicking, hardening and swelling. If not treated, the resulting blood vessel damage can lead to blurred or distorted vision and even loss of sight.



So, if you've ever wondered why your eye doctor asks about so many conditions that are seemingly unrelated to your glasses prescription, remember that your eyes truly are a window to the rest of the body, and an eye exam is a great way to ensure not only great vision but good overall health. ■

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

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HEALTH

By Ariel Meaney

HEALTHY boundaries make healthy individuals

During a time when many of us focus on others and their needs, how can we focus on ourselves and maintain a healthy balance within a relationship? Understanding what our own healthy boundaries are could be how we start our self-discovery and reflection. Within our reflection on our life, we can begin to list what we feel we can or cannot balance in our life currently. Other things that may go on this list are what we can and cannot control. Making this list of reflection upon our life will help to define what our boundaries can start to look like.



Being able to have open communication with your significant other about your boundaries is another way to uphold your own wellbeing and sense of self within the relationship. Finding the healthy balance of compromise for each person within the relationship is essential to helping make the relationship long-lasting and respectful.

Implementing self-care, utilizing a support system, and using coping skills are all important factors in maintaining a healthy individual. When we utilize our coping skills, as well as healthy boundaries within our professional and personal lives, we can feel more at peace. ■

Information provided by Ariel Meaney, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meaney@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTH

By Alicia Fisher, PT, DPT

IS ARTHRITIS causing joint pain?

Osteoarthritis is a chronic degenerative condition is predominantly caused by wear and tear on the joints in the body, which can lead to the breakdown of joint surfaces. This breakdown results in a decrease in cartilage or cushioning between the joints. Stiffness, loss of motion, and pain can develop from this reduced cushioning. Arthritis can affect any joint but occurs most often in knees, hips, low back, neck, small joints of the fingers, base of the thumb and big toe.



Degeneration is a normal aging process and is most common in individuals 65 and older. Risk factors for arthritis include increased age, obesity, previous joint surgery, overuse of a joint, weak muscles and genetics. While arthritis is common, not all individuals who have arthritis will have pain, and it is a frequent misconception that, if you are diagnosed with having arthritis, that you are destined to have pain. Usually, unless the arthritis is severe, there are other physical reasons why people are having pain. These reasons can include inflammation, tight muscles, decreased strength and loss of mobility.

Physical therapy can help manage some of this pain by helping correct imbalances in the body and providing a home exercise program for stretching and strengthening. Low-impact exercise and weight control are also beneficial to help decrease strain on your joints. ■

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

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TAKE TIME for yourself despite a busy schedule

Does it feel like you are busy every moment of the day? That, as you are nearing the end of your To Do list, ten more items suddenly appear? That you can't find a single moment to even catch your breath?



Taking that moment may be exactly what you need. These past two years of the ongoing COVID-19 pandemic have no doubt put extra stress on all of us, no matter what your job title. Taking time for yourself, however that may look like for you, is so very important for your mental health.

What it means to be mindful

Webster's Dictionary defines mindfulness as "the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis." Or, said more

simply, a state of awareness. Taking a few minutes or even seconds in your day can help.

5 simple things you can do

Practicing mindfulness can have positive health benefits. By focusing your attention on the world around you, mindful exercises can reduce stress, anxiety and depression. Reducing negative thinking can improve your mood while also making you more productive.

1. Breathe. Find a quiet spot to sit comfortably and focus on your breathing. Feel each breath as it passes in and out. If your mind wanders, redirect your thoughts to your breath.

2. Pay attention. Notice items around you, looking at familiar items with fresh eyes. Truly listen to others with an aim to understand, not respond. Allow yourself to experience sights, sounds, and tastes in a new way.

3. Be still. When you feel overwhelmed or out of control, sit or stand as you wish but remain still for a few moments.

4. Take the time. For some, setting aside even 10-15 minutes a day feels like an impossible task. And that's OK. Get in the habit of taking mini breaks throughout your day. When your mind is going a mile a minute, stop and concentrate on inhaling for five seconds and exhaling for five seconds. Repeat five times.

5. Reflect. Some days are better than others, but every day has a moment or two for which we can be grateful. End each day by looking back and focusing on the moments that matter. I was recently given a gratitude journal from a friend as a Christmas gift. Each day, I can write down three things I am grateful for. This practice is so simple, yet so powerful. I cannot recommend doing that enough. You will find a much improved mental state and a more special appreciation for simple things. Try it out and let me know how it goes. ■

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

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UNDERSTANDING risk factors the key to preventing heart disease

February is Heart Month, a time to increase your awareness of cardiovascular disease. And, for most Iowans, increasing awareness starts with a clear understanding of the risk factors associated



with the disease. Knowing your risk is the first step in prevention. Common risk factors include: age, family history, cholesterol, blood pressure, smoking, diabetes and obesity.

• **Age:** Men are at increased risk for heart disease after age 45. A woman's risk goes up at age 55 or if she has experienced menopause. We tend to overlook the simple fact that our risk for heart disease goes up as we grow older. By the time you hit 40, you should be actively aware of your risks and ready to take action.

• **Family history:** Studies suggest family history may play a role in heart disease, particularly when diagnosed in younger people over successive generations. We're most

concerned about family history when a parent or sibling has early heart disease — before age 45 for men or age 55 for women.

• **Cholesterol:** The body makes all the cholesterol it needs, so any you add through your diet is “extra.” The extra cholesterol forms plaques that can accumulate in the coronary arteries, eventually causing chest pain or a heart attack.

Total cholesterol should be less than 200 mg/dl. Levels of LDL or “bad” cholesterol should be as low as possible, while levels of HDL or “good” cholesterol should be high.

• **Blood pressure:** Blood pressure should be 120/80 or lower. High blood pressure means your heart has to work harder than normal. Left untreated, the condition can weaken artery walls. Adults and children should have their blood pressure measured each year.

• **Smoking:** Smoking contributes to plaque formation in the arteries, which may, in turn, lead to a heart attack or stroke. If you smoke, quitting is the best thing you can do for your

overall health.

• **Diabetes:** Nearly two-thirds of people with diabetes die of cardiovascular disease. Patients with diabetes should carefully monitor and control their condition, as well as their other risk factors for heart disease.

• **Obesity:** Obesity makes the heart work harder, increasing your risk for heart disease. In many cases, it also indicates a sedentary lifestyle and a low HDL level.

Try to get as much physical activity as possible and eat a heart-healthy diet to maintain a healthy weight.

Heart disease prevention is critical. It should begin early in life. Start with an assessment of your risk factors. Then develop a plan with your health care team you can follow to maintain a low risk for heart attack. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, iowaheart.com.

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EDUCATION

By TK West

DESIGN challenges and more

STEM class builds problem-solving skills.

This year, the Adel-DeSoto-Minburn Middle School STEM students are working on creating a variety of fun and unique classroom projects. This program is a semester-long exploratory class for seventh graders and a five-week exploratory class for eighth graders. Middle School STEM and science teacher Emily Lande says exploratory classes are required but not considered core classes. They instead give students a snapshot of future classes while providing them opportunities to explore these subjects in middle school.

"This is my first year teaching STEM at ADM Middle School, and I am very impressed with how well the students are doing and love what they are learning. My goal is to bring new projects into the classroom that are hands-on and engaging," says Lande.

Students attend class Monday through Friday for an entire class period. During that time, the students have had the opportunity to supersize an object of their choosing to three times its normal size. They have also had the opportunity to build model catapults, parachutes and earthquake-resistant buildings.

"I like the design challenges we do because we have to work hard to overcome them," says student Grace Montag.

"I like being able to collaborate with other people when designing a project," adds student Rylee Todd.

In addition, students have also had the opportunity to practice using computer software called Sketchup where they can model their designs three dimensionally. Lande says she enjoys introducing students to the world of engineering. She also enjoys fostering their creativity during challenging tasks.

"I think STEM is important for middle school students because it develops real-world problem-solving skills. It lets them use their creative brains to think outside the box and puts the learning in their hands. I also think it promotes collaboration among their peers, demonstrating how engineers work together," says Lande. ■



Seventh and eighth grade students have had design challenges and more in their STEM class taught by Emily Lande.



LUCHTS are right at home in 50003

Couple did extensive research before their move.

Amy Lucht and her husband, Tyler, raised their little ones in rural western Iowa before deciding to find somewhere permanent to settle down.

"When we were ready to plant our roots in a community, we really did our homework on which community we felt at home in," Amy Lucht says.

The couple narrowed it down to a few outlying Des Moines communities before deciding on Adel. The decision came after spending some time in their vintage camper at Island Park one summer.

"We spent a week and a half submerging ourselves in the community," Lucht says. "We rode our bikes, we went to the library, we went to the ice cream shop and just asked tons of questions of people.

"We just really had this welcoming feeling in the community," she continues. "We knew it had this great mix of the older generation and a new influx of people, and that was really important to me because we knew that we weren't going to have family right there in the community, and we wanted to have a sense of generational influence on our kids' lives."

The "game-changer" for the Luchts' decision to move to Adel ultimately came when they attended a meeting at the school for parents with kids heading into kindergarten, which their son was at the time. Lucht recalls hearing then Principal Carol Schepers giving an overview of the school and its philosophies.

She was thoroughly impressed.

"The school was really the deciding factor for us," Lucht says.

The family originally moved to a home in the older part of town eight years ago. They fixed it up before finding another old home in the area to move into. They worked tirelessly to update it as well.

Last fall, the Luchts moved again to a place on the golf course that overlooks the Racoon River.

"We get all the feels of our country living that we missed so much but still have a sense of community," Lucht says of their new home.

What she likes most about living in Adel, though, is more than just all its amenities and small-town charm.

"Hands down, it's the people," she says.



Amy Lucht says her family immersed themselves in Adel before deciding to move to the community. They have moved to their third house in Adel and like the country feel of their most recent home.

"Without the people, it's just a town. It's just a place to live."

Lucht adds that one of her favorite quotes is, "Having a place to go is called home."

Having someone to love is family. Having both is a blessing."

"I feel that about Adel," she says. "We know we'll never leave the 50003 zip code." ■

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CHAMBER NEWS

By Jackie Wilson

SUMPTER Pharmacy

Providing essential pandemic resources

When Leslie and Mike Herron took over Sumpter Pharmacy nearly four years ago, her focus was not just on dispensing medications, but offering a variety of healthcare services as well. Since the COVID pandemic, the pharmacy has taken on an even greater role.

When the pandemic hit in 2020, Herron was happy for her membership in the Adel Chamber, thinking it was an essential way to stay connected to the local business community. "Living in a small community, it's important for local businesses to support one another. That's what the chamber is there for," Leslie says.

During the pandemic, Leslie and her staff were committed early on to finding and providing the best resources for the community. Leslie says Sumpter Pharmacy was one of the first pharmacies in the state of Iowa to receive vaccine allotments.

"We were also first in Iowa to start antibody tests and the first to bring rapid COVID tests to Adel," she says.

To date, the pharmacy has administered nearly 10,000 COVID vaccines. "All winter, we gave about three people shots every five minutes," she says.

She's instructed her staff, if there was too much work, to cut back. "I told them they could take a break. They never did — they never turned anyone away," she says. "My staff is incredible."

Throughout the pandemic, Deb Bengtson from the Adel Chamber has helped make connections for COVID resources and education. "Deb knows a lot of contacts in the media," explains Herron. "She's always creative in finding solutions."

Leslie is passionate about providing pharmacy care and is the third generation owner of a pharmacy. She says the pharmacy offers more healthcare services than a typical chain pharmacy. Sumpter can prescribe medication and tests for flu and strep, without the patient seeing a doctor. If a person is at risk for an opioid overdose, the pharmacy can provide Narcan immediately to counteract the effects.

"The Chamber helped get the word out about these programs so people can take advantage of them. Deb just works and works and works to get things done," says Leslie.

Throughout the pandemic, it's been important to get immediate testing for COVID. "The sooner we know results, the sooner we can act appropriately," she says. "Pharmacies have made it more convenient to get vaccinated. Our pharmacy has already treated upwards of 300 COVID patients with monoclonal antibody therapy and is one of five in the state to get oral antiviral treatments for COVID."

As a small business, Leslie says supporting the community — in sickness and health — is vital. "It's a wonderful area and community. The Chamber and City are guiding the growth for everyone's best interest." ■

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



Leslie Herron has made COVID-related services a priority at Sumpter Pharmacy.

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ADM Pep Band
at the varsity
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on Dec. 14



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OUT & ABOUT



Karson Winter plays during the ADM varsity boys basketball game on Dec. 14.



Samuel Hlas plays during the ADM varsity boys basketball game on Dec. 14.



Adam Bryte plays during the ADM varsity boys basketball game on Dec. 14.



Bennett Holmberg plays during the ADM varsity boys basketball game on Dec. 14.



Ryan Conrad plays during the ADM varsity boys basketball game on Dec. 14.



Vincent Benetti plays during the ADM varsity boys basketball game on Dec. 14.



Claire Greenslade plays during the ADM varsity girls basketball game on Dec. 14.



Olivia Tollari plays during the ADM varsity girls basketball game on Dec. 14.



Nicole Storck plays during the ADM varsity girls basketball game on Dec. 14.



Lauren Case plays during the ADM varsity girls basketball game on Dec. 14.



Kennedy Glaser plays during the ADM varsity girls basketball game on Dec. 14.



Kelli Storck plays during the ADM varsity girls basketball game on Dec. 14.

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