

ADEL

JULY 2022

Living

MAGAZINE

GETTING together

Residents share how
they build community
through gatherings

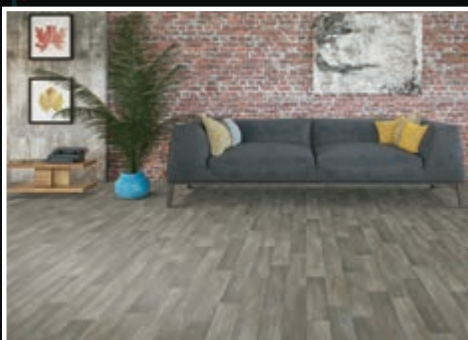
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WELCOME

GATHER around

Getting to know your neighbors isn't always an easy task. Some people simply want privacy and don't care to mingle much. That's certainly fine, as not everyone is a social butterfly. Others aggressively seek out new friends, especially those with whom they have things in common, which often deals with children being the same age.

Each time we moved, Jolene would seek out homes with playsets in the backyards and go up to the door and introduce herself and our toddler kids.

A plate of chocolate chip cookies usually helped, too. It worked for her, and that bit of reaching out created lifelong friendships for us.

Admittedly, this is easier to do in the summer months. During the cold Midwest winters, most people tend to stay indoors where it's warm. But when the warm months arrive, residents start to come alive, much like a butterfly in a cocoon.

In generations past, homes had front porches where friends and family would gather. As the years passed, homeowners sought more privacy and preferred gathering on decks in their backyards. In recent years, as you may have noticed, the trend seems to be moving back to the front yards — or at least the driveways.

We found that one of the better ways to get to know our neighbors was circling the bag chairs around a fire pit in our driveway with a cold drink in our hands. And the s'mores helped, too. While the kids played hide and seek, we adults solved the world's problems — or at least the ones in our neighborhood. From there, we found reasons to gather for potluck dinners, football games and, more often than not, just impromptu get-togethers. The fire pit may not be legal in your community, but the conversation certainly is, and that's what's most important.

So if are not already doing so, invite the neighbors over to your driveway and host a little get-together. If you need some ideas on how to do this or get involved in other gatherings, check out our feature story this month.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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



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GETTING together

**Residents share how
they build community
through gatherings**

By Marsha Fisher

The recent COVID-19 pandemic has had an interesting effect on our social ties. The word “neighbor” has taken on a new meaning as we recognize the importance of authentic social interaction with those who are closest and most accessible to us. Engaging with those neighbors (from a safe distance) was a way to continue to have interaction with those outside our family during the stressful time of a global pandemic. Driveways became gathering places, with lawn chairs six feet apart; people’s news and conversations became precious when the walls of our homes began to close in. As a result, the resurgence of the front porch, driveway or lawn as a “place to meet and greet” is back in the fabric of American life and Adel.

Kyle and Kelly Pape own 3rd Place, a community gathering spot and coffee shop.

The gathering

Martin and Adriana Weil live in a new development on Timberview Drive. They have two young boys, Emmett, 4, and Jamison, 7, who have many young friends to play with in their neighborhood.

“Probably three-fourths of the houses have young families with kids maybe in middle school and younger,” says Martin. “There’s a row of four to five houses by my house, with about 15 kids who range from 1 to about 8 years. We are often out in our lawn chairs in someone’s driveway, with the kids running back and forth between the houses playing.”

The gathering isn’t a planned event but grows as the evening goes on, especially in the summer and fall.

“Nothing is ever planned; it just depends on if you’re home and don’t have anything planned, then we go out on the driveway at our home or walk over to someone else’s house and get together,” says Martin. “Most of the garages have TVs, so, during the football season, the game’s on so we can keep an eye on the score. It’s impromptu; it’s the open gathering space that’s important — and the conversation.”

This strengthening of connections, especially for young families with a common thread of young children and activities, is important. It gives an opportunity to access information about local resources, classes and activities around the community. It also provides support to cope with the challenges of raising a young family, especially during the pandemic.

“We talk about a lot of things, but the common thread is our kids,” says Martin.

Those communication lines have developed into a neighborhood Facebook page, which



A driveway gathering was held at Martin and Adriana Weil’s home on Timberview Drive in Adel.

operates as a kind of message board. In the summer of 2020, with an ebb in the pandemic, the Timberview neighborhood planned a “block buster” block party, with the street being blocked off, a bouncy house, a food truck and fun and games into the night. Communication is strong in the small gatherings that happen on the driveways of Timberview.

Bringing the group together

Living in an established neighborhood near Kinnick-Feller Park, Lacey Cornwell has instituted a new tradition to bring the school children in the area together to celebrate the last day of school.

“Since we live in an older home at the end of Court, and this is an older area of town, there are fewer school-age kids,” says Lacey. “Last year, 2021, I just wanted to celebrate with the kids and the parents all that they had gone through during that school year, with the pandemic and masks, etc. So I decided to invite the parents and kids for a ‘Breakfast Pizza on the Lawn’ before the last day of school.”

Since the number of children was lower, Lacey included people from a larger area than just her street — in fact, she covered about four to six blocks.

“It was a great gathering. Some of us hadn’t seen each other much during the year before, due to COVID, so the parents enjoyed getting together as much as the kids. I served breakfast pizza, doughnuts and fruit with coffee and juice — and the kids just visited and played. When it was time to go to school, we kind of divided up the kids by buildings and took them in cars to the school they needed to go to.”

On the last day of the 2021-22 school year, Lacey again invited the children and parents, and the crowd was even bigger.

“We are now committed to the celebration,” says Lacey. “As more younger families are moving into our older neighborhood, it seems the group is growing. As a matter of fact, one family hasn’t moved into the house they bought around the corner, but one of the group invited them, and they got to be introduced and meet all their new neighbors-to-be.”

The 3rd place brings people together

For those who don’t live in a neighborhood known for its get-togethers, there is a special place in Adel that is a gathering spot to build community and make connections. Originally started by Lori and Allen Richardson, and now owned by Kelly and Kyle Pape, the 3rd Place, 807 Main St., on the square, is an open space to get coffee and share conversation. It is a nonprofit, run mostly by volunteers, and is open from 8:30 a.m. to 11 a.m., Tuesday through Saturday mornings. There are coffee mugs, with coffee for \$1, and creamer available. It is a simple spot where people can drop in to visit and talk with friends — and maybe meet new ones.

“It’s called the ‘3rd Place’ because it is meant to be the third place you want to be,” says Anna Trout, a dedicated volunteer and patron of the community center. “You have your home as No. 1 and your work as No. 2, and this is the third place where you can belong and connect within the community. And, everyone ‘knows your name,’ kind of like on the old TV show,



The first year of the front-yard breakfast at Lacey Cornwell’s home in 2021 was so popular, it returned in 2022.

FEATURE

‘Cheers.’ It is a safe space to make talk and listen and make enduring friendships.”

The hours are conducive to younger moms dropping off their kids at school then taking time to sit down for a leisurely cup of coffee. Wednesday mornings, a large group of “school moms” gather. However, there is also a Thursday night knitting group and a growing group of seniors who are frequenting Friday mornings. For more information, call 515-620-8735 or visit the website www.3rdplaceadel.com. It is available to host private events such as birthdays, showers, family parties or work gatherings.

Anna Trout, Lacey Cornwell and Liesl Chaplin have hosted a “YaHoo/BooHoo Breakfast” for the last few years at the 3rd Place on the first day of school. The guests, and anyone who walks in and wants to participate, get nametags on which they need to identify if they are feeling “Yahoo!” or “Boohoo!” about their kids going back to school; this often depends on their stage of life and the age of their student. It also provides a great



Organizers of the Yahoo/Boohoo Breakfasts are Lacey Cornwell, Anna Trout and Liesl Chaplin.

conversation starter which helps with the real purpose of the 3rd Place: to build community. The menu is breakfast casserole, fruit and doughnuts, and, the first year, they served momosas. Of course, boxes of tissues were provided. As with most successful community builders, it has grown over the last few years, and, this year, the end of school was also celebrated at 3rd Place, with a “Yahoo/Boohoo Breakfast.”



In back, from left: Peggy Scott, Deb Carlson and Bev Carrico, and, in front, Chris Reis and Maria Kinney.

Gathering at the Grace Table

Another place to build relationships and community is called the Grace Table, a ministry of the New Hope Church of Adel. Open to all women of the community, it is a small-group gathering of approximately six women who meet once a month, usually over dinner, to visit and discuss questions that build deeper relationships. It has organically grown to reach beyond the membership of New Hope

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FEATURE



From left: Heather Schwarzkopf, Kelsey Moller, Melissa Dohlman, Katie Fyfe, Barb Cupp and Lisa Payne.



From left: Ann Cunningham (holding Cappy), Roni Dick, Renae Schmidt and Michelle Johnson.

and includes other women of the community who may be invited to share in the group. The regular rhythm of meeting, sharing a potluck meal or dessert and discussing deeper ideas than covered in most small talk, helps members to feel more connected to the people around them.

“One of my neighbors, Michelle Johnson, invited me to join,” says Roni Dick, who attends St. John’s Catholic Church, “I enjoy the conversations and discussing the different spiritual topics. It’s a great way to go a little deeper and examine your thinking — and it’s fun.”

The coordinator for the groups, Melissa Dohlman, has organized about eight table gatherings that meet once a month.

“For the group, there are co-hosts that may switch roles of hosting or providing the food or planning for the potluck; it’s up to the hosts,” says Melissa. “The groups are small enough to fit around the table, and, within our church, we rotate the members of the individual groups to help them meet other members of the church. For the other women of the community, they may want to stay with their neighbor or friend that invited them. It’s all about deepening relationships, meeting new people and discussing spiritual viewpoints and ideas.” ■





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MILITARY retirement pay considerations in a divorce

Military retired pay is property that can be divided between spouses in a divorce proceeding. The retirement benefits are often divided by the Benson Formula. This formula states that the non-military spouse receives half of the monthly retirement payments multiplied by a fraction whose numerator is the number of years the military spouse accrued benefits under the plan during the marriage and whose denominator is the total number of years of benefit accrual. The effects the Survivor Benefit Plan (SBP) and disability payments can have on retirement pay should be considered in a divorce.

Survivor Benefit Plan: The non-military



spouse should ensure the stipulation specifically mandates that he or she receives survivor benefits from the SBP. Two major issues could be created for the non-military spouse if he/she does not receive the survivor benefits. The first issue is that the benefits to the non-military spouse will end upon the death of the military spouse. The second issue is that the amount of monthly retirement paid to the non-military spouse could be reduced if the military spouse designates a new spouse as receiving survivor benefits of the SBP.

Disability payment: Sometimes the military spouse can elect to waive retirement pay in order to receive disability benefits; this is attractive to the military spouse because retirement pay is taxable while disability benefits are not. However, the non-military spouse cannot receive the veteran's disability

benefits as an asset in the property division. Consequently, if the retirement benefits are reduced due to the military spouse receiving disability benefits, the non-military spouse simply receives less retirement pay. A non-military spouse can protect himself/herself by asking for permanent alimony, even if it is a nominal amount. This leaves the door open for the non-military spouse to seek modification of the alimony in the event the military spouse elects to receive disability instead of retirement pay. To be clear, this gives the court the ability to raise spousal support if the military spouse retirement is reduced due to disability benefits but does not require the court to do so. ■

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

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COMMUNITY

ARCHERY league gets new 3D targets

The Adel Parks and Recreation's Archery Park will host the second annual 3D Archery League Shoot from July 5 through Aug. 23 at the Park's Archery Range at 1505 Old Portland Road (just east of Fuller's Petroleum). New this year are 3D targets funded by the Adel Lions Club. The targets include bears, deer, a wolverine, a coyote, a fox, an alligator and others. To pre-register for this program, which is held Tuesdays at 6 p.m., contact Adel City Hall or register online at the City of Adel Park and Recreation page: www.adeliowa.org/parks.



New this year are 3D targets funded by the Adel Lions Club.

Spearheaded by David McAdon, the City of Adel built Archery Park through City funding, a grant from the Dallas County Foundation, and other donations and the help of community volunteers who provided labor and in-kind donations to round out the project. The range has multiple bulldog targets placed at various distances for beginners and for advanced archers.

In 2020, target areas such as the target stands, yardage markers and fence posts were updated by McAdon, his father, Kent; Adel Boy and Cub Scouts, and City staff. The volunteers also worked together to replace shooting pad boards, paint picnic tables, reconfigure bow holders and more.

Last year, the Adel Girl Scouts added an elevated shooting stand to the range as one of their projects geared to engineering skills.

"The Archery Park helps the Adel Parks and Recreation Department meet its mission to provide the community with high quality leisure facilities and recreational and cultural opportunities. Archery is a healthy activity that promotes balance, mental focus, and building upper body strength," McAdon said. "It's a fun sport that can be recreational or competitive."

"This is an important amenity as it is very unique. This is one of two known public archery ranges in central Iowa," Adel Parks and Recreation Director Nick Schenck said. "The unique, special purpose park serves a need for those that enjoy hunting and the outdoors. It gives a safe place for people to practice their archery shooting instead of doing it in their backyard at their residence."

McAdon added, "It's another example of a partnership between the City of Adel and the community to provide more recreational activities that add to the quality of life in Adel. Archery is one of the few sports that allows everyone from all skill levels to stand on the same line and shoot at the same time, making it a great family activity."

Whether coming to the range to shoot at the stand targets or joining the 3D Archery League this summer, Archery Park is a place where all are welcome. ■



JULY 2022

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, July 12th, 2022 at 6:00pm**

For additional meeting dates/times, meeting information, or to subscribe for email notifications when Agendas are posted for City Council meetings please visit www.adeliowa.org/agendas-minutes/

REMINDERS

- The use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- Yard Waste Pickup started Tuesday, April 5th and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

PARKS & RECREATION ACTIVITIES:

For more information and to register, visit adel.activityreg.com

- **Kickball Tournament** – One fun filled day of kickball on Saturday, August 6th starting at 10:00 a.m.. Ages 18+. Cost is \$30/team. Held at Kinnick-Feller Park. Registration deadline is July 29th.
- **Bean Bags League** – Seven weeks of league play followed by end-of-season tournament. Held on Thursday evenings starting August 18. Cost is \$50/team. Held at Kinnick-Feller Park. Registration deadline is July 29th.
- **Storytime in the Park** – Join us for storytime, crafts, and activities in the park on Wednesdays from 10:30-11:30am. FREE. July 6 & 20 held in Evans Park. July 13 & 27 held in Kinnick-Feller Park.
- **Movie in the Park** – Second of three showings is Friday, July 22 in Island Park. Bring your chairs and blankets and enjoy Luca starting at sunset.
- **Micro:bit Makers** – Learn to use a tiny computer / microcontroller to create and innovate. Boys and Girls grades 5/6 attend from 10 am – noon and 7/8 from 1 – 3 pm. July 25 thru July 29 at the Library. Registration ends July 10th. Cost \$85. Sponsored by Adel Lions Club, Adel Rotary and the Adel Kiwanis



ADEL FAMILY AQUATIC CENTER:

Season passes, swim lessons, birthday parties, and private rentals can be purchased online at adel.activityreg.com

- **Military Day** – Current and past military members and family receive free admission into the aquatic center on July 4th.
- **Twilight Tuesday** – Swim under the stars on July 19 from 8-10pm.
- **Cardboard Boat Regatta** – The 4th Annual Cardboard Boat Regatta will be held on Thursday, July 21 starting at 6pm.
- **Splash Bash** – Grab your noodles, floaties, and beach balls for a special swim on July 27 from 6-8pm

HONOR THE CALL TO SERVE:

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Board or Commission appointments will be made at a City Council meeting. Current Board or Commission terms began July 1, 2022, yet there are two vacant positions available to be filled:

- 1 Park Board vacancy (term ending July 1, 2024)
- 1 Planning & Zoning Board vacancy (term ending July 1, 2025)

Applications are available at Adel City Hall or online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

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

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Effective July 1, 2022, a processing fee will be incurred by those making payments using our online and phone systems. To avoid this processing fee, please contact City Hall to set up automatic withdrawal directly from your checking account.

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GET TO KNOW...

What is your title?
City Administrator

What is your past work experience? Management Intern here; baker at Eileen's Cookies in Omaha through college

How long have you been working for City of Adel?
It is hard to believe, but nine years!

What are you excited about for your department's future plans? Growing with the City and the potential opportunities and services that growth can bring.

What is a hobby you enjoy? Guitar and Photography

Anything else Adel should know about you? My wife Jamie and I have two children: Oliver (5) and Lincoln (2.5). They certainly keep us on our toes!



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By Kelsey Hughes

KNOW your credit before buying a home

Purchasing a home is a big moment in life — a key aspect of the American dream. Homeownership can bring feelings of reward and independence, and, to prepare for such an investment, one of the biggest steps is evaluating your financial health and specifically checking your credit. If you aren't familiar with how credit scores work, we're here to break it down.



Think of your credit score as your financial report card. It reflects your ability to repay borrowed money. Scores can range from around 300 to 850, and the higher your number, the more creditworthy you appear to lenders. A higher credit score shows lenders they can rely on you to make your loan payments and do so on time. A higher score can also give you access to more credit products at lower interest rates, meaning more money saved when taking out a loan.

Your credit score is calculated using several pieces of data in your credit report, and the data is comprised of five categories:

1. Payment history. 35% of your score is based on how you pay your bills. If you pay your bills on time, points are added, and, if you are late or miss payments, points are deducted.

2. Amounts owed. 30% of your score is based on how much money you owe versus how much credit is available to you. The lower this ratio, the better.

3. Length of credit history. 15% of your score is based on this. For example, when did you open your first credit card, and how long has it been since you used certain accounts? Generally, a longer credit history equates to a better credit score.

4. Credit mix. 10% of your score considers the different types of accounts in your name (credit cards, retail accounts and loans).

5. New credit. The last 10% of your score is impacted by new credit applications. If you apply for several credit accounts in a short period of time, you may impose a greater risk.

Having a solid credit score is especially important when going through the homebuying process. Managing your score wisely can help you obtain lower interest rates and potentially save you thousands of dollars. When mismanaged, however, it can hurt your ability to open accounts and take out loans, ultimately delaying your financial goals.

To monitor your credit report, we suggest using annualcreditreport.com, which gives you one free report each year. Of course, if you have questions, your bank is there to help. ■

Information provided by Kelsey Hughes, Mortgage Loan 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.



HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

HOW DO I SCHEDULE AN APPOINTMENT?

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RECIPE

MEDITERRANEAN-inspired dinner parties made easy

(Family Features) Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit GenovaSeafood.com. ■

Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna
Servings: 4-6

ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided
- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained,

- patted dry and halved
- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped

- To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.
- In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste forms. With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.
- To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and



season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.

- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

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FACE the financial storm head on

The first half of 2022 has been a financial storm. Inflation hit a 40-year high, interest rates are rising, and the S&P 500 declined 20% through mid-June — the steepest start to any year since 1939. There are things you can do right now to help your retirement savings weather the storm.

Take your 401(k), for example. We often talk to the families and individuals we work with about rebalancing their 401(k). When the market is down, stocks are on sale. Depending on your retirement date and your other retirement savings, this may be the time to put more into the stock market and less in bonds. We are also talking about new contributions to 401(k)s or other employer-sponsored plans. Now may be a time to dedicate those new contributions to equities, allowing you to take more risk with a smaller part of your portfolio. Also, look at how many shares you own, not the value of those shares. If you can ride out this storm, the more shares you buy on sale, the more you can enjoy the sunny days when the market goes up again. Like any retirement decision, these moves must help you achieve your goals, and you must understand and feel comfortable with the risk you are taking.

You can make other strategic moves that don't have anything to



do with the stock market. Developing a long-term tax plan is one of them. Having three buckets of money: taxable, non-taxable and tax-deferred allows you to draw income from these buckets in a way that can decrease your tax burden. A long-term tax plan could also include paying more taxes one year to pay fewer taxes later, as in the case of a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on that money again if it's a qualified withdrawal. Inside the Roth account, you can buy stocks, and if the market is down, you buy them at a lower rate. Then you can ride the market volatility back up and do so in a tax-free account.

Some may say sit back and wait it out when a storm is brewing, but I disagree. Face the storm head-on by developing a plan for your retirement savings so you can take control of your money and your retirement vision. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Krauskopf, Lewis (May 11, 2022) Explainer: Why the U.S. Stock Market is Tumbling in 2022. Reuters.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

Ribbon Cutting and Open House

July 14, 4-6 p.m.

Dallas County Extension,
28061 Fairground Road, Adel

Celebrate and visit with Dallas County Extension staff about all the resources available through Extension.



Figure 8 Races

Saturdays, July 9, July 16, 6-11 p.m.

Dallas County Fairgrounds, 28057
Fairground Road, Adel

Enjoy an evening of Figure 8 racing.

Museum Garden Tours

First Saturday of each month
through August

Museum Gardens, 1129 Main St.,
and Aubrey's Gardens, 1125 Main St.

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

Vintage & Made Fair

Saturday, Sept. 24, 9 a.m. to 4 p.m.

Dallas County Fairgrounds,
Adel

Enjoy live music and local eats why browsing the vendors' handmade and vintages items. Admission is \$10, free for children 12 and younger. For information, visit www.vintagesandmadefair.com.



Jenna's Jam 3.0 Bike Ride

Saturday, July 16

Captain Roy's, 1900 Saylor Road, Des Moines

In memory of Jenna Falbo and benefitting Children's Cancer Connection, this 25-mile bike ride through downtown Des Moines starts at 10 a.m. at Captain Roy's, with check-in at 9 a.m. Registration is \$30 and includes a bandana, bracelet and champagne toast. Visit childrencancerconnection.org for more information. Register online at <https://secure.qgiv.com/for/jennasjam22>.



Beaverdale Bluegrass Festival

Saturday, July 16, 5-10 p.m.

Tower Park

The public is invited to Tower Park, under a majestically illuminated Allen Hazen Water Tower, for the seventh annual Beaverdale Bluegrass Festival. It features Joseph Huber of Wisconsin from 8:45-10 p.m. Huber captivates folks with his sincere and well-crafted songs under his own name and with his backing band. Whether it's irresistible fiddle-driven, dancing tunes or honest, heart-wrenching "songwriter" songs, Huber spans the spectrum of 'Roots' music while preferring not to stay within the boundaries of any strict genre classification.

Miles Over Mountains of Chicago, Illinois, plays 7:30-8:30 p.m. Their modernized style of progressive bluegrass covers a wide spectrum of genres, dynamics and feeling.

Lori King & Junction 63 from the upper Midwest, takes the stage from 6:15-7:15 p.m. They pair traditional and hard-driving instrumentals with Midwestern determination and grit.

The Cardinal Sound of Des Moines kicks off the event from 5-6 p.m. The Cardinal Sound is a local four-piece Des Moines band that weaves genres of Bluegrass and Americana Folk Music into a dynamic and energetic live show. Focusing on their upbeat original music, strong vocal harmonies, and fun, fiddle-led jams. they are a show worth checking out!

This event is free and open to all. Beer will be available for purchase. Food trucks will be on hand. Participants are encouraged to bring blankets, lawn chairs and water. Do not bring in alcoholic beverages. Beer sales are used to pay artists and keep this festival free.



Summer Concert Series

Second Tuesday each month through September, 6-8 p.m.

The Iowa Arboretum & Gardens, 1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: July 12, NOLA Jazz Band with food by Weinie Wonderland; Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowarboretum.org or contact Event Specialist Amber Schmidt at amber@iowarboretum.org or 515-795-3216.

Levitt Amp Summer Concerts

Various dates

Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. July concerts are: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.



EVENTS IN THE AREA

Be sure to check for cancellations

Summer Stir

Friday, July 22, 5-9 p.m.
East Village

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at East Village establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information at summerstirs.com.



Leprechaun Bag Toss Tournament

Sunday, Aug. 7, 2-5 p.m.
Sully's Irish Pub, 860 First St., West Des Moines

Registration starts at 2 p.m. and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only. Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament. Visit www.friendlysonsiowa.com for more information.



Farmers Market/Music in the Junction

Thursdays, through September, 4-8:30 p.m.
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: July 7, Bittersweet Nation; July 14, Toaster; July 23, Sons of Gladys Kravitz; July 28, Jake Simon; Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede; Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.

25-Year Celebration

Saturday, Aug. 27

The Brenton Arboretum, 25141 260th St., Dallas Center

Celebrate the Brenton Arboretum's 25th anniversary. The ticketed event marks the 25th year of the planting of its first trees. The event includes dinner, music, good times and gorgeous trees. Individual or table sponsorship tickets can be purchased online at thebrentonarboratum.org/ cheers or by phone, 515-992-4211 ext 3.



Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon
(8 a.m. to noon in October)

Des Moines Historic Court District

The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.

Promotions

July 12
\$1 Hot Dogs
Berkwood Farms

July 13
Monte Morris Appearance

July 14
Christmas in July

July 15
Betfred Koosie Giveaway
Betfred Sports

July 16
Marvel's Defenders of the Diamond Night

July 17
Outdoors Night
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THE SWANSONS are friends to people and dogs

Couple regularly works with teens and animals.

Margo and Dirk Swanson are long-time residents of Adel, moving to the area about 30 years ago. They raised their three children, Kelsey (32, now in Washington, D.C.), Daniel (30, in Kansas City) and Kate (24, in West Des Moines) in Adel and have been involved in their church, Grace Lutheran, and school and community activities.

Both Margo and Dirk work for the Heartland Area Education Association, which conveniently, has a branch office in Adel. "People who like people" is a good phrase to describe the Swansons. Dirk is a physical therapist who works with children who have physical disabilities and Margo works with families of infants and toddlers who are delayed in their development. Therefore, it is not surprising that they volunteer in "people-activities" with their church, including teaching Sunday school, Bible study and confirmation, and accompanying youth groups on mission trips.

"I never dreamed that I'd like working with teens," says Margo, "but I love their enthusiasm, energy and vitality." The Swansons have accompanied three large groups of youth to ELCA (Evangelical Lutheran Church in America) National Gatherings, a convention of about 35,000 high-school-age teens, which take place every three years in large American cities. The Gathering lasts around five days and each day is focused on a form of service. Each convention has a central theme that is focused on a certain scripture from the Bible. The next gathering will be in 2024.

"We have taken the group from Grace to Detroit and to New Orleans twice," says Margo.



"The city of New Orleans enjoyed having the convention (2009) so much, that they asked us to please return again (2012); the service learning projects addressed the ongoing recovery efforts of Hurricane Katrina. Coming back from New Orleans, each of the students expressed that their favorite part of the trip were the service days when they worked alongside the residents."

Margo says, "It is inspiring to watch the young adults grow in their faith while they are having fun. Teens are much more caring, thoughtful and pleasing than most people think."

It was with their teenage daughter, Kate, that they first started volunteering at AHeinz57 Pet Rescue & Transport. "We started doing shifts letting the dogs out, cleaning up, and spending time with the dogs to help socialize them," says Margo. "That led to transporting dogs here from kill shelters, fostering dogs and cats, taking dogs to events where the public can meet them, and search and rescue, which entails looking for lost dogs and rescuing dogs from dangerous situations. AHeinz57 has a huge variety of volunteer opportunities and over the past ten years, Dirk and I have done most of them."

The foster-based rescue organization saves homeless animals and provides them comfort through a team of volunteers and staff. Their



BigDeal Car Care Shop Manager McKinzie Wright presents the Good Neighbor certificate to Margo and Dirk Swanson.

goal is to find 1,800 pets homes this year.

"My favorite part of volunteering at AHeinz57 is driving up to the rescue with a van full of dogs from a puppy mill, where they are usually poorly treated and not well cared for," says Margo. "They are dirty, terrified, sick and underfed, often covered in their own waste. The volunteers swarm out of the building, take the dogs in their arms and look right past the dirt and smell, hold them tight and tell them that their life is going to be so much better now. The dogs make huge strides once they have good care and start getting the love they never had."

Margo's parents set an example of helping others, especially her father, Larry, who was a volunteer firefighter and EMT in the Delaware Township area. "He worked for the Des Moines Water Works and so he drove all over the city; he always stopped to help anyone in need and frequently brought home stray animals, which often became our pets," says Margo. ■

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WHAT is the deal with THC?

For many years, the term “THC” (short for tetrahydrocannabinol) has been vilified and misunderstood. THC is a natural occurring part of hemp and marijuana and has many beneficial effects. It's not only for recreational activity; it has medicinal benefits ranging from aiding sleep and pain management, to relieving depression.

Is THC legal in Iowa? Yes and no. Federally, anything exceeding 0.03% THC is illegal to purchase or possess without a prescription. This also applies in the State of Iowa. Some states have now made marijuana, with its naturally high-occurring THC content, fully legal. Iowa does have legal prescription marijuana options that must be prescribed by a doctor.

The hemp side of cannabis, with its lower, naturally occurring THC levels, is much easier to purchase and provides many of the same benefits. There are other products out there (mostly synthetically made) designed to mimic THC's benefits, namely Delta 8 and HHC products. These are highly illegal in Iowa. The Department of Inspections and Appeal website lists all illegal forms of cannabis in Iowa, and any consumer can check and report illegal sales.

We want to make sure everyone is being compliant and selling legal products with full lab reports and certificates of analysis to go along with them. THC is such a beneficial cannabinoid for many ailments, and we don't need vast amounts to get the relief we're seeking. ■

Information provided by Lacie Navin, Your CBD Store, 264 Hickman Road, Waukee, 515-669-5438.



MEET Anna Tecklenburg

From a family of teachers

When Anna Tecklenburg started college, she was undecided on a career path. However, after working part-time as an elementary associate in her hometown of Humboldt, she soon realized that her calling was to become an educator. Tecklenburg graduated from Buena Vista University in 2017 then spent time working as a substitute teacher.

During that time, she worked with students from preschool to high school, allowing her to explore different grade levels and determine what she really enjoyed teaching.

“Being one of five kids, I am used to a little bit of chaos! My dad was a sixth-grade teacher for 33 years, and two of my siblings are also teachers, so teaching runs in the family,” Tecklenburg says.

Today, she is a second-grade teacher at Meadow View Elementary School. As part of the Adel-DeSoto-Minburn district, Tecklenburg says she appreciates having the opportunity to continue learning research-based instructional strategies, best practices, and new ways to make connections with her students. She has also built some lasting friendships with fellow co-workers, which Tecklenburg says has made working at the district so amazing.

“I love how determined and relentless the people I work with are. They hold me to a high standard, which in turn makes me a better teacher. The teachers and staff are phenomenal, both professionally and personally,” she says.

Tecklenburg adds, her students enjoy conducting research and then presenting it to their classmates. Early on in the school year, her students learn how to find resources and gather information about a topic they are interested in. These topics can range from athletes to favorite places or animals. The students then have the opportunity to create a poster, book, electronic book, or a slideshow to showcase what they learned. Tecklenburg says her students like sharing their presentations with the class as well as answering questions about their topics.

“Teaching is at the same time rewarding and challenging. Nothing beats helping a child meet a goal or seeing a child's face light up when they discover that one book that brings them pure joy. The most rewarding thing for me is knowing that I am helping numerous young learners grow academically, socially, and so much more,” Tecklenburg says.

When not teaching, Tecklenburg enjoys spending time with family and friends. In addition, this past school year, she received a brand new classroom in Meadow View Elementary School. Having been in a new building with new people, Tecklenburg says she is excited to go into the new school year with more confidence. She also enjoys reading, exercising and playing with her three young nieces. ■



Anna Tecklenburg says substitute teaching gave her a chance to explore different grade levels and subjects to find out what she most enjoyed.

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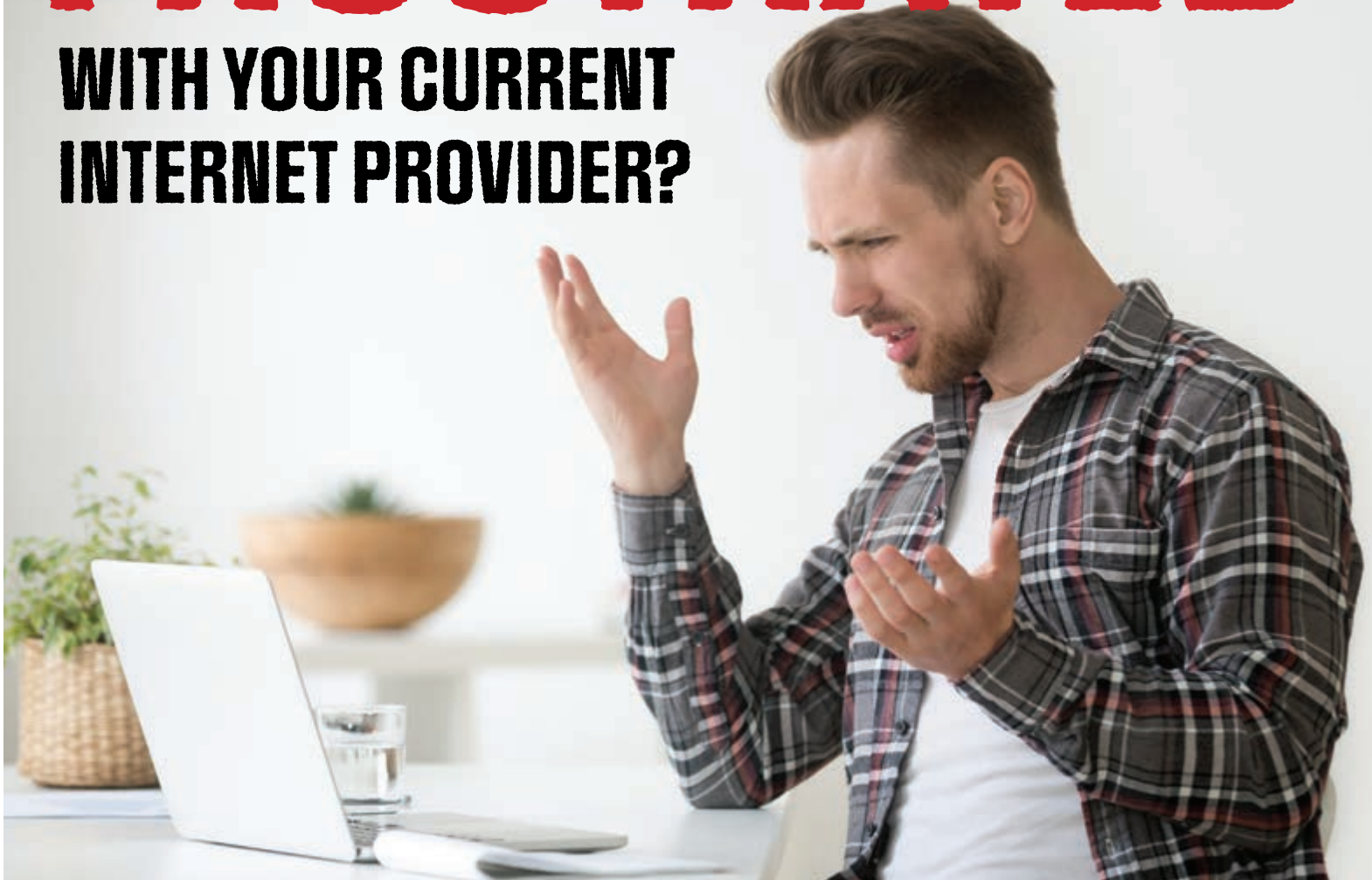
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HEALTH By Alicia Fisher, PT, DPT

WHAT could be causing knee pain in my child?

Osgood-Schlatter disease is a condition that can cause your adolescent son or daughter knee pain. With Osgood-Schlatter disease, the tendon that connects from the knee cap into the top of the shin becomes inflamed and starts to pull away from the bone. This is more prevalent during periods of growth spurts for kids, as they tend to grow faster than the tendon can possibly stretch.

Symptoms usually include: pain, tenderness and swelling at the top of the shinbone or below the knee cap. This pain usually will increase with exercise or activity, especially running or jumping activities. They may also have tightness in the surrounding muscles, particularly in the thighs, which can enhance the pull on the tendon. Your doctor will probably perform a thorough physical examination, focusing on your child's knees and hips. X-rays may also be done in order to get a closer look at the knee. If the case is mild, the doctor may recommend rest and ice. With other cases, the doctor may prescribe anti-inflammatories, crutches, and, in very extreme situations, surgery.

A physical therapist can help the healing process with interventions to correct muscle imbalances, a home exercise program involving stretching of the tightened muscles and tendons, and possibly performing modalities for symptom control as needed. ■

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



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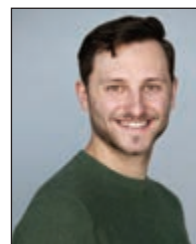
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HEALTH By Elijah Evans

PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■

Information provided by Elijah Evans, T-LMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



HEALTH

By Dr. Lucas Bell

SPORTS vision skills you can practice at home

With softball and baseball season in full swing (pun intended), I am hearing more questions about ways to improve hand-eye coordination. Of course, many other sports require this skill as well, and many sports utilize other aspects of vision such as peripheral vision and depth perception. Below are a few things you can do at home to enhance your visual skill set.



Eye dominance: Just like most people have a dominant hand, most of us also have a dominant eye. It often matches your dominant hand, but not always. Understanding which eye is dominant can be valuable in sports such as golf, baseball and softball, where head positioning can allow you to utilize your dominant eye more efficiently.

Depth perception: Using two eyes that see things at slightly different angles allows us to have depth perception. Nearly all sports require depth perception to some degree. If you feel yours could be better, try to drop a small bead or similar object into a drinking straw at arm's length. Start a few inches away from the straw and increase the distance as you get more accurate.

As always, if you have questions or would like to discuss sports vision further, let your family eye doctor know. ■

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

HEALTH

By Leslie Herron

WHAT is CBD?

Cannabidiol (CBD) is one active compound found in the Cannabis plant. Tetrahydrocannabinol (THC) is another, and THC is the one that gets you "high." CBD has some of the same medical benefits as THC, which allows you to get the benefits without the "high."



CBD has been found to provide relief from various conditions. A few include anxiety disorders, post-traumatic stress disorder, arthritic pain, inflammation, seizures and digestive issues.

CBD comes in different forms, allowing you to tailor your method of use to your specific need.

- Oils/tinctures are liquids infused with CBD placed under the tongue for fast absorption.
- Creams/lotions are used for muscle and joint pain.
- Capsules/pills are much slower-acting and only a small percentage of the dose reaches the bloodstream.
- Edibles (gummies) are popular but have the same drawback as pills.
- Inhaling vaporized CBD oil (vaping) is the fastest way for CBD to act; however, vaping can do damage to your lung tissue.

CBD is not a drug; however, it's now legal for pharmacies to sell CBD. Purchasing CBD at your pharmacy is highly recommended. Trust your pharmacist to find your best option and ensure it's safe to take with your other medications and health conditions. ■

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

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HOW to best manage bites and stings

It's that time of year. We are all outside a lot more enjoying the beautiful weather. After a long winter and rainy spring, we deserve to enjoy the weather. With that comes more risk of bites and stings from those pesky ticks and mosquitoes. Do you know what to do if you get stung by a bee or wasp, or find a tick on your leg? Here are some helpful tips.



First of all, when it comes to protection, DEET is still the gold standard. Read the label and understand that anything above 50% really isn't needed. Aim to find a product with 10-30%. Higher percentages may last longer; however, anything over 50% tends to plateau. If the smell of DEET is too bothersome, look for a product containing picaridin, or Natrapel. There isn't as much research on this ingredient, but it may work as well as DEET. Oil of lemon eucalyptus 30% seems comparable to DEET 15% against mosquitoes but may not protect against ticks. Try to avoid combination sunscreen and bug spray products. Sunscreen needs to be applied more often than bug spray.

So what do you do if you get stung by a bee or wasp? First, scrape off the stinger (only bees leave their stinger). Wash with soap and water and apply a cold compress for about 10 minutes. Give an oral antihistamine (e.g., Diphenhydramine (Benadryl)) and apply topical

corticosteroid such as hydrocortisone cream. Always seek immediate medical attention if there is a systemic allergic reaction such as hives or trouble breathing.

Tick bites are common here in Iowa, so here are some tips regarding ticks. If you have a tick on you (look hard, they can be so small they look like a scab or freckle), remove with fine-tipped tweezers and grasp as close to the skin as possible and pull straight out. Wash the bite area with soap and water. Do not try to burn the tick off or use nail polish remover or Vaseline. This may cause the tick to embed farther into the skin. Save the tick for identification. Try to determine how long the tick may have been attached. The risk of Lyme disease is low if attached for less than 36 hours. An antibiotic may need to be prescribed to prevent Lyme disease.

Continue to monitor for symptoms of Lyme disease for 30 days. Most will get a rash, commonly a bull's-eye appearance, at the site of the bite within seven days. The rash is not typically itchy or painful. Also, flu-like symptoms may appear such as chills, fatigue, fever or headache. Consult your physician if any of these occur.

As always, your pharmacist is there to help with prevention products or remedies to treatment bites or stings. ■

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

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4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.



Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes, and sedentary lifestyle.

2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart

risk factors. Continuous stress releases an excess of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

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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THE KINDS of people Jesus loves

One of the biggest surprises in the life and ministry of Jesus is that He called a tax collector to be one of His disciples.

Nobody in the ancient world was hated more than tax collectors. They were considered legal criminals who made a great living ripping off their local neighbors. Imagine with me that you are living in the time of Jesus, and you're traveling home after a day of work. On the way, a tax collector stops you and demands to look through your bags and then randomly picked the amount he wanted to tax you. The kicker is that he could choose any tax rate he wanted, and you had to pay. No wonder the local Jews were so frustrated at tax collectors.

Imagine the shock of the other disciples



when Jesus picked Matthew, a tax collector, to join the group. But, in doing this, we see the heart of God who loves and pursues all people (even tax collectors). The Lord loves broken people, rejected people, overlooked people, and the people who sin, even a lot, and this is good news because this is all of us.

The great thing is, the more Matthew spent time with Jesus, the more He became like Jesus. What's interesting is that, at the end of his life, Matthew was called to stick close to home and minister to the people from his past whom he wronged, to go back to the communities that hated him and back to the synagogues that rejected him and tell them about the One, Jesus, who made all the difference in his life. They all knew who Matthew was and were now seeing who he had become.

Who is Jesus inviting you to love and serve? Maybe you're a coach, a teacher, or have

a heart for your coworkers or neighbors. Know that, in this, Jesus may send you to difficult places or difficult people, maybe even to the people you've wronged. I bet a lot of Matthew's conversations the rest of his life started out like this: "I'm really sorry for what I did to you... will you forgive me?" By the way, this is a great way to start a conversation about the difference Jesus makes.

Let Matthew's story encourage your own. There is a God in heaven who knows you, loves you, and is inviting you to follow Him. If you ever have any doubts that He would choose you, all you need to do is remember Matthew's story. The kinds of people Jesus loves are all kinds of people. Even tax collectors. Even messed up people. Even me and even you. ■

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

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BLOOM where you are planted

Addition of water cart makes plant care easier.

Valerie and Mike Sutton grew up in the Adel area and are alumni of ADM Community Schools.

"We both graduated from ADM and, once a Tiger, always a Tiger," says Valerie.

Valerie and Mike own Midwest Augers, a trenching business that mostly operates equipment underground, pushing dirt out of the way for pipes.

"When the opportunity came to buy my grandpa and grandma's greenhouse in 2015, we jumped at the chance."

In 2015, Mike and Valerie moved from Panora back to Adel.

The Harvey family has owned the business for six generations. Cyrus E. Harvey started the Harvey Floral Company in 1901. Valerie remembers working side by side at the greenhouse with her grandparents, Don and Mary Harvey. There she learned the names of flowers, plants, trees and shrubs and how to care for them, as well as the importance of quality and making lasting relationships in business... and life.

As the owner of the greenhouse, Valerie has continued the tradition of quality and service, but has also modernized some of the marketing and business aspects. For example, this summer, the flower shop that has been within the greenhouse will be moving to the square on the corner of Nile Kinnick Drive North and Main Street. This is part of the Sutton vision to increase retail businesses on the square and beyond.

The family philosophy is based in growing and the future,

"You don't plant a tree for yourself, but for the future," says Valerie.

The family headed up the Adopt-A-Pot program in 2019, which provided flowering pots around the Courthouse Square in Adel. However, the maintenance of keeping the plants watered was daunting. They donated self-watering pots to cut down on the amount of watering needed, but, without rain, the reservoirs still needed to be filled. The Sutton family themselves could often be seen watering the downtown pots late in the evening with a large water tank on their truck.

Enter Dennis Leininger, another Tiger

alum and local businessman who likes to encourage any improvement he can for his hometown of Adel.

"I knew of a used golf cart that I thought might provide a means for volunteers to get involved to help with the watering," says Dennis, "and they wouldn't need a truck."

Brant Kaufman, also a Tiger, who owns Signature Signs and Graphics in Grimes, donated the vinyl vehicle wrap in a decorative bloom design, and "Violá! Woot! Woot!...the Adel Water Cart was born.

The cart is kept at Harvey's Greenhouse and a filled water tank is attached on the back of it. It is also equipped with handy, laminated sheets of simple directions on how to run the cart, a map of areas to be watered around the square and at Oakdale Cemetery, where to refill the water tank and how long to water each pot or light pole planter. Valerie has drawn up a schedule of volunteers with slots filled by friends and neighbors through August, but more slots need to be filled through the end of October. If you are interested in volunteering to join the ranks of "watering volunteers," contact Valerie Sutton by emailing Valerie@midwestaugers.com.

"I want to be sure to have you thank the volunteers, including Dennis and Brant, and those that have been watering so far this year," says Valerie. "It is heart warming to see so many people wanting the best for Adel and sharing their time to help beautify our community."

This year, the Greenhouse donated six pole planters that are hanging on the east side of



Valerie Sutton with the Adel Water Cart by a planter that gets watered near the entrance to the Oakdale Cemetery.

the square to beautify the town as people drive through Adel on Highway 169. "The plan is to eventually have pole planters all around the square, for a total of about 20," says Valerie. With the usual "eye to the future," Valerie hopes that, next year, the community can get involved in the planting of the pots. With directions and plants provided by Harvey's Greenhouse, families could come to a "Plant Up the Pots Party." People, businesses or neighborhoods could also sponsor pots or donate more pole planters with their names included on name stakes.

"I want the whole community to be a part of the positive outlook and happiness beautiful plants and flowers bring to us in our environment, especially here in Adel!" says Valerie. ■

BACKYARD entertaining space

Poldberg home serves as gathering grounds.



Craig and Wendy Poldberg are long-time residents of Adel. One of the favorite aspects of their home is their outdoor entertainment space.

It's been more than three decades since Craig and Wendy Poldberg moved to Adel.

They settled down in the community in 1987 when the couple's jobs transferred them to Des Moines and Waukee.

In 2004, after living on an acreage west of Adel for 17 years — the place they initially moved to — the Poldbergs built a home in town.

In the 18 years since then, they've transformed their backyard into an entertainment area where they enjoy gathering with family and friends. In fact, their outdoor space is Craig and Wendy's favorite part of where they live. They recently shared their backyard, which also includes a rock wall and raised perennial and vegetable beds, with the

Adel community as part of the Adel Home Garden Tour held on June 26.

Aside from their home, the couple also appreciates their neighborhood, which they describe as "a quiet cul-de-sac with friendly neighbors."

The Poldbergs raised all three of their children in Adel, and now that the kids are adults, the couple is grateful they've all decided to plant their own roots nearby in the metro.

"We appreciate the easy proximity to Des Moines while enjoying the space and small community feel that Adel provides," Wendy says.

She adds that, over the years, she and Craig have had opportunities to be involved in town as much or as little as they've wanted to be. The

organizations they've been part of include the Adel Kiwanis Club, Grace Lutheran Church and several boards serving the city.

"We are both recently retired, and we have been helping at the local food bank with food backpacks for schoolchildren," Wendy says. "We've enjoyed more traveling, spending time with family, and Craig has been getting in a lot more golf at Hillcrest."

Overall, the Poldbergs are proud to be part of the Adel community.

"As Adel has grown, we have enjoyed watching new families bring new ideas and traditions to town, while Adel continues to cherish established traditions and encourages newer residents to help keep them going," Wendy says. ■

BILLY'S Ice Cream Store

Sweet reason to join the Chamber

At an age when most people consider retiring, Billy Nuzum contemplated a career change. She had been working in a doctor's office in West Des Moines. Unsure of her next move, she said a prayer, asking for guidance.

Shortly after, she received a call from Jack Chance, owner of the Dairy Stripe in Adel, asking if she wanted to buy it.

Nuzum had met Chance previously and told him she'd be interested if he decided to sell the place.

"I jumped on it and looked at it that day," she recalls. "I went home to tell my husband I was buying an ice cream place, and he told me I was crazy."

In 2015, Nuzum secured financing, and a banker who lived in Adel referred her to Adel Chamber member Dan Juffer. She immediately joined the organization.

Billy's Ice Cream Store serves both hard and soft ice cream concoctions. The store's specialty is a lemon-flavored ice cream Nuzum and her husband perfected after she recalled the recipe from her youth. Since opening, business has flourished, thanks in part to her involvement in the Chamber and the town's growth. The Chamber has helped promote her business and connect her with other local businesses. During a business and citizen of the year celebration, Nuzum served samples of her ice cream.

"I had a lot of comments — people who had never been to my place. That's good to get the exposure," she says.

For the local Azalea Lane anniversary, she provided cups of ice cream for their party. Deb Bengtson from the Chamber assisted with the connection.

"Deb knows everybody and everything. She's the guru who holds everything together," Nuzum says.

In addition to getting to know local business owners, she's gotten a large fan following in Adel.

"I know most of my regular customers — the grandparents, the kids, the dogs," she explains. "These are the people I know and trust — they all shop in town here."

She's happy to be a part of the chamber and the Adel community, and proud to be part of the town's growth.

"So many new young families want to raise their kids in a great school system. They volunteer willingly and support the small businesses," she says. "I'm amazed and excited to see all the changes and growth coming up." ■

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



Billy Nuzum

"The Chamber has helped me **promote my business** and **connect me** with other local business."

BILLY NUZUM,
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OUT & ABOUT



Kendra Kasischke and Jodi Draisey at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.



Alicia Fisher and Lindsay Brown at Core Physical Therapy, that celebrated 18 years in Adel with an open house on May 24.



Robin Mulvey, Mike Burggraaf, Justin Scherff, Chrissy Refsland and Jodi Hook at Core Physical Therapy, that celebrated 18 years in Adel with an open house on May 24.



Diana Troester, Carol White and Doug Mandernach at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.



Randy Pingel, Aaron Rowe and Brandon Nemechek at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.



The Adel Chamber of Commerce held a ribbon cutting for the Faith Lutheran Church's new building addition on May 25.



Megan Rowe, Asher Rowe and Amber Nemechek at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.



Vickie Krohn, Monica Person and Susan Knutzen at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.



Kathleen Colpoys and Linda Fuller at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.



Jim Peters and Keith Troester at the ribbon cutting for the Faith Lutheran Church new building addition on May 25.

OUT & ABOUT



The Adel Rotary Club and the Adel Partners Chamber of Commerce Bike Trail Committee worked together to secure a \$41,566 grant from T-Mobile. Adel was one of 50 communities across the country to receive such a grant. The money will be used to expand the newly named Adel Rotary Plaza at the intersection of Highway 169 and the Raccoon River Valley Bike Trail.



Back row: Rylan Vos, Matthew Karns, Chris Oberreuter, Shirley McAdon. Front row: Jane Clausen, Paul Zietlow, Tim Ennis, Marie Hansen, Earl Sande. Not pictured: Kevin Howe and Doug Pfeiffer at the Rotary Plaza groundbreaking on June 23.



Kent and Shirley McAdon at the Rotary Plaza groundbreaking on June 23.



Erin Stender and Makayla Putz at the Rotary Plaza groundbreaking on June 23.



Jane Clausen and Thomas Book at the Rotary Plaza groundbreaking on June 23.



Olivia Tollari at ADM Varsity Softball vs North Polk on June 1.



Ella Grossman at ADM Varsity Softball vs North Polk on June 1.



Aliya Yanga at ADM Varsity Softball vs North Polk on June 1.



Kaylee Smith at ADM Varsity Softball vs North Polk on June 1.



Cameran Smith at ADM Varsity Softball vs North Polk on June 1.



Addison Banse at ADM Varsity Softball vs North Polk on June 1.

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