

ADEL

JANUARY 2022

Living

MAGAZINE

Pets OF A different KIND

What City ordinances
and owners say
about unusual pets

Meet Hanna Sanders
EDUCATION

Baked tomato goat cheese dip
RECIPE

Entire Bennett family settles in Adel
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WELCOME

THAT'S NOT a rat

I don't like spiders and snakes. That's what Jim Stafford sang in his 1974 hit single, and I am with him on this one. But not everyone agrees. In fact, a surprisingly large number of people choose to have these and other unusual pets.

Throughout my life, we had the typical array of household pets: dogs, cats, fish and a handful of hamsters. Although rodents can be popular as pets, my childhood choice came about by accident.

My family was at a local park when we saw a small animal scampering across the parking lot. "Look at that rat!" my brother yelled. "Wait, that's not a rat," he added. "That's a hamster."

We slowly walked up to the rodent and discovered that it was, in fact, a hamster. What it was doing on the loose in a city park was anyone's guess. We assumed it escaped from a home and was doing its best to avoid becoming a hawk's lunch. So we did what most anyone would do and threw it in the river.

That's a joke. We took it home and made a makeshift home for it from a cardboard box, which, of course, it ate through in a matter of a few hours. We then constructed a metal box from scrap material in the garage, which this hamster was not going to gnaw through. We even built a hinged opening at the top so we could reach in and get it in and out. What we didn't envision was that this opening would eventually become an escape hatch for the little hamster — and escape it did.

Our family spent hours looking for this newfound pet, leaving food out as an attraction in hopes that it would appear. It didn't appear, but we did find it — floating in the water in the sump pump. That's certainly not a pleasant ending to this story, but we did learn a few lessons in the process, which helped immensely with the three hamsters that my daughters had years later. For the most part, we did become responsible hamster owners, except for the dog eating one of them.

On second thought, maybe spiders or snakes would have been a better choice.

Thanks for reading. ■

SHANE GOODMAN

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Pets OF A *different* KIND

What City ordinances
and owners say
about unusual pets

By Marsha Fisher

Pet owners often say they can't imagine life without their beloved pet. Dogs, cats, bunnies and other furry friends provide companionship, entertainment and even affection to those willing to give them the time, attention and care they deserve and need to thrive. While the typical pet owner prefers to cuddle with the run-of-a-mill canine or feline, some opt for a more unusual choice. While others may find their pets less than adorable — and perhaps even a tad repulsive — these pet owners are just as attached to their critters of choice as cat and dog owners are to theirs.



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A caregiver of people and animals

Kelly Toth likes all animals, but she is especially attracted to unusual ones.

"I am a caregiver by nature," says Kelly. "I have often 'fostered' a variety of different animals: snakes, a bearded dragon lizard and doves, as well as fostering typical animals for the Animal Rescue League."

She says animals have given her as much as she has given back to them. A foster child until she was 11, she often connected to the animals in her foster homes, sometimes more than the people. They became her support system, giving her a sense of security and companionship.

After Kelly was adopted, she learned to ride horses through Wildwood Ranch and has continued to enjoy horses. In addition to working Monday through Friday as a personal caregiver at Edgewater in Jordan Creek, she also works weekend shifts at AKS Horse Farm in Norwalk. A single mom, she and her daughter, Abigail, have lived in Adel for two years.

"We just love the convenience of the town, the river close by for fishing, the beautiful Courthouse and the people," says Kelly.

When she moved to Adel, she checked with

What the ordinances say

The Adel City Ordinances prohibit keeping livestock in City limits and defines livestock as "an animal belonging to the bovine, caprine, equine, ovine or porcine species; ostriches, rheas and emus; farm deer; and poultry.

Pets are defined as "a living dog, cat, or an animal normally maintained in a small tank or cage in or near a residence, including but not limited to a rabbit, gerbil, hamster, mouse, parrot, canary, mynah, finch, tropical fish, goldfish, snake, turtle, gecko or iguana."

The State of Iowa bans keeping a wide variety of wild and exotic animals. Some of the many banned animals include wild cats and dogs, elephants, bears, monkeys and apes, lemurs, crocodiles and alligators, certain types of venomous lizards and snakes, some non-venomous snakes such as some types of pythons and anacondas, and many others.

Always check if state or local ordinances prohibit owning a certain type of animal. ■



Kelly Toth with Bella, her Ball Python, curled around her neck.

the landlord about the possibility of pets.

"It depended on the ordinances of the town, and I am limited to fowl here. So, I framed up and built a little 'mini-barn' — or really a coop — for Larry, my duck, and my two chickens, Black Betty and Queen."

The mini-barn includes a paddock for the chickens and duck to "free-range" and often contains two pools — of two different depths — for the duck and chickens to use.

Larry often travels around town, especially down to the Casey's on Greene Street, in his special buggy (cat stroller, but don't tell him) to greet the school bus as Abigail is picked up for Middle School in De Soto.

"Many of the children on the bus know Larry by name and greet him every morning," says Kelly.

Larry also likes to walk around with Kelly, using a small-sized dog leash, as well as ride "shotgun" in the car.

Another of Kelly's more unusual pets is her ball python, named Bella. Ball pythons have leopard-like copper markings on their skin and were once considered sacred in their native Africa. They are nonvenomous and are one of the smallest pythons, and they curl into a ball as a defensive behavior. They are docile snakes that can grow up to 5 feet long. These are considered one of the best snakes for first-time snake owners. Bella came to Kelly as a rescue.

The Toths also raise rabbits and rats. With the various types of animals Kelly and Abigail care for, the cleaning of the cages is scheduled



Larry the duck has a unique buggy for strolls around town and to greet the school bus.

on a rotation basis: Tuesday, they clean tanks, Thursday, cages; and Saturday, the coop.

As Kelly continues in her role as caregiver for her animals — as well as her daughter and the people at Edgewater — she says she continues to enjoy the companionship, unconditional love and acceptance that animals provide.

Learning experiences

Zeke, Apollo, Achilles and Louie sound like they could be the names of any cat, dog or goldfish in the neighborhood, but they are actually the names of Tiara Krider's four tarantulas. Tiara is attracted to exotic pets, and the tarantulas caught her eye. Her mother had a tarantula in college, so she knew they were a possible pet. When she was 15, a friend gave her Paul, her first tarantula. He was a rose hair rain forest tarantula that does have venom but hadn't hurt anyone.

"Paul never 'sprinted' or shot his hairs to harm anyone," says Tiara. "If he were to shoot a hair, it would feel like a bee sting."

Tiara has done her research on the traits and physical attributes of each of her four tarantulas. Each of her "eight-legged fur babies" has a unique origin, body type and behavior.

If you are thinking about owning a tarantula or any exotic pet, be ready to do your research. Learn about the space and special diet required, the local and state laws regarding keeping exotic animals, landlord requirements, and, lastly, longevity. Many exotic pets live for a

FEATURE

long time.

Male tarantulas live from seven to 10 years and females live 20 years and longer. Paul, her first tarantula, died a few years ago, at the age of 12.

"He was the only one I got out of the aquarium and let crawl around," says Tiara. "He was very gentle. Most of the other species are more reclusive and shy or too aggressive."

Rose hair tarantulas are recognized to be good beginning spiders for those interested in owning a tarantula.

"My newest eight-legged fur baby is Zeke, an Ecuadorian tree tarantula. He nests in the coconut fibers I use for bedding," says Tiara. "In the wild, their nests are built in tree hollows."

She goes on to describe Apollo, who is a curly hair tarantula with venom similar to a bee and that may trigger itching or swelling. When females feel threatened, they kick off hairs from their belly, and this hair causes the "sting." Achilles is a zebra knee, striped-leg tarantula from Costa Rica and is normally docile.

"I have handled Achilles, and, with daily

and gentle handling, he could be moderately tamed," says Tiara.

"Louie is a burgundy goliath bird eater and is the world's largest spider. He can be aggressive. They make hissing noises when annoyed and may bite when they feel threatened. However, the bite often doesn't carry venom and, if it does, it is just like a wasp's sting."

Tiara has each of her tarantulas in individual aquariums and feeds them crickets about twice a week. Tarantulas molt like snakes and may appear dead when molting, since they don't move for a few days. She enjoys their unique personalities and behaviors and even adds little "toys" to their tanks, such as a snow globe. She also has two leopard geckos, named Crush and Spike, and three cats and two dogs.

"Exotic pets like tarantulas don't take up much space or need much attention; they're really interesting to watch, and you don't have to walk them," says Tiara.



Kelly Toth and daughter Abigail in the paddock where they keep their duck and chickens.

Hand-me-down pets

The longevity of exotic pets is something to be considered. Chris and Nancy Miller have a 2-pound Russian tortoise named Tommy that has been passed through friends and relatives.

"We've had Tommy about six years," says Nancy. "We got him from a friend who had

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The Adel Lions Club does the American Flags in Adel on special holidays!

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- ADM Scholarship Foundation
- Adel Food Bank
- Boys State
- Iowa Lions Foundation
- International Lions Club
- Leader Dog Program
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- ADM Softball Assn.
- DeSoto Betterment Committee



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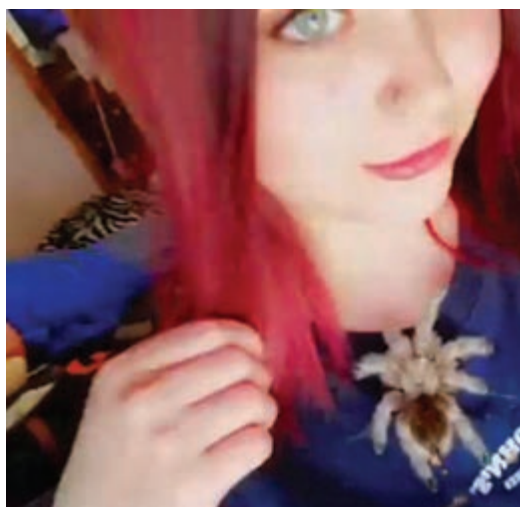
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him for quite a while. They had gotten Tommy from a relative who had him for a long time, too. I'm really not sure how old Tommy is, but I think they can live to be 40 or 50 years old. Since he weighs about 2 pounds, and it takes about 20 years to grow to full-size, he is probably about 20 years or so."

The Russian tortoise is also known as the four-clawed or steppe tortoise, and its origin is in central Asia. Its natural habitat is treeless grasslands similar to Iowa.

"Tommy loves to be outside in the summer," says Nancy. "We have to watch him; he is fast. And he burrows down into the ground, too."

The Russian tortoise is considered a good choice for a beginner because it is hardy and



Tiara Krider with her eight-legged "fur baby," a tarantula named Paul.



adaptable to different temperatures, although it needs a UVB light or sunlamp for 10-12 hours a day to keep its shell healthy. It is also intelligent, has personality, and often becomes responsive to its owners.

"Tommy came with his own 'home' — a hand-crafted type coffee table with a plexiglass

top," says Nancy. "He stays in the basement and has his heat/sun lamp on during the day. He has wood chip bedding and eats fresh veggies, like lettuce, snap peas, and his favorite is dandelion leaves. Tommy is the easiest pet, ever. He's easy to care for and is friendly and playful." ■



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As we head into a new year, we anxiously anticipate what it will have in store for us. Will there finally be an end in sight of this pandemic? We sure hope so. The past two years have certainly been overwhelming, and we can all agree that no one needs added stress. But, if the thought of online banking and electronic statements makes you nervous, we'd like to help ease your mind. Transitioning to online banking and eStatements can ultimately provide higher security and more convenience.



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

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WARM UP winter with comforting classics

(Family Features) Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Baked Tomato Goat Cheese Dip. Easy to make and fun to create, this simple snack is perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Find more recipes perfect for warming up this winter at Ragu.com. ■

Baked tomato goat cheese dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

Ingredients

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-10 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

Directions

- Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.
- Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.
- Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.
- Place baguette slices on baking sheet. Drizzle or brush with olive oil and



sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.

- Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.
- **Note:** To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.

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Polenta bites

- 1 tube (18 ounces) polenta
- 1 1/2 teaspoons olive oil
- 1 jar (24 ounces) RAGÚ Chunky Tomato, Garlic and Onion Sauce
- 1 package (8 ounces) shredded mozzarella
- 2 sprigs, rosemary, destemmed and chopped
- 3 basil leaves, chopped
- 1 block (8 ounces) hard Parmesan cheese

Directions

- Cut polenta into slices. In skillet, heat olive oil over medium-high heat; fry polenta slices 10-12 minutes on each side until crispy and golden brown.
- In saucepan over medium heat, warm sauce.
- Place polenta slices on tray and sprinkle with mozzarella. Place 1/2 teaspoon warm sauce on each slice then sprinkle with chopped rosemary and basil. Grate hard Parmesan onto each slice for topping.



Snowman pizza bombs

- 1 tube (11.8 ounces) pizza dough
- 1 jar (24 ounces) RAGÚ Old World Style Traditional Sauce
- 1 package (6 ounces) pepperoni slices
- 1 package (6 ounces) Canadian bacon slices
- 1 package (8 ounces) shredded cheddar cheese
- 4 tablespoons melted butter
- 1 teaspoon garlic powder
- 1 1/2 teaspoons Italian seasoning
- 1 package (8 ounces) mozzarella cheese slices

Decorative vegetables (optional):

- multicolored sweet peppers
- olives
- spinach
- mushrooms
- cherry tomatoes

Directions

- Preheat oven to 400 F.
- Cut pizza dough into 12 squares. On each square, place 1/2 teaspoon sauce and evenly top with pepperoni, Canadian bacon and cheddar cheese.
- Pinch corners of dough together to round into balls then place in muffin tins.
- In small bowl, mix melted butter, garlic powder and Italian seasoning; brush generously over dough balls.
- Bake 15-20 minutes until golden brown.
- Remove from muffin tin and carefully shape dough balls into circles; place on baking sheet. Cover with mozzarella slices and bake until melted.
- Create snowman faces by decorating each with peppers, olives, spinach, mushrooms and cherry tomatoes, if desired. Use remaining sauce for dipping.



IS THIS the year you retire?

We are experiencing a “Retirement Revolution.” You may have heard it being called “The Great Resignation.” That term refers to all the people leaving the workforce due to the pandemic.

According to Goldman Sachs research, about two-thirds of those leaving the workforce are retiring; that’s why I think “Retirement Revolution” is a more accurate description. Whether they are concerned about getting the virus, have found that work is no longer a big part of their identity, or the pandemic has changed their job in ways they don’t like, many are retiring earlier than they expected.

We find that a few things can prevent people from pressing “go” on retirement. One of the significant concerns is income. It can be challenging to think about no longer receiving a paycheck from your employer and paying yourself from your retirement savings. If you are thinking about retiring before answering the income question, you have to consider this: What do you want to do in retirement? How you spend your time will help determine how you spend your money. It will also help you determine if you have enough money to live out your retirement vision.

Health care is another one of those things that can help you



determine if you are retirement-ready. Many people want to wait until they are eligible for Medicare to retire. There’s nothing wrong with that. I just wouldn’t let it be the sole determinant of your retirement date. In the last 20 years, I’ve seen hundreds of people successfully retire before they are Medicare eligible. We’ve just had to get a little creative with their plan. It might be as simple as utilizing their spouse’s health care plan or taking advantage of COBRA. This law allows employees to continue their health care coverage even after leaving employment.

There are other things besides a pandemic that can determine your retirement date. If your health changes or your employer offers an early retirement package, that could push you into retirement or make it seem much more attractive than before. We also see scenarios where one person retires, loves it, and convinces their spouse to join them.

If you are not ready to retire, maybe this is the year you capitalize on other retirement strategies like a Roth conversion, catch-up contributions, or updating your legacy plan. Whether you join the “Retirement Revolution” or not, heading to and through retirement with a comprehensive, written retirement plan will help make it easier. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006. Source: Casselman, Ben (Nov. 12, 2021) “The Number of U.S. Workers Quitting Their Jobs in September was the Highest on Record” www.nytimes.com.

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

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KUWTK and the UCCJEA

Time for a confession. Reality television is one of my guilty pleasures. And, because of my love for reality television, I have spent a lot of time “Keeping Up with the Kardashians.” So, when Tristan Thompson made headlines recently, I was all ears.

Thompson is a professional basketball player who shares a 3-year-old daughter with Khloe Kardashian. However, he has been in the spotlight recently because he allegedly conceived a child with a different woman, Maralee Nichols, while still in a relationship with Kardashian. Nichols and Thompson have taken their issues to court, and it appears they could be fighting it out there for a while, but the first issue to be decided is where they will be going to battle. The child was allegedly conceived in Texas while Nichols lived there. Since that time, and prior to the birth of the baby, Nichols moved to California. Accordingly, Nichols filed a child custody case in California. Thompson then filed a case in Texas, claiming that was the proper state. So, which state has jurisdiction to determine child custody and support issues?

The Uniform Child Custody Jurisdiction and Enforcement Act



(UCCJEA) is a uniform law that determines which state has jurisdiction in child custody cases. The UCCJEA has been enacted in 49 states (including Iowa). Under the UCCJEA, a court only has jurisdiction over a child if that state is the child’s home state. “Home state” is defined as the state in which a child lived with a parent or guardian for at least six consecutive months immediately before the child custody proceeding commenced. If the child is less than six months old, then the home state is the state in which the child lived from birth. There are a few exceptions to the home state rule, but generally a state will not be permitted to make court orders regarding a child if that state is not the child’s home state.

Based on the UCCJEA, California will likely have jurisdiction to make child custody and support orders in the Nichols-Thompson case because the child was born in California and has only ever lived in California. Texas is unlikely to have jurisdiction because the baby has no connection to that state, and, under the UCCJEA, it does not matter where the child was conceived. If you have questions about child custody or support, you should contact an attorney for assistance. ■

Information provided by Chandler Surrency, Hopkins & Huebner P.C., 1009 Main St., Adel.

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NEWS BRIEF

STUDENTS of the Month

The Adel De Soto Minburn students have been looking forward to a break from the busyness of their lives to enjoy the Christmas Season with family and friends. And now the time has come for the high school seniors to be thinking of the next step in their life's adventure. There are many opportunities to receive scholarships for the students planning to go on to post-secondary education. The goal of the ADM Scholarship Foundation is to be able to offer a scholarship to every senior graduating from ADM who qualifies and applies for a scholarship. 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 ADM teachers and coaches name students to be recognized in their areas of achievement. The ADM Scholarship Foundation congratulates the following students named for the month of December.

Student of the Month: Holly Mattes — Raccoon Valley Bank

Kiwanis: Matt Dufoe and Averi Brady

Fine Arts: Avery Miller (Yearbook) and Brookelyn Evans (Newspaper) — Lincoln Savings Bank

Wrestling: Aiden Flora — Adel HealthMart

Wrestling Cheer: Addison Kuonen — Fareway

Boys Basketball: Jacob Crannell — Patrick's Restaurant

Girls Basketball: Olivia Tollari — Big Al's BBQ

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 to graduating ADM seniors going on to post-secondary education. Since 1985, when the Foundation was established, 804 students have received scholarships totaling more than \$786,000. More information on this program may be found on the website www.admscholarshipfoundation.com or by contacting a board member listed on the site. ■

AMERICAN Legion and Auxiliary at work

The American Legion Osborn Post #99 and American Legion Auxiliary of Minburn have had a busy year. They have donated items to the Veterans' Hospital in Des Moines and the Marshalltown Iowa Veterans' Home. They

helped a Dallas County veteran in need as well as a Dallas County family that experienced a grave loss this year. Examples of donated items are: calming prints; clothing and shoes; and televisions and crafts needed at the veterans' home and hospital.

The American Legion Osborn Post #99 and American Legion Auxiliary of Minburn are open to new members interested in making a difference in the community and for veterans. For more information, visit and send a message on Facebook. Search for The American Legion Osborn Post #99. ■



Members of the Minburn American Legion Auxiliary

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SUMMER camp opportunity

Each year, thousands of kids attend summer camp. There is nothing quite like moments around a campfire swapping stories with friends, building s'mores, and gazing at the stars. Camping is a great place for kids to slow down, build memories, get a little dirty and soak up the summer sun.

This is also why we love to send kids to camp. Maybe, like your own childhood, camp can often be the highlight of the summer. There are many reasons for this:

- **Get the kids off their devices.** Let's face it, we could all use a screen time break more than ever. Summer camp is the perfect opportunity to help your child unplug and enjoy outdoor activities.
- **Make new friends.** The bond between cabin friends can be strong and last years long.
- **Meet new heroes.** Often a camp counselor or staff member becomes an inspiring mentor in the life of a child. Many kids face tough challenges or harmful influences throughout the year, and, to connect with new heroes (usually masked as super-cool college students) can make a big impact.
- **Most important, connect with the Lord.** When a youth gets away



to camp, they are in a perfect setting to ask questions, explore, or grow in faith. For example, studies show that 85% of people will decide about faith, namely a decision about who Jesus is and what He wants from their life, before the age of 18. A Christian camp specifically is a great spot for a child to read the Bible for themselves, be encouraged, and build convictions.

As you think ahead for the summer of 2022, consider sending your son or daughter to camp right here in Adel. For the third year, New Hope Church is a host site for Eagle Lake, a Christian camp from Colorado (EagleLakeCamps.org) for full-day camp (9 a.m. to 4 p.m.). This is for kids ages 6-12 and will take place the week of July 25-29.

Campers will have their own camp counselor and enjoy activities such as a huge water slide, bungee jumping, gaga ball, horseback riding, and a chance to make friends, learn about God and build lifelong memories. Camper spots will fill fast (we are typically fully booked by the end of January) so reserve your place with a small deposit (plus, reserve your spot by Jan. 31 and get a \$25 discount). To learn more, see the ad on this page. ■

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

DAY CAMP ON LOCATION

at: **New Hope Church**

JULY 25-29

Give your kids the BEST week of their summer!

9am-4pm

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6-12

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JANUARY 2022

REMINDERS & CLOSURES

- **Tuesday Jan. 4th and Tuesday, Jan. 11th, 2022: Christmas Tree Collection** – Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.
- **Monday, January 17th, 2022:** City Hall will be closed for staff in-service day. Garbage services will remain on schedule for the week.
- **Monday, February 21st, 2022:** City Hall will be closed in observance Presidents' Day. Garbage services will remain on schedule for the week.

UPCOMING CITY COUNCIL MEETINGS

- Tuesday, January 11th, 2022 at 6:00 p.m.
- Monday, January 24th, 2022 at 6:00 p.m.
- Tuesday, February 8th, 2022 at 6:00 p.m.
- For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org. *please note meeting location is subject to change as needed*

GET TO KNOW...

What is your title? Aquatics / Recreation Supervisor.

What is your past work experience? 22 years as Recreation Manager for a neighboring city.

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

What are you excited about for your department's future plans? I am super excited for the growth that is happening in Adel and what that means for the development of future trails, green spaces, parks and aquatic/recreation programs. I am looking forward to building on the great tradition the department has and would love to hear what programs the Adel community would like to see developed here.

What is a hobby you enjoy? I love anything sports and animals, especially combining the two, when I had horses and barrel raced.

Anything else Adel should know about you? I am the proud mom of 24-year-old twin sons, Ethan and Evan



RAMONA DILLINGER

PARKS & RECREATION ACTIVITIES

Please register online at adel.activityreg.com.

• **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 a.m. at ADM District Administration Center Gym.

• **Youth Baseball & Softball:** It is that time of year again, to start thinking about youth baseball and softball signups. Leagues start in mid-April & May. Registrations can be completed online by visiting adel.activityreg.com

• **2022 Summer Aquatic Center 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.

• **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.



SNOW AND ICE CONTROL – SNOW REMOVAL POLICY

Snow can come at any time in the Midwest and we want you to be prepared. Go to www.adeliowa.org/snow-and-ice-control-policies-2/ to find out how you can be best prepared for when snow comes down in Adel.

2022 PET LICENSES:

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

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



CITY HALL

Administration
Public Works
Compliance Officer
Parks and Recreation

301 S. 10th St.
P.O. Box 248
515-993-4525
M–F 8:30 a.m.– 4:30 p.m.
www.adeliowa.org

PUBLIC SAFETY Police and Fire Depts.

102 S. 10th St.
P.O. Box 127
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 & F 10 a.m. – 5 p.m.
T–Th 10 a.m. – 7 p.m.
Sat. 10 a.m. – 1:30 p.m.
www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center
515-993-5246
Ankeny Sanitation
515-964-5229
S. Dallas Co. Landfill
515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters
515-993-4436
Mayor Pro Tem
Shirley McAdon
515-993-4862
Bob Ockerman
515-238-9835
Jodi Selby
515-657-1315
Rob Christensen
515-478-3260
Dan Miller
515-979-6119

www.adeliowa.org



BEN and Kari Johns volunteer tirelessly

In leadership and “behind-the-scenes,” the couple is there to help.

Simpson College brought together two young Iowans from opposite ends of the state. Ben Johns is from Hinton in the far northwest of the state, and Kari is from Bloomfield in southeast Iowa near the Missouri border. After meeting at Simpson, they went on a Habitat for Humanity spring break service trip to build adobe houses in Taos, New Mexico. Ben continues to volunteer for the organization.

Ben works for IMT insurance as a manager in information systems. There, Ben organizes blood drives and volunteer time off to help all over the community. Last week, he and his team were volunteering during their lunch hour at the Animal Rescue League. Ben is involved as a volunteer with “Everybody Wins,” a weekly reading program in the Des Moines Schools.

“He has been invited to several of his reading students’ graduation parties over the years,” says Kari proudly. Ben has also been a Big Brother for several years in Adel.

He is also involved with the ADM Soccer Club.

“When our daughter Lauren stated playing, he became involved coaching, then he joined the board and now is the director of referees,” says Kari.

“I am proud of the soccer program here in Adel because it provides affordable fun for kids,” says Ben. “It is rewarding to work with young players. The referee shortage in the metro has made it challenging to find and encourage new referees, but I am excited to provide the service and see the soccer program continue to improve. The soccer program in Adel is totally run by volunteers, so we are always looking for more help and referees.”



If interested in being part of a growing program, contact Ben at benjohns23@gmail.com.

Beyond the obvious, Ben and Kari are really “Good Neighbors.” Testimony from a variety of people in the neighborhood brought the couple this recognition. In August of 2020, when the derecho blew through Iowa, a near neighbor’s tree blew down in her front yard and across her drive.

“I was just thinking how would I ever get them moved, and Ben and his son Brady came down with a chainsaw and cut them up and cleared them away immediately,” says Linda Holmberg, “I really didn’t know him, but he was just volunteering to be helpful. He wouldn’t take anything for the help. I pleaded with him, and, finally, he took a Fareway gift card and donated the food to the Adel Food Pantry.”

Rich and Mary Hughes were having technology problems with a new streaming device. Ben, the IT expert, came to the rescue.

“He was so helpful and wouldn’t take any payment for his help,” says Rich Hughes. “He’s a great guy.”

Karen Daniels, who lives next door to the Johns, has been the beneficiary of their kindness over the past few winters, since they clear her drive of snow.

“Both he and Kari are the kind of neighbors that you hope for — helpful and



McKenzie Wright of BigDeal Car Care presents the Good Neighbor award to Ben and Kari Johns.

kind,” says Karen.

Kari graduated from Des Moines University and has been a physical therapist for 15 years.

“I love my job!” says Kari. “I get to help people to improve after an injury or illness.” Kari is currently working at the Stuart Rehabilitation Clinic, an extension of Guthrie County Hospital.

Kari volunteers with the Dallas County Master Gardeners.

“I took classes, and I have learned so much,” says Kari. “I am overwhelmed with the amount of information to be learned about plants, soil, conservation and flowers. It’s fun.”

Kari was instrumental in writing and acquiring four large grants to fund the new demonstration and idea garden to be built at the Dallas County Fairgrounds at an estimated cost of \$100,000. She also does the behind-the-scene work of plant sales, manning booths and hosting bouquet-making fundraisers.

She also shares her passion for the outdoors and nature by serving on the Adel Parks and Recreation Board. ■

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



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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



Youth Baseball & 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.

Third Monday Bingo

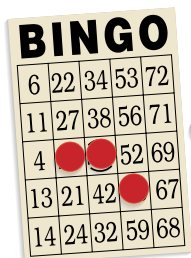
Monday, Jan. 17, 6-8 p.m.

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.



Snowman Contest

Bundle up and head outside to build your best snowman when the snow falls. Take a picture of your creation and submit it to Ramona at rdillinger@adeliowa.org. All snowmen will be featured on the Parks and Recreation Facebook page, and a prize will be awarded to the most creative snow sculptor. Deadline is March 6.



Conservation with an Owl

Hanging Rock shelter house, Redfield
January 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.



Shake Your Winter Blues

Forest Park Museum and RRVT Spur, Perry
Monday, Jan. 17, 10-11:30 a.m. or 1-2:30 p.m.

Looking for a fun way to get out of the house and off the screens? A change of scenery and a shock to the senses is sure to stimulate the mind and body. Explore the outdoors with a hike with a Dallas County Conservation Board naturalist or on your own. Warm up with a visit to the displays inside the museum. Registration is required, www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.



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.



Stargazing and Winter Constellation Stories

Kuehn Conservation Area, Earlham
January 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.

Cross Country Skiing

Voas Nature Area, Minburn
When nature allows

The Dallas County Conservation Board offers cross country skiing when there is at least 4 inches of snow and a naturalist available. Poles, boots and skis for ages 10 and older are available to rent for \$3, although a limited number of sets is available for younger skiers. Registration is not required, but those interested can sign up to be contacted online at www.dallascountyiowa.gov/conservation. Announcements will also be made on the DCCB Facebook page.



Bird Watching Basics

Kuehn Conservation Area, Earlham
January 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.

EVENTS IN THE AREA

Be sure to check for cancellations

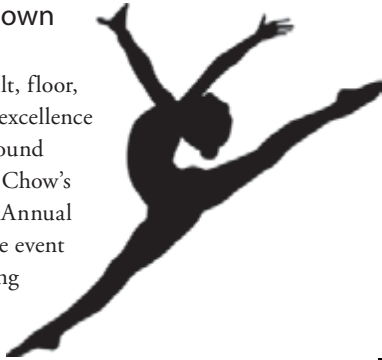
To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Gymnastics: Chow's Winter Classic

Jan. 13-16

Hy-Vee Hall in downtown
Des Moines

The balance beam, vault, floor, uneven bars... Witness the excellence of 1,500 gymnasts from around the country this month, as Chow's Gymnastics hosts the 19th Annual Chow's Winter Classic. The event features gymnasts competing in USAG Levels 3-10 and Xcel. This year, the Winter Classic will also showcase a dual meet between the Iowa State Cyclones and the Temple Owls. For more information, visit www.ChowsGymMeets.com.



Samantha Fish concert

Wednesday, Jan. 19

Wooly's, in downtown Des Moines'
Historic East Village

This live performance features Samantha Fish's explosive brand of blues/rock-and-roll. For more information, visit www.woolysdm.com.



Winter Jam - All Together Now Tour

Saturday, Jan. 22

Wells Fargo Arena, 233 Center St., Des Moines

Winter Jam, Christian music's biggest multi-artist tour, returns this year, and the 2022 lineup is loaded featuring Skillet, Tauren Wells, KB, Colton Dixon, I Am They, NewSong and pre-jam artists Abby Robertson and Bayside Worship along with speaker Shane Pratt. General admission is a \$10 donation at the door starting at 4 p.m. The pre-show is at 5 p.m., and the show starts at 6 p.m. For more information, visit www.jamtour.com.

Iowa Quilt Museum exhibit

Through Jan. 23

68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit www.iowaquiltmuseum.org.



Tedeschi Trucks Band concert

Wednesday, Jan. 19

Civic Center, downtown
Des Moines, 221 Walnut St.

This 12-member collective continues to push musical boundaries. From uplifting soulful anthems to bittersweet ballads and driving rock and roll, Tedeschi Trucks Band delivers an impactful sound and message with its genre-defying repertoire. For more information, visit DMPA.org.

Fire & Ice Winter Pub Crawl

Saturday, Jan. 22, 1-4 p.m.

Valley Junction

CITYVIEW'S winter event returns. Tickets, ordered in advance, are \$20. Cost is \$30 at the door. Ticket covers 10 sample winter specialty drinks at participating establishments in Valley Junction. Tickets are available online at fire-and-ice.dmcityview.com.



Transcending Trauma seminar

Friday, Jan. 28, check-in starts at 9 a.m.

Program 9:15 a.m. to 4:20 p.m.

Grand View University, The Student Center

Crossroads of Iowa is offering its ninth annual community seminar for "the helping professionals and survivors of trauma." Tuition, which must be prepaid, is \$100 or \$85 if postmarked by Jan. 21. Register online at www.crossroadsofiowa.org or mail checks to 2815 199th St., Suite 111, Urbandale, IA 50322. Walk-ins welcome if space available with payment of cash only. Topics include Eye Movement Desensitization Reprocessing; Rounding, Grieving, Growing Steps of Recovery from Trauma; An Extensive History Validated by Research; and Healing Trauma Through Yoga.

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CREDIT COUNSELING

By Tom Coates

STAYING out of debt in

If you met your personal financial goal of paying off unsecured debt in 2021, then the last thing you want to do is go back into debt this next year. Spending less than you earn can be challenging for even the best budget-savvy consumers.

Here are some general tips:

- Find additional income. A temporary part time job can help to fund extra savings so that emergencies don't end up on a credit card. If your employer allows, work over-time. Review tax withholding allowances. Find a flexible side hustle.
- Track your expenses. If you are over spending, take a look at your bank statements for a month and find the leak.
- Continue to make savings a priority even if it is a small amount.
- Check your subscriptions. Do you have multiple streaming options, an unused gym membership, or magazines that you can cut back on?
- Grocery prices are rising. Take advantage of meal planning around ads or shopping discount grocers. Stick to the list. When eating out, take advantage of discount nights, happy hours, or sharing meals.
- Brown Bag it. Lunches and coffees on the go can be a budget buster. Save by making it at home.

Congratulations on making financial wellness a priority in your life. Cheers to a debt-free New Year. ■



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

IT'S A NEW YEAR, BUT THE MARKET IS STILL

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REAL ESTATE

By Rachel Eller and Jamie Adkins

STEPS to take before buying a home

If buying a home is on your list of resolutions for 2022, follow these steps:

- 1. Improve your debt-to-income ratio:** Debt-to-income ratio is the amount of money you take in versus the amount of money going out. Maybe now is the time to ask for that long overdue raise and start paying down the debt. It's always best to start with the smallest amounts first.
- 2. Save for more than a down payment:** Make 2022 the time where you cut unnecessary spending. You are building for a future so skip some of the name brands and go no-frills for a while. You will have new expenses with home ownership and will have to prepare for a new budget.
- 3. Find a real estate agent:** This is an important step. You want to find an agent who matches your personality. Let them know what it is you are looking for and where you are in your home-buying journey. They will be able to answer questions and guide you through this exciting time.
- 4. Shop mortgages:** You will want to compare mortgage rates and terms. You will need a mortgage preapproval when you are ready to start looking at homes in person. Make sure you are comfortable with your lender and that they are easily accessible. Your Realtor will be able to make recommendations if you are unsure where to start. ■



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

HOME REMODELING

By Trish and
Marty Radke

KITCHEN remodel 101

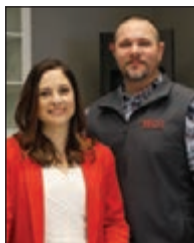
Your kitchen is one of the most essential rooms in your house, so it's no wonder that remodeling it is full of decisions. Here is a list of basic kitchen planning to get you started.

- **The layout:** How much you alter the layout will affect all other aspects of the project, from the budget to the timeline. Do you just need a facelift like a new countertop and backsplash, or do you want to remove bulkheads or walls? Keep in mind that layout changes like walls or moving appliances can affect plumbing and electrical needs and increase the scope of the project.

- **Cabinetry:** Depending on your budget and style preferences, you'll need to choose between custom, semi-custom and stock cabinetry. Custom is the most costly option, with stock, or off-the-shelf, being the least expensive. Semi-custom cabinets are a good option if you want a specific style and finish or the option to add drawer pullouts, or organization tools at a reasonable price.

- **Countertops:** Natural stone, like granite, and man-made stone, like quartz, are currently two of the most widely used countertop materials. Both are durable materials at roughly the same price tag depending on the grade. ■

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



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HEALTH By Alicia Fisher, PT, DPT

WHAT TYPE of stretching should I do?

There are three types of stretching exercises. The first group is called Static. When performing static stretching, the muscle is stretched slowly to tolerance and held in position of maximal stretch for a defined period of time. Static routines are the more traditional type of stretches and are commonly used in most training regimens to increase flexibility.

The second group is called Dynamic. This type of stretching has been shown to improve agility, speed and strength. The muscle is stretched by moving from resting position to maximal stretch and returned to resting position; motion continues for a defined period of time. Static stretching, combined with dynamic stretching, may provide the optimal balance of both improved performance and flexibility.

The third and final group is called Proprioceptive. Proprioceptive stretching is done when the muscle is contracted directly prior to static stretch of the same muscle. The proprioceptive stretch requires expertise to perform correctly.

Long-term stretching routines have been shown to help pain-related issues. When starting a stretching routine to help with pain, it is a good idea to see a qualified professional. ■



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



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HEALTH By Dr. Lucas Bell

WHAT are floaters, and how are they treated?

This is one of the most common questions we get, so if you have experienced floaters, you are not alone. The back of your eye is filled with a clear gel called “vitreous.” This gel is composed mostly of water and proteins such as collagen. The vitreous is typically clear, but, as we age, the gel will typically liquify, and the proteins may then begin to clump together. It is the shadow of these protein clusters that we see as floaters. These floaters are almost always harmless, and no treatment is necessary. A sudden onset of several or larger floaters, especially if accompanied by a flash of light, may indicate what we call a “vitreous detachment.” This is when the gel liquifies enough that the vitreous pulls away from the back of the eye. In about 5-10% of cases of vitreous detachment, there occurs a retinal tear which does require repair by a retinal specialist.

While most floaters — and even vitreous detachments — pose no threat to your vision, if you are experiencing any new or worsening symptoms, the best thing to do is have a dilated eye exam as soon as possible to ensure your eyes are healthy. ■



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

HEALTH

By Leslie Herron

HEALTH care at the pharmacy

All of Iowa's 99 counties have local pharmacies, but not all have the same access to healthcare facilities. In fact, 90% of Americans live within 5 miles of a pharmacy.

In recent years, the role of your pharmacist has expanded to increase access to better healthcare. For instance, did you know your pharmacist can prescribe certain medications?

Case in point: the pharmacists' ability to prescribe immunizations. Seamless to you, but it's actually a 2-step process. We prescribe and administer a vaccine at the same time.

You may be interested in other examples:

- Pharmacists can order and dispense naloxone (Narcan) to any individual at risk of opioid-related overdose or to any person who may be in position to assist an individual at risk of an opioid-related overdose.
- We can also order and dispense nicotine-replacement tobacco cessation products.
- Think you have flu or strep? We test right here at the pharmacy. If positive, we can perform a consultation, prescribe appropriate medication and send you home with it — all in one stop.

The same is true for testing and treating COVID. That's right, we can treat COVID in certain situations. Check with your pharmacy to see if these services are offered. ■

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





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HEALTH

By Janet Rieckhoff

NEW YEAR, new affirmations

With the new year come resolutions — quickly followed by guilt for breaking the resolution. Guilt and negative self-talk can go together in a vicious cycle. Maybe the best New Year's resolution is not to make one, but if you are going to, make two instead. The second being not to allow feelings of guilt or negative self-talk sneak into your mind. If it does get in your brain, then challenge those thoughts and feelings.

To challenge negative thoughts and guilty feelings, think back into your life and ask, "Have I experienced guilt or negative thoughts before about a similar experience?" For instance, when former resolutions were broken, did guilt or negative talk help or come true? Chances are the answer is no, so challenge the negative guilty thoughts with the fact they are unhelpful. Think of yourself as a prosecutor collecting all the facts and arguments against the negative guilty thought to prosecute it.

Another way to challenge negative guilty thoughts is listening to or reading affirmations. Affirmations are often the opposite of negative thoughts. Create affirmations using the opposite. Such as, "I can't do it" becomes "I might be able to do it because I have not tried." Look for affirmation apps and books. Write favorites on sticky notes to put around the house where you will see them. ■

Information provided by Janet Rieckhoff, LMHC of SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com, rieckhoff@sstherapyandconsulting.com.



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12 HEALTHY habits to adopt in 2022

Forget New Year's resolutions. Healthful living is a 365-day process made up of small steps that can add up to a big change. Make 2022 the year you become the best you that you can be.



1. Eat more fruits and vegetables. A diet rich in produce can help lower blood pressure, reduce the risk of heart disease and stroke and protect eye health.

2. Move more: Exercise can improve brain health, help you manage your weight, and strengthen your bones and muscles. Regular physical activity can also reduce your chances of developing type 2 diabetes, heart disease, or stroke.

3. Eat earlier: When researchers compared 6 p.m. dinners to 10 p.m. dinners, they found higher blood sugar levels and less fat burned overnight for the late dinners.

4. Practice gratitude: Grateful people are more likely to take better care of themselves. But practicing gratitude does more than lessen your

aches and pains; it also reduces toxic emotions and lowers stress.

5. Eat breakfast: Recent studies have shown that people who eat a hearty breakfast may burn twice as many calories as those who eat their biggest meal in the evening. Another study showed that adults with type 2 diabetes were better able to control their blood sugar by eating a high-energy meal for breakfast and a low-energy one for dinner.

6. Drink more water: You have likely heard that you should drink at least eight 8 oz. glasses of water a day. While that is a reasonable goal, the fact is each of our needs is different, based on our health, activity level and even where we live.

7. Power down: One in four Americans brings their cell phone to bed with them. Studies have shown that the blue light from devices can interfere with sleep. Power down at least an hour before bedtime.

8. Get more sleep: Not getting enough sleep is linked to increased risk of obesity, stroke, heart attacks, type 2 diabetes, depression, even Alzheimer's disease.

9. Try new things: Trying new things keeps

your mind and body active. In fact, learning a new skill can lead to changes in adult brains, creating new connections between brain cells.

10. Quit smoking: The benefits once you quit smoking can be seen almost immediately. In fact, within 20 minutes of quitting, your heart rate and blood pressure will drop.

11. Build muscle: For most adults, adding strength training to your exercise plan two to three times a week can have many health benefits, especially for seniors. In addition to increasing muscle strength, strength training can preserve bone density and reduce the risk of osteoporosis.

12. Get outside: Nature has been linked to many health benefits, from lowering stress to increasing attention, even improving empathy and cooperation. From a walk in your local park to hiking in the wilderness, there is increasing evidence that nature positively impacts both our physical and mental wellbeing. ■

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

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IMPORTANCE of cervical health

In 2021, about 14,000 women in the United States were diagnosed with cervical cancer and about 4,000 women died of the disease. Cervical cancer is almost always caused by the human papillomavirus (HPV), and this cancer can be largely prevented with screening and vaccination.



Q: What is cervical cancer?

A: Cervical cancer is a malignant tumor of the cervix, which is the lowest part of the uterus. Sometimes, precancerous changes to the cervix (dysplasia) are diagnosed and steps can be taken to prevent cancer from developing.

Q: Can cervical cancer be prevented?

A: Screening is a key component in the effort to eliminate cervical cancer. Pap testing involves collecting cells from the cervix for examination under a microscope to look for abnormal cells. Since most of these abnormal changes are caused by HPV, screening also includes testing for the presence of the virus. Regular Pap and HPV testing improves detection of precancerous changes to the cervix.

HPV vaccination is recommended for everyone around age 11 or 12. It can be given later if necessary, up to the age of 45. Since most cases of cervical cancer are caused by HPV, vaccines that protect against this virus can dramatically reduce the number of cases per year.

Q: What are the signs or symptoms of cervical cancer?

A: Cervical cancer in its early stages generally produces no signs or symptoms. However, with more advanced cervical cancer, a woman may experience:

- Bleeding during intercourse
- Vaginal bleeding between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor

Make an appointment with your health care provider if you have any signs or symptoms that worry you. If you're thought to have cervical cancer, you may be referred to a gynecologic oncologist, a doctor who specializes in treating cancers that affect the female reproductive system. ■

Information provided by Dr. Abby Gonik, gynecologic oncologist with MercyOne Des Moines Surgical Group, 411 Laurel St., Suite 2100, Des Moines, 515-247-3266, MercyOne.org/desmoines

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OPEN House

The Adel Partners Chamber of Commerce organized the annual Business Holiday Open House on Dec. 3.



Barbara Scheetz at Adel Vision Clinic



Rudy Pineda and Karim Agha at World Liquor and Tobacco + Vapors



Marion Conover and Jane Clausen at Adel HealthMart Pharmacy



Kendra Kasischke with Country Lane Lodge



Steve and Paula Exline at the Adel American Legion

MEET Hanna Sanders

Enjoying the curiosity and hugs of elementary students

After growing up in southeastern Iowa, Hanna Sanders received an undergraduate degree from Central College before pursuing a master's degree at Creighton University. She then worked at West Central Valley Middle School before recently joining the Adel-DeSoto-Minburn Community School District. She is now in her first year with the district, working as a second through fourth grade school counselor at Meadow View Elementary School.

"This is my first year working with elementary students, and I look forward to their joyful spirits and all of their hugs, every single day. Their curiosity about the world, ability to bravely learn and try new things, and the ways they show compassion and kindness to each other is the absolute best," Sanders says.

She became interested in pursuing a career as a school counselor while working as a language arts teacher. During that time, Sanders says she had so many students writing about personal experiences they were wrestling with and challenges she couldn't even imagine. She knew she wanted to take a larger role in helping her students navigate around those obstacles.

"I work with the best people. The way our whole staff shows up for kids is awe inspiring every single day. From our administration to our teachers, from our custodians to our associates, we have the best team showing up and giving their best for our students every single day," Sanders says.

One of the biggest challenges she faces as a school counselor is helping her students through situations that no child should have to face, she says. While she has many students facing major hardships, she also has high school students who volunteer their time during open period to read or play games with her students. In addition, she often sees organizations and members of the community stepping up to help meet immense needs.

"The unfortunate reality is that many students in the United States today have faced a number of adverse experiences, and the trauma they have walked through has a major impact on their ability to be successful at school and healthy both physically and mentally. We see that here at ADM as well, but the reward in this is that our community rallies around our school and students in such amazing ways," Sanders says.

When not working, Sanders enjoys spending time with her family. She also enjoys time with her church family and small group as well as taking care of plants and being creative, whether that be through painting, decorating or other creative outlets. ■



Hanna Sanders is in her first year as a counselor at Meadow View Elementary School.

A WOODLAND retreat in the middle of Adel

Leininger replicates a Colorado feeling.

Born and raised in Adel, Dennis Leininger openly expresses his feelings for his hometown.

"I love living in Adel," says Dennis.

"Whenever I cross that Raccoon River bridge coming into town, I know I'm home. 'Growing up Adel' was an incredible experience. We could play all over town and always knew the other parents in town were looking after us, and we were safe."

Leininger was away from Adel for about 20 years while he attended college and then worked and lived in Des Moines. In the late 1990s, he moved to the River Valley Golf Course.

However, after driving by his current home in town and missing the opportunity to buy it, he later jumped at the chance when it became available again in 2007.

"When I moved in, the lot was surrounded by woods to the south and the east," says Leininger. "It reminded me of the camping trips we took out west as a family; we spent a lot of time in the mountains. I am committed to live in Adel, so I decided to bring a touch of that 'Rocky Mountain High' feeling to my home here with landscaping, indoor custom finishes and decorating."

Although the home already had some built-in custom work, Leininger added a large, four-season room with a natural stone fireplace and floor-to-ceiling windows to bring the trees and woods from the outdoors inside. He has also remodeled the kitchen and master bedroom and bath. The home is built on a hill with three bedrooms and two baths upstairs, living area on the first floor and exercise room in the basement.

"When the owner of the land and woods behind me decided to develop the land, it exposed my steep, almost unusable backyard. He was willing to sell me the surrounding woods and land, so I almost tripled my original lot size," says Leininger.

He hired Wright Outdoor Solutions to terrace the backyard, adding two levels: a big deck and a lower-level fire pit to overlook the "dry creek" surrounded with boulders.

"I've planted some 35 trees since then, making the landscaping what it is today," he says.

Inside, an exposed wood beam separates the open concept kitchen from the living room, where a few slim 5-foot-plus trunks from one of his white birch trees lean in the corner. Above the living room fireplace are six framed photos of plant branches and leaves. In the four-season room, the hand-hewn mantle for the stone



Dennis Leininger says he likes to bring the "Rocky Mountain High" feeling to his home with landscaping, indoor custom finishes and decorating. His property includes timber, helping to give it a rural feeling.

fireplace holds a couple of huge Coulter pine cones, a charcoal sketch of an old barn, a plant and also a football, indicating his sports interests. On a chair between the kitchen and living room is also a display of his childhood sports equipment, arranged on a huge "coffee table" book, "American West Chronicle."

"I wrestled in high school in Adel, and I was a walk-on for the wrestling team at UNI," says Leininger. "However, I'm a huge Hawkeye fan, as well as the Green Bay Packers and the Kansas City Chiefs. The four-season room is a comfortable place to watch the games: football, wrestling and basketball with friends."

Another favorite space in the house is his home office.

"I have pictures of people and memorabilia from my life surrounding me," he says.

Leininger is the president of Business Transition Solutions and has been involved in many Adel improvements over the last few years. He excels in bringing people together for a project.

"I like the metaphor of the storybook, 'Stone Soup,'" says Leininger. "If you prime the pump a little for a project, then other people want to contribute, and, soon, the 'soup is simmering' and the project is rolling along to completion. I am active in the Adel community because I feel it is time for me to give back to this amazing town that has meant so much to me," he says. ■



ALL in the family

Entire Bennett family settles in Adel.

Carrie Bennett is one lucky mom. Both of her children and her new grandchild all live within four minutes of her and her husband.

“As a mom, I came up with an evil plan to keep my two kids and my future grand babies close,” she jokes.

She and her husband previously lived in a two-story home in the Waukee area, where both their kids, Cam and Casey, were raised. A few years ago, they decided they wanted to sell their house and move into a ranch. One of the biggest items on their wish list was a big garage, and they just couldn’t find a place that fit all their needs. So, they decided to build instead and found a lot and builder in Adel. The icing on the cake was that the couple was able to take advantage of the City’s residential tax abatement program.

Knowing that her son Cam and his wife were hoping to buy a new home as well, Carrie encouraged them to consider the tax abatement incentive. Intrigued, they traveled to Adel to look at lots and found one they wanted.



Cam Bennett has a unique item at home — a jukebox.



Cam Bennett and his wife, Allison Ayala, appreciate the small-town feel of Adel.

Carrie and her husband moved into their home in January 2018, and a couple weeks later, Cam and his wife moved into theirs — a block and a half away. Carrie says they can even see each other’s backyards because there’s an empty field behind them.

Because she liked having Cam and his family so close, Carrie went to work on convincing her other son, Casey, to move to Adel as well. He had been living in Baxter — about an hour away from Adel — and was missing his family. Carrie would send him real estate listings often, and, finally, the stars aligned. Casey found a house with a Morton building on a quiet street just four minutes away from his brother and parents.

“It took two years, but I got them both here,” Carrie says.

For both Cam and Carrie, the best part of Adel is the sense of community it provides.

“You walk into the post office and people know your name,” Cam says. “It’s definitely got that small-town feel, which I like.”

Carrie adds, “It’s just nice and quiet to come home to after a busy day.”

As for being so close to all his family, Cam has found he enjoys it. It’s easy to pop by his brother’s or parents’ house to pick up a tool, and it’s always funny when they run into each other unexpectedly somewhere in town.

“It’s great having everybody close,” Cam says. “I see them a lot more compared to when my brother lived an hour away in Baxter.” ■

RACCOON River Rental

De Soto businesses rely on Adel Chamber.

When Jason Urban purchased Raccoon River Rentals in 2008, he also joined the Adel Partners Chamber of Commerce. He explains, "I thought the chamber offered some great resources to know what's in the neighborhood for products and services. I became involved since Day One."

His company, located in De Soto, serves rental needs for construction equipment, lawn and garden tools and equipment, as well as other tool rentals.

His expertise in equipment is one reason he was asked to help with the Raccoon River Valley Trails committee. "Deb from the Chamber identifies skills and strengths from its members. I'm more of a hands-on operations guy. I donated some equipment for the trails lighting and construction," he says.

Since De Soto is a smaller town, it recently became a member of Adel's Chamber. He says merging the two helped with promoting De Soto's new business park.

"I asked how we could get a business park sign for De Soto, and Deb helped with that," he explains.

He says De Soto is poised for growth, and being a part of the chamber is essential. "I hope to see new businesses. It's my belief to support local. It needs to be a win-win for both the businesses and consumers. That's what helps make a community thrive. Without local businesses, you don't have a community," says Jason.

If some of his customers are looking for certain equipment, he ensures they are educated about their abilities. "If people are looking for a rental — such as yard work, I'll ask questions. I can usually tell if they don't know what they're doing. I'll give them more resources, such as local names or sending them to the chamber," he says.

The chamber has been a positive aspect in his life as well, says Jason. When growing up in Cherokee, he recalls the strong chamber had many community events. "It stuck with me — it's important to learn about other businesses."

Since joining the Adel Chamber, he's witnessed changes and attributes it to Deb Bengtson for turning it around. "Deb is the heart, soul and vibrance of the chamber. If a business has a problem, it means they haven't found Deb yet," he says. "She always gets people pointed in the right direction."

Networking and being involved with events is vital for his business. Jason says. "Anytime I can support local, it's always a win-win for everyone." ■

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



When Jason Urban purchased Raccoon River Rentals, he made a point to join Adel Partners Chamber of Commerce.

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OPEN House

The Adel Partners Chamber of Commerce organized the annual Business Holiday Open House on Dec. 3.



Marty and Trish Radke at RCI



Bryce Miller at Specialized Health Chiropractic



Makayla, Andrew, Baylor and Carter Lynne Putz at The Morning Grind



Ella Goodrich, Susie Latusek and Becky Harden at Real Deals



Chris and Kristie Anderson



Kevin Howe, Julianna Cullen and Wayne Burkhardt at Cullen + Howe Real Estate



Allison Robinson, Nikki Keller, Melissa Landon, Thomas Book, Barb Wastenev, Logan Willems at Raccoon Valley Bank



Jonna Cave, Kendall Staley, Brooke Shield and Jodi Draisey at Peoples Bank



Tim Canney, Kristi Fuller, Eileen VerWoert, Lesley Halsey, Cortney Blazek and Sue Mahlum at Lincoln Savings Bank

OUT & ABOUT



Volunteers were busy recently stocking shelves at the food pantry. They received two tons of food from the canned food drive held by ADM students. Helping were Donna Scharlau; Maureen Rohret; Celia McCollum, manager; Roland Joiner; and Ronnie Dick.



Kristie Anderson and Julianna Cullen collect toys for the Crisis Intervention and Advocacy Center at Azalea Lane Boutique on Dec. 10.



Denise Walter and Chris Oberreuter at Insight CPA at the Adel Partners Chamber of Commerce annual Business Holiday Open House on Dec. 3.



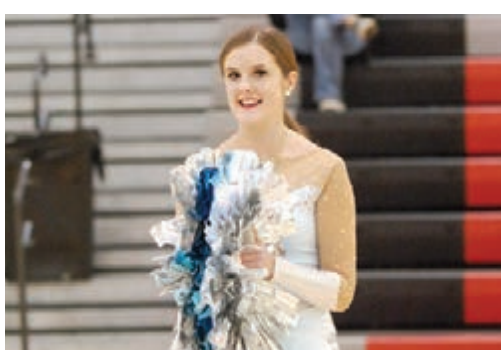
Shirley McAdon with the Adel Rotary at the Adel Partners Chamber of Commerce annual Business Holiday Open House on Dec. 3.



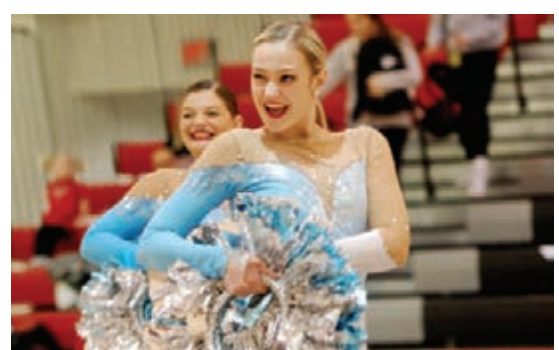
Adel Kiwanis member Logan Willemms with ADM Kiwanis Students of the Month, Matt Dufoe and Averi Brady, on Dec. 14.



Lenaya Sams on the ADM Dance Team, which performed at the varsity basketball game on Dec. 14.



Hailey Johnson on the ADM Dance Team, which performed at the varsity basketball game on Dec. 14.



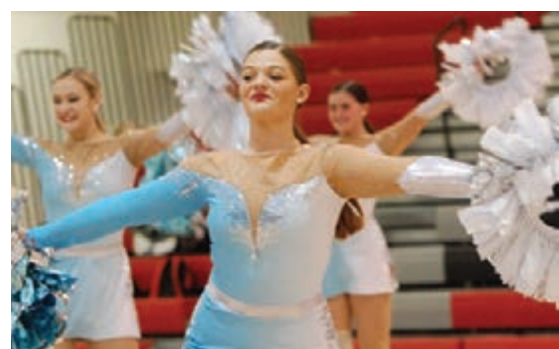
Meridan Boyd on the ADM Dance Team, which performed at the varsity basketball game on Dec. 14.



Addy Reynolds on the ADM Dance Team, which performed at the varsity basketball game on Dec. 14.



Reagan Wosmanský on the ADM Dance Team, which performed at the varsity basketball game on Dec. 14.



Eliana Dohlmann on the ADM Dance Team, which performed at the varsity basketball game on Dec. 14.

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