

ADEL

JUNE 2022

Living

MAGAZINE



art FOR ALL

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WELCOME

TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well. This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

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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art FOR ALL

Community art is transforming public spaces

Wagner's Favorite Monuments



By Marsha Fisher

When people think of “public art,” many picture statues, fountains and sculptures such as that found in Pappajohn Sculpture Park in Des Moines, where the art is on display outside of museums and galleries for the public to see and enjoy. Much of the public art that has survived from the past consists of various types of stonework, such as monuments and architecture.

Mark Hanson, Chairman of the Dallas County Board of Supervisors, shares Bill Wagner's pen and ink sketches in the building across from the courthouse.

FEATURE

Today, however, the category of public art includes a huge range of works, expanding from sculpture, memorials and architecture to murals, integrated landscape work, such as the Reiman Gardens in Ames, and even digital media. The scope has widened to also include public performances and festivals.

Public art contributes to the cultural identity of a community by setting it apart and attracting people to its uniqueness. In the heart of Adel stands the historical, 16th century French chateau-style Dallas County Courthouse, built in 1902, surrounded by historic brick streets. Around the courthouse square, the 1880s Italiante-style buildings feature bronze plaques installed by the Adel Historical Commission to recognize their historical significance.

Looking around Adel, we can see we are surrounded by public art, whether we are aware of it or not.

Adel and Bill Wagner

William J. Wagner, a nationally known architect and artist, was an ISU graduate raised in Iowa, who wanted to “make the world a better place.” His mission? The preservation of architectural treasures. During his career, he worked on historical architecture from Salisbury House, to Living History Farms, to Terrace Hill, to the Dallas County Courthouse — specifically the stenciling found above the ceiling tile. Bill Wagner also earned a master’s degree in art from Drake University. He combined his love of restoration of old buildings with his artistic skill of developing detailed pen and ink sketches of them and their future restored look. He was instrumental in forming the Iowa Society for the Preservation of Historic Landmarks.

“In the early 1990s, when Bill Wagner was in his 70s, Kelly Dougherty was helping with removal of the ceiling tile in the courthouse,” says Chairman of the Dallas County Board of Supervisors Mark Hanson. “As he pulled down the tile, he discovered the stenciled painting on the ceiling from the original building. When Bill Wagner, who lived in Dallas County near Dallas Center, found out, he was so excited with the prospect of renovating the discovery, he let out a whoop.”

Later, he directed and did the renovation to replicate the original painting of the rotunda and décor of the 1902 original wainscot.

“He’d climb up on the scaffolding and, Michelangelo-style, lay on his back to paint



Talking about Wagner's collection, Mark Hanson points out the sword of Lady Justice.

the design,” Hanson continues. “He was unbelievable and a national treasure. He was a Renaissance Man.”

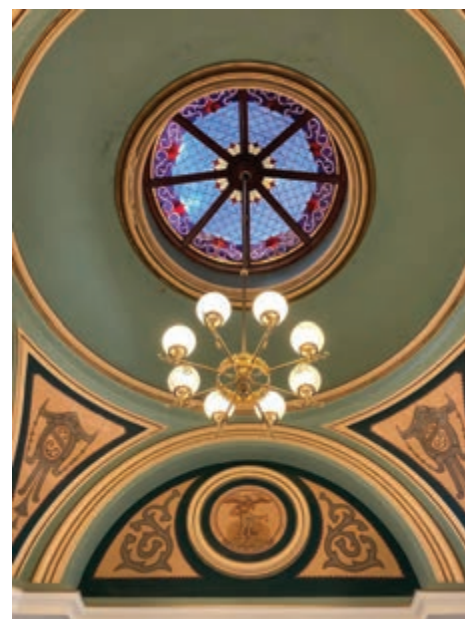
When Bill Wagner died in 2001, his estate left much of his huge collection of books, presidential autographs and memorabilia, drawings and artwork to the Dallas County Historical Preservation Commission. There is a Wagner Gallery at the Forest Park Museum near Perry.

However, the public will be able to view a part of his work and collections during the Sweet Corn Festival, as a special part of the 175th anniversary of the founding of Adel observance.

“The public will be able to view a part of Bill Wagner’s enormous collection in the Maintenance Offices just north of the County Courthouse on the square, in the old Chrysler Building,” says Hanson. “And, on Saturday, Aug. 13, the Courthouse will be open with the public being able to participate in viewing the art and the restored rotunda.”

Public participation

“Sometimes overlooked, often misread, public art is a sign of life.” This quote from Patricia C. Phillips describes the art that is now a part of the Raccoon River Valley Trail. This 89-mile trail, the longest in the nation, was voted by the Rails-to-Trails Conservancy (RTC) to its Rail-Trail Hall of Fame by a record-breaking



Finished rotunda renovation.

number of votes. The RTC’s vice president, Brandi Horton, says, “This trail is a stunning example of the powerful role trails play in building community and connecting the past, present and future of a place.” The trail offers views of woodlands, prairies, public art and the unique “lighted bridge” in Adel.

Artwork on the trail highlights the region’s railroad history.

“Starting in Waukeez, at the trailhead and its 350-foot-long gateway, the theme is ‘In the Shadow of the Rails,’ ” says Rebecca Hillmer,

FEATURE

a strong supporter of the trail system and the person who led the “Light the Bridge” project.

“The entire trail has been designated an Iowa Great Place, which allowed us to apply and receive the Iowa Arts Council Grant which helped with the funding to light the bridge,” says Hillmer. “The bridge has 66 color-changing LED lights, and the lighting system has the capability to illuminate millions of different color combinations.”

One of the biggest trends recently in the creative arts industries is 3D and digital motion neon design. The upcoming exhibit in Des Moines, “Immersive Van Gogh,” is an example of viewing art in a moving digital format.

“We change the lighting combinations on the bridge at the first of each month, so look for the following colors or combinations,” says Hillmer. “June will be rainbow colors, July will be red, white and blue, and August will be teal.”

Other examples of the “art of the trail” are the structural art pieces designed by artist David Dahlquist. The portico and lighted poles at the trailhead in Waukee are the first installations in seven different towns. Some have an “art pole” with the town’s name, replicating a train station sign (as in Adel at Pedal Plaza) or a portico or bollard (a short post used as an architectural perimeter or barricade), as in Minburn.

Interactive art provided by Rotary

Following the Rotary International motto, “service above self,” the local Rotary club is taking on a two-year project of fundraising and community service to improve the quality of life for the community of Adel.

“To mark the 100th anniversary of the founding of the Adel Rotary Club, the organization will be renovating Pedal Plaza along the Raccoon River Valley Trail as it travels through Adel,” says Shirley McAdon.

The plan is to increase the size of the area, to include picnic tables and a covered bench, improved signage and interactive metal musical flowers. Each flower has four different notes, one from each petal. These sculptural additions in bright colors can be enjoyed by people of all ages and abilities.

“The flowers are colored metal and can be struck by a mallet to produce a tone,” says McAdon. “We plan to have two waist-high for adults and two that are shorter for children.

It’s very exciting to think about a family playing their own tune. I have also talked with Mr. Russ Braun, the band director of ADM Schools, about using the musical tones to have his students see what kind of original song they may be able to compose for our dedication of the park in the spring of 2024. It’s just an idea in its infancy, but it’s stirring up a lot of impressive possibilities.”

In addition, the plan includes an arch with the symbol of Rotary, the wheel at the height of the arch. Coincidentally, that also connects with the trail and most of the patrons’ usage. The cost analysis and construction of the project is being overseen by member Matthew Karns, who provided a drawing of the proposed project.

“The plan is moving towards completion; however, it is still a work in progress. As it moves toward the physical and fundraising, others in the club will get involved,” says Karns, who is part of Ball Team Construction Services.

“We are working with Curtis Waddingham, and the City of Adel has been great,” says Karns. “We are redoing concrete with a brick-stamped motif to remind trail-users that our bricks are our historical business. We are in the process of engaging a local metal fabrication artist, Bryce Holmes, and are working on the arch and its design.”

The target date of the opening of Rotary Plaza is May 2024.

“Part of the mission of the Adel Partners Chamber is to improve the quality of life, create a sense of community and preserve our rich heritage, and public art meets all of these criteria. Our beautiful courthouse, the art along the trail and all of our cultural events, such as the Garden Tour, the Sweet Corn Festival and the Hometown Holiday Celebration, contribute to the public enjoyment of our community. With that pride, community spirit and sense of belonging,



Lighted bridge in Adel over the Raccoon River.



Musical metal flowers proposed for Rotary park.



Art Pole East View

comes the improvement of the economic resources of the Adel area,” says Deb Bengtson, president of Adel Partners Chamber. ■

WE UNDERSTAND.



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SUPREME COURT Justice Neil Gorsuch, Jordan Bohannon and the Wild West

When I was a kid, we sometimes played a game called TriBond. It was a pretty simple game where the object was simply to determine, “What do these three have in common?” In fact, you can still play this game in Adel as you drive past a local veterinarian’s monument sign. I’ve been told you only “win” if you come up with the answer before you cross the bridge.

So, what do Supreme Court Justice Neil Gorsuch, Jordan Bohannon and the Wild West all have in common? I’ll give you a second... The answer (at least the one I came up with; let me know if you have any other good answers) is they all are tied to “NIL” in some fashion. If you are even just a casual college sports fan, you probably know that NIL is an acronym for Name, Image and Likeness. So how are these



three tied to NIL?

In June 2021, Justice Neil Gorsuch penned the opinion for the Supreme Court in *NCAA v. Alston*, which likely forever changed the NCAA athletic landscape as we know it. Student-athletes are now allowed to profit from their name, image and likeness. Before this decision, the NCAA rules didn’t allow for any such profiting by student-athletes, as they were considered “amateurs.” As recently as 2014, colleges and universities were not even allowed to provide unlimited meals and snacks to their student-athletes. A big proponent of changing these rules was the NCAA’s record holder in basketball games played (179), Iowa Hawkeye PG/SG and Boomin Iowa Fireworks partner, Jordan Bohannon. Bohannon was one of the most vocal proponents for allowing NCAA student-athletes to be able to profit from their name, image and likeness while retaining eligibility to play collegiate sports. Using the hashtag #NotNCAAProperty on Twitter and

Facebook, Bohannon helped bring this issue to the forefront of society.

Many sports and legal commentators have stated that the recent change in the NIL law has made collegiate athletics the new Wild West. Prior to June 2021, rules, regulations and prohibitions pertaining to NCAA amateurism were not in short supply. We are now in a new era where it seems everything is up in the air. What powers does the NCAA have to enforce rules? Are so-called booster-funded “collectives” going to be targeted by the NCAA? What is legally permissible and what is not? Until that is figured out, collegiate sports will seemingly remain the Wild West. Congress is looking at possibly addressing these NIL issues with federal legislation which would allow for a common framework of rules — which would be no small task. Stay tuned. ■

Information provided by Adam Doll, Hopkins & Huebner P.C., 1009 Main St., Adel.

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COMMUNITY

ADM Students of the Month for April

At the commencement exercises on May 29, the Adel De Soto Minburn Scholarship Foundation presented scholarships to deserving seniors going on to post-secondary education. In the past 30 years, more than 800 students have received scholarships totaling \$786,000. Also, special recognition was given to the winners of the Nile Kinnick, Eric Cutler and Stan Norenberg Awards.

Along with giving out scholarships, the Foundation each month announces the students who have excelled academically and athletically in a specific area. The Foundation, along with local businesses, announce the following students who have received this recognition in the month of April 2022. Some sports are recognizing for both March and April.

- Student of the Month: Clayton Gustafson - Raccoon Valley Bank
- Kiwanis: Taylor Caltrider and Dustin Barker
- Fine Arts: (Spring Play) Lilah Hegarty (onstage) and Sylvia Jerden (backstage) - Lincoln Savings Bank
- Girls Golf: March - Emma Mellencamp - Adel Lions Club
April - Monica Thomas - Azalea Lane Boutique
- Boys Golf: March - Sam Hlas - Patrick's Restaurant
April - Easton Korell - Patrick's Restaurant
- Girls Soccer: March - Taylor Caltrider - Adel HealthMart
April - Katie Cullen - River Valley Insurance
- Boys Soccer: March - Dylan Ingram - Big Al's BBQ
April - Grant Vandevoorde - Big Al's BBQ
- Girls Track: March - Hallie Henfling - Adel Family Dentistry
April - Geneva Timmerman - Core Physical Therapy
- Boys Track: March - Ty Hook - Azalea Lane Boutique; April - Caleb Crystal - Adel TV and Appliance

Local businesses make a contribution to the ADM Foundation, formed in 1985, to support the Student of the Month program. All contributions given to the Foundation are invested, and the income is used to provide the scholarships granted each year. More information on this program may be found at www.admscholarshipfoundation.com, or you may contact a board member listed on the website. ■

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ADM Students of the Month for May

The 2021-2022 school year will soon be in the books.

Acknowledgements are being made for accomplishments in academics, athletics and music. The choirs and all-school bands have given their last performances of the year. Eighteen awards were presented to ADM High School journalists published in school newspapers or on school news sites. Eighteen students celebrated the completion of their third-year biomedical science program in a white coat ceremony. The boys and girls track and field team competed in the Drake Relays, and the soccer teams are receiving accolades for their accomplishments.

The ADM Scholarship Foundation acknowledges the following students who have been named by their teachers or coaches as excelling in their area of expertise. Local businesses contribute to the Foundation to honor these students and provide the funding of the scholarships.

Student of the Month: Monica Thomas - Raccoon Valley Bank
 Kiwanis: Brynn Busta and Rebecca Beaman
 Fine Arts (Art): Emma Mellencamp and Gracie Benz - Lincoln

Savings Bank

Girls Golf: Kendal Book - Adel Rotary Club
 Boys Golf: Grant Jansen - Patrick's Restaurant
 Girls Soccer: Carly Kuhse - Adel HealthMart
 Boys Soccer: Owen Higgins - Big Al's BBQ
 Girls Track: Olivia Tollari - River Valley Insurance & Core

Physical Therapy

Boys Track: Jacob Crystal - Adel Lions Club

The Adel De Soto Minburn Scholarship Foundation was founded in 1985. All contributions given to the Foundation are invested, and the income is used to provide the scholarships granted each year to ADM graduating seniors going on to post-secondary education. The announcement of the scholarship winners and the Nile Kinnick, Eric Cutler and Stan Norenberg Awards were made at the commencement exercises on May 29 at the ADM High School. More information on this program may be found at www.admscholarshipfoundation.com or you may contact a board member listed on the website. ■




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FINANCE

By Randi L. Gustafson

ARE YOU purchase mortgage ready?

I have had the pleasure of helping many new homeowners over the years, and all of them come into the mortgage process with the same questions. “Am I OK to buy a home?” “Do we qualify?” “What can we afford?” Let’s break it down to four basics your lender is going to look at to determine if you are mortgage ready.



1. Income. You need enough monthly gross income to cover your mortgage payment, but also enough to support paying your other creditors (student loans, credit cards, auto payment, etc.) Your lender will want to keep your monthly overall debts in check with your monthly income to determine the payment you can afford.

2. Savings. Also known as reserves. Your accounts will not only need to have enough funds to close, but also have enough saved up should an emergency arise. Even if you don’t have to bring money to closing, a lender will normally look for two to three months (reserves) in mortgage payments.

3. Credit. What is the minimum credit score you need to qualify for a mortgage? The quick and dirty answer, per industry norm, is 620. The score isn’t the most important thing, though, it’s the history. History of any late payments, collections or judgments can put a stop to any mortgage, even with a higher credit score. Maintaining low credit card balances and paying bills on time shows.

4. Collateral. Once you have been pre-approved, then it’s time to shop for a home. The type and condition of a home plays a huge part with mortgage qualification. Sometimes particular homes may not qualify for certain mortgages. Odd properties like Morton buildings, manufactured homes and log cabins are hard to appraise, therefore can become unqualified if a value can’t be determined. A fixer-upper home isn’t as hard to appraise but may need a different kind of mortgage, like a construction loan.

There are other variables that your lender may look at, such as type of income or employment history. Whatever your situation may be though, it is never a bad idea to sit down and hash through a pre-approval application with your lender. This way, even if you are not ready to take on a mortgage, you can learn what steps are needed to do it right in the future. ■

Information provided by Randi L. Gustafson, 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 your peace of mind and the financial security of your family.



JUNE 2022

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, June 14th, 2022** at 6:00pm
- For additional meeting dates/times, or meeting information, please visit our website www.adeliowa.org.

REMINDERS & CLOSURES

- **Monday, June 20th, 2022:** City Hall will be closed to the public.
- **Monday, July 4th, 2022:** City Hall will be closed in observance of Independence Day.
- 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.

GET TO KNOW...

What is your title? Parks and Recreation Director

What is your past work experience? Worked as a Recreation Program Supervisor for West Des Moines and Fort Dodge prior to Adel

How long have you been working for City of Adel? 15 years in Adel. Time flies!

What are you excited about for your department's future plans? I enjoy the park planning and new amenities. We have some exciting trail extensions coming in the future.

What is a hobby you enjoy? I really enjoy the outdoors, hunting/fishing. Life is very fast-paced; this is my way to slow down.

Anything else Adel should know about you? I have 4 children and my wife, Amber, works for the ADM schools.



NICK SCHENCK

PARKS & RECREATION ACTIVITIES:

Adel Parks & Recreation has various free, family friendly events throughout the summer. Learn more about them below:

- **Bark in the Park** - A dog-some evening filled with peanut butter licking, musical mats and paw print paintings. *Mutt* as well come and check it out on June 22 from 6-7pm at the Adel Dog Park.
- **Storytime in the Park** - Join us on Wednesday mornings for story time, crafts, and activities in the park. Full schedule can be found at adel.activityreg.com and on our Facebook page. We are kicking things off June 8 with a bouncy house at Evan's Park from 10-11am.
- **Movies in the Park** - First of three showings is Friday, June 24 in Evans Park. Bring your chairs and blankets and enjoy the movie starting at sunset.



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 the June 14th City Council meeting. Submit applications by June 8th to be included in the City Council packet. Current Board or Commission Openings for the term beginning July 1, 2022:

- 3 Library Board positions (6 year term)
- 2 Park Board positions (3 year term) & 1 Park Board vacancy (term ending July 1, 2024)
- 2 Historic Preservation Commission positions (3 year term)
- 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.

JULY 1ST, 2022, UTILITY RATE INCREASES:

New rates will be assessed on the bill due July 20th, 2022.

- **Water:** Minimum Monthly Charge (2,000 gallons): \$31.42; \$15.71 per 1,000 gallons
- **Sewer:** Minimum Monthly Charge (2,000 gallons): \$29.32; \$14.66 per 1,000 gallons
- **Storm Water:** \$3.60 per ESU and CSWT \$6.00
- **Garbage:** \$13.80 per Bin
- **Recycling:** \$4.34 per Bin (including yard waste pick up)

ONLINE & PHONE PAYMENTS:

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.

JOB OPENINGS WITH CITY OF ADEL:

Visit adeliowa.org/permits-and-forms/employment-application/ for all our current job openings with the City of Adel.

ADEL FAMILY AQUATIC CENTER:

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

- **Summer Kick-Off** - Let's celebrate the start of the season with swimming and free hot dogs/chips. June 3 from 6-8pm.
- **Twilight Tuesday** - Swim under the stars on June 14 from 8-10pm.
- **Father's Day** - Dad's get free admission on Sunday, June 19
- **Splash Bash** - Grab your noodles, floaties, and beach balls for a special swim on June 29 from 6-8pm.

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Jodi Selby
515-657-1315

Rob Christensen
515-478-3260

Dan Miller
515-979-6119

www.adeliowa.org



RECIPE

CHEF-WORTHY Summer Classics

(Family Features) Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Show off your summer cooking skills with Fried Lobster Po Boy Cheeseburgers from Omaha Steaks Executive Chef David Rose. Savory lobster is combined with all-American burgers.

Find more summer favorites at OmahaSteaks.com/Summer. ■



Fried Lobster Po Boy Cheeseburgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

PIMENTO REMOULADE

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncino, seeded and minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

FRIED LOBSTER TAILS

- vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce
- 1/4 cup potato chips, finely blended in food

processor

- 1/3 cup panko breadcrumbs
- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks Cold Water Lobster Tails (5 ounces each)

CHEESEBURGERS

- 1 pound Omaha Steaks Premium Ground Beef
- salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded
- **To make pimento remoulade:** In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well-incorporated. Season with salt, to taste.
- **To make fried lobster tails:** Preheat grill to 400 F and add oil to 10-inch cast-iron pan, about 1/2-inch deep.
- In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well-incorporated. Set aside.
- In separate medium bowl, whisk egg, water and hot sauce. Set aside.
- In third medium bowl, whisk potato chips, panko

breadcrumbs and parsley until well-incorporated. Set aside.

- Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.
- Toss halved lobster tails in flour mixture first, egg mixture second and potato chip mixture third, coating thoroughly.
- Fry lobster tails 3-4 minutes on each side until golden-brown and cooked through. Close grill lid between flipping.
- **To make cheeseburgers:** Preheat grill to 450 F using direct heat. Form ground beef into two 1/2-pound patties, each about 1/2-inch thick.
- Using thumb, make dimple in center of each patty to help cook evenly.
- Season both sides of burger with salt and pepper, to taste. Spread butter on each cut-side of buns.
- Grill burgers 4-5 minutes per side for medium doneness.
- Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut-sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.
- **To assemble:** Place desired amount of remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

THE SOCIAL Security decision: marriage, divorce and death

For many of the individuals and families we work with, Social Security makes up 20-30% of their retirement income. You could have up to 81 options for electing this important benefit if you are married.

When it comes to Social Security benefits for spouses, the determining factors are the length of the marriage, work history, and the age of both spouses. Each spouse needs ten years of work history to qualify for individual benefits. However, your full retirement age benefit is based on an average of your 35 highest wage-earning years. Each spouse will automatically receive the highest amount for which they are eligible — either the benefit based on their own work record or a derivative (up to 50 percent) of their spouse's benefit. For instance, a wife may qualify for a higher benefit based on her husband's work history over her own. You can qualify for spousal benefits if your spouse is already collecting Social Security, you have been married for at least a year, or you are at least 62 years old.

The rules change in cases of divorce. For a divorced spouse to receive benefits based on the ex's work history, the couple must have been married for 10 years or longer, and both must be age 62 or older. If a



former spouse is eligible for a benefit but has not yet applied for it, the ex may still apply for the spousal benefit as long as they have been divorced for at least two years. Claiming benefits on your ex-spouse triggers a spousal benefit, which is worth a maximum of 50% of the retirement benefit. Then you can take retirement benefits based on either your work history or half of your ex-spouse's, whichever is higher. If your ex-spouse remarries, you can still claim benefits. If you began drawing ex-spousal benefits, then remarry, then typically, those payments are terminated.

Widows and widowers are entitled to 100 percent of the higher earner's retirement benefit if the decedent spouse had reached full retirement age before death. A widow(er) may receive 71.5 percent of the decedent spouse's benefit once they reach age 60. A surviving spouse may claim a reduced benefit on one working record and then switch to the other. The higher earner can increase the survivor's benefit by waiting to receive benefits until age 70.

These are just some of the rules for electing Social Security. It's not your job to know all of them; working with a retirement planner who does will help you maximize this vital piece of your retirement income. ■

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

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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

Levitt Amp Summer Concerts

Sundays at 6 p.m.
Earlham City Park

The lineup for the Levitt Amp Summer Concert Series has been released. The concerts are free and family-friendly. June concerts are: June 5, The Burroughs with Randy Burk and the Prisoners; June 12, Blue Hazard and Shamarr Allen; June 19, Walker County with Dave Thaker Trio; June 26, Radio Free Honduras with Brad and Kate. Watch for July and August details coming up.



ADM Booster Club Golf Tournament

Friday, June 17 with a 9 a.m. shotgun start

River Valley Golf Course

The ADM Booster Club Golf Tournament is an 18-hole, four-person scramble with an 8-inch cup at every hole. Registration is due Friday, June 10; must be paid in advance; and is limited to the first 36 teams. Proceeds from this event support all student athletes at ADM Middle and High schools through the Athletics Booster Club. Register online at www.admboosterclub.org/golf. Cost is \$300 per team including lunch and drink tickets. Questions may be directed to Gretchen Rickert at cgrickert1@aol.com.



Figure 8 Races

Saturdays, June 11, June 24, 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 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.

Vacation Bible School

June 13-17, 9 a.m. to noon.

Faith Lutheran Church and Preschool, 602 S. 14th St., Adel

Faith Lutheran Church and Preschool is offering Vacation Bible School. Participants will "go off-road for a monumental adventure through the colorful canyons and sunbaked trails of the Southwest." Register online at www.faithadel.com.

Adel Garden Tour

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

The Adel Garden Tour will feature five diverse and beautiful gardens. A VIP package is available for a "make and take," wine and treats at Penoch Winery after the tour. The Adel Women's Club will be serving a salad luncheon at First Christian Church from 11:30 a.m. to 1 p.m. Tickets are now available online at bit.ly/3MuyITP and at Adel HealthMart, Azalea Lane Boutique, Harvey's Greenhouse and Real Deals.



Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.

Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



Airing of the Quilts

June 1-4

Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit www.iowaquiltmuseum.org.

Community lecture on weight loss

Saturday, June 25, 11-11:45 a.m.
Luana Bank Conference Room

Did you know that serial dieting (yo-yo dieting) can mess up your metabolism and hunger signals so badly you could actually gain weight on 900 calories a day? Learn the best dietary patterns for humans and the science to support it, real reasons people gain weight, tools for creating optimal habits so you can lose weight, and informed health at the "Weight Loss: New Solutions, Old Problem" community seminar. The presenter is Kim Jordana Robinson-Gilchrist, M.S., Counselor and Certified Food Over Medicine Instructor. RSVP by leaving a message by voicemail, 515-631-0925, kim@gilchristhealth.com.

EVENTS IN THE AREA

Be sure to check for cancellations

Cajun Fest Boil & Brew

June 4

Jr's SouthPork Ranch, Iowa State Fairgrounds

A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." They unite people to share good food, good music, and create good times for a good cause. Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Drinks include Hurricanes, Slushies and, of course, beer. Live music and kids' activities are included. General admission is \$40 per person, \$140 for group of four, and \$100 for VIP tickets with private accommodations and concierge service. For more information and tickets, visit <https://www.cajunfestiowa.com>.



Leprechaun Open

Saturday, June 11,
shotgun start at 8 a.m.
Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Kreps at 515-669-2531 to register. Visit www.friendlysonsiowa.com for more information. Entry fee is \$70 at registration and \$80 late registration.



Music Under the Stars

June 12, 19, 26, July 3 and 10, 7-8:30 p.m.

West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 12, vocalist Jackie Schmillen; June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase-Fundlay. For more information, visit www.musicunderthestars.org.

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

Garden Art Show

Sunday, June 5,
noon to 5 p.m.
4320 Franklin Ave,
Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beaverdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Find more information at www.whirlythings.com.



Family Tees Golf Tournament

Wednesday, June 8
Toad Valley Golf Course,
237 N.E. 80th St.,
Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at cfiowa.org/events.



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May 31-June 5



June 14-19



June 28-July 3



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June Promotions

June 4
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June 17
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June 28
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Caitlin Clark June 18



Holiday Fireworks July 2&3



SATURDAY JULY 16TH
GATES 5PM © 2022 MARVEL



VARSITY BASEBALL

| DATE | TIME | OPPONENT | LOCATION |
|--------|---------|-------------------|--------------------------------|
| Jun 2 | 7:30PM | Ballard | Nite Hawk Field |
| Jun 3 | 7:00PM | Ogden | Ogden High School |
| Jun 4 | 10:00AM | Boone | DMACC-Boone Campus |
| Jun 6 | 7:30PM | Bondurant-Farrar | ADM High School |
| Jun 8 | 7:30PM | Winterset | Winterset High School |
| Jun 9 | 7:30PM | Carlisle | ADM High School |
| Jun 13 | 7:30PM | Gilbert | Gilbert High School |
| Jun 15 | 7:30PM | Boone | Boone Memorial Park |
| Jun 16 | 7:30PM | Carroll | ADM High School |
| Jun 18 | 8:00AM | Multiple Schools | Abraham Lincoln High School |
| Jun 21 | 7:30PM | Creston Community | Creston High School |
| Jun 22 | 7:30PM | North Polk | ADM High School |
| Jun 23 | 7:30PM | Ballard | ADM High School |
| Jun 27 | 7:30PM | Bondurant-Farrar | Bondurant-Farrar Middle School |
| Jun 29 | 7:30PM | Winterset | ADM High School |
| Jun 30 | 7:30PM | Carlisle | Carlisle High School |
| Jul 1 | 7:30PM | Gilbert | ADM High School |
| Jul 5 | 7:30PM | Norwalk | Norwalk High School |

JV BASEBALL

| DATE | TIME | OPPONENT | LOCATION |
|--------|--------|-------------------|--------------------------------|
| Jun 2 | 5:30PM | Ballard | Nite Hawk Field |
| Jun 3 | 5:00PM | Ogden | Ogden High School |
| Jun 6 | 5:30PM | Bondurant-Farrar | ADM High School |
| Jun 8 | 5:30PM | Winterset | Winterset High School |
| Jun 9 | 5:30PM | Carlisle | ADM High School |
| Jun 13 | 5:30PM | Gilbert | Gilbert High School |
| Jun 15 | 5:30PM | Boone | Boone Memorial Park |
| Jun 16 | 5:30PM | Carroll | ADM High School |
| Jun 21 | 5:30PM | Creston Community | Creston High School |
| Jun 22 | 5:30PM | North Polk | ADM High School |
| Jun 23 | 5:30PM | Ballard | ADM High School |
| Jun 24 | 5:00PM | Johnston | ADM High School |
| Jun 27 | 5:30PM | Bondurant-Farrar | Bondurant-Farrar Middle School |
| Jun 29 | 5:30PM | Winterset | ADM High School |
| Jun 30 | 5:30PM | Carlisle | Carlisle High School |
| Jul 1 | 5:30PM | Gilbert | ADM High School |
| Jul 5 | 5:30PM | Norwalk | Norwalk High School |

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SUMMER 2022

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PLEASE VISIT WWW.RACCOONRIVERCONFERENCE.ORG

VARSITY SOFTBALL

| DATE | TIME | OPPONENT | LOCATION |
|--------|---------|------------------|--------------------------------|
| Jun 2 | 7:30PM | Ballard | Ballard Middle School |
| Jun 3 | 7:00PM | Van Meter | Van Meter High School |
| Jun 6 | 7:30PM | Bondurant-Farrar | ADM High School |
| Jun 8 | 7:30PM | Winterset | Winterset High School |
| Jun 9 | 7:30PM | Carlisle | ADM High School |
| Jun 10 | 10:00AM | Multiple Schools | North Scott High School |
| Jun 11 | 8:30AM | North Scott | North Scott High School |
| Jun 13 | 7:30PM | Gilbert | Gilbert High School |
| Jun 15 | 7:30PM | Boone | Boone Creasman Field |
| Jun 16 | 7:15PM | Carroll | ADM High School |
| Jun 21 | 7:30PM | Gilbert | ADM High School |
| Jun 22 | 7:30PM | North Polk | North Polk High School |
| Jun 23 | 7:00PM | Ballard | ADM High School |
| Jun 24 | 7:30PM | Knoxville | ADM High School |
| Jun 27 | 7:30PM | Bondurant-Farrar | Bondurant-Farrar Middle School |
| Jun 29 | 7:30PM | Winterset | ADM High School |
| Jun 30 | 7:30PM | Carlisle | Carlisle High School |
| Jul 1 | 11:00AM | Multiple Schools | DCG BB/SB Complex |

JV SOFTBALL

| DATE | TIME | OPPONENT | LOCATION |
|--------|--------|------------------|--------------------------------|
| Jun 2 | 5:30PM | Ballard | Ballard Middle School |
| Jun 3 | 5:30PM | Van Meter | Van Meter High School |
| Jun 6 | 5:30PM | Bondurant-Farrar | ADM High School |
| Jun 8 | 5:30PM | Winterset | Winterset High School |
| Jun 9 | 5:30PM | Carlisle | ADM High School |
| Jun 13 | 5:30PM | Gilbert | Gilbert High School |
| Jun 15 | 5:30PM | Boone | Boone Creasman Field |
| Jun 16 | 5:30PM | Carroll | ADM High School |
| Jun 21 | 5:30PM | Gilbert | ADM High School |
| Jun 22 | 5:30PM | North Polk | North Polk High School |
| Jun 23 | 5:30PM | Ballard | ADM High School |
| Jun 24 | 6:00PM | Knoxville | ADM High School |
| Jun 27 | 5:30PM | Bondurant-Farrar | Bondurant-Farrar Middle School |
| Jun 29 | 5:30PM | Winterset | ADM High School |
| Jun 30 | 5:30PM | Carlisle | Carlisle High School |



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CHAPLIN connects people of Adel

Kind-hearted actions bring people together

"Community is such an important aspect of life to me," Liesl Chaplin says. "We chose Adel when we moved from Cedar Rapids with our three boys in 2016 because we were looking for an excellent school community, but we also found a community of people who are friendly, open and caring. Adel is the ultimate 'Good Neighbor,' and I am so glad for my family to be a part of it"

Her positive attitude and joy of life or "joie de vie" are the first things you notice about Chaplin when you meet her. With her abundance of energy, she reaches out to the people around her and makes connections with others.

"I am lucky to have made friends of all ages and backgrounds here in Adel, and I am so grateful for each one of them," Chaplin says.

Some people find their circles of friends and don't venture further, but Chaplin talks to everybody with a sincere interest in their lives.

She uses that mindfulness to help others connect to each other, too. An older neighbor, Roni Dick, describes how Chaplin helped her become friends with another neighbor, Janelle Smool, who was about the same age and new to the community.

"Liesl had gotten to know Janelle in an aquatic exercise class here in Adel and found she had just moved and knew no one," says Roni. "She invited us both to coffee at the 3rd Place and introduced us — and now we are friends." Roni, whose husband died a few years ago, adds, "Liesl and her family — husband Chappy and the boys — are often checking on



me, sharing her homemade salsa or something fresh from the oven."

"I don't always have the time or availability of a standing commitment because of the boys' activities and Chappy's job and coaching," says Chaplin, "but I do try to stay connected. Drop a note, send a text, meet for coffee (or a doughnut, or margarita or yoga class). Staying connected to the people around you is important. We don't all have to look alike or agree on everything to be in a community with each other; we just need to respect and love each other with understanding."

One of the ways Chaplin keeps in touch with others in Adel is being involved at the 3rd Place, a community center on the south side of the Courthouse square.

"It's open from 8:30 to 11 a.m. from Tuesday to Saturday. Coffee is \$1, and it's a great place to bring friends or just drop in and make new connections," she says. "I was invited when I was new to town and was immediately welcomed and included. In a world full of circles, 3rd Place is a shining example of a 'horseshoe' — always leaving a space for others to join in."

Chaplin lists her "Adel favorites" as:

- Small-town charm: the gazebo at Kinnick-Feller Park



BigDeal Car Care Shop Manager McKinzie Wright presents the Good Neighbor certificate to Liesl Chaplin.

- Tradition: Sweet Corn Princess Contest
- Hidden treasure: rhubarb scone at River to River Bakery & Pizza (seasonal)
- Place to bump into people: watching an ADM event
- Guilty pleasure: Kum & Go fountain pop
- Seasonal activity: Mother's Day at Juffer Family Gardens

It is true what they say about a grateful heart expressing itself with kindness and joy.

"The community I have found is so kind and so loving; I just hope I can give back a portion of what has been extended to me," she says. "I hope to always be the friend you call when you are in a bind or just need a giggle. More than that, I hope to set an example to my boys about reaching out and trying new things, caring for those around you, and supporting what you believe in." ■

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



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JULY 16
FIGURE 8 RACES & LIVE MUSIC (TOASTER)

SUNDAY, 5PM
JULY 17
NIGHTS OF DESTRUCTION DEMOLITION DERBY

DIFFERENCE in CBD product types

What is the difference between types of CBD, you may ask. The short answer is it's all the same extract. No matter if you prefer a gummy bear or a liquid to put into your coffee in the morning, they will all help. With that being said, there are certain formulations that can help certain ailments better than another. The biggest difference between method is speed. If we break this down to molecule size, water solubles (a liquid you put into another liquid) are tiny particles that are absorbed by the body quickly. Oils are a bit bigger than water and absorbed under the tongue, and edibles are the biggest and have to fully digest before they hit the bloodstream. The right "type" of CBD depends uniquely on you. If you're dealing with panic attacks, you would probably want something to kick in quickly, so a water soluble is recommended. If you maybe have some mood/mild pain issues throughout the day, an oil is very "steady Eddy" in the body and would be a good match. If you get to work, and the stress and pain may be heavy all day, an edible would probably be great to last you through the evening.

The takeaway is all variations of CBD products will help in similar ways (with a couple of nuances), and you're going to experience relief no matter what type you choose. ■

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



VARSITY soccer

The ADM varsity girls soccer played Ballard on May 10.



Katie Cullen



Danielle Person



Alayna Whitson



Carly Kuhse

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Educate Teens About Sun Safety

Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

HERE ARE SOME THINGS TO KNOW:

1. Adolescent skin is far more vulnerable to UV rays than that of an adult
2. Using a tanning bed before the age of 35, increases the chances of developing melanoma skin cancer by 59 percent. Removing melanoma causes permanent scarring of the skin.
3. Tanning as a teen or young adult causes premature aging such as wrinkles, brown spots and moles.
4. Eye cancer and cataracts are more prevalent in people who tanned while young.
5. UV rays from tanning beds lead to immune system suppression opening the door for other illnesses and disease.
6. Certain medications, such as antibiotics used to treat acne and birth control pills, can increase your sun and tanning bed sensitivity.

PROTECTION IS EASY

Broad-spectrum sunscreen with just a SPF of 15 provides protection against about 93% of the sun's burning rays. Apply it every 1.5 to 2 hours. Sunless self-tanners and moisturizers containing fake tan solutions are far safer than traditional tanning.




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HEALTH

By Dr. Lucas Bell


THE IMPORTANCE of sunglasses

Did you know that sunglasses have been around in some form for nearly 2,000 years? The Inuit people of what is now Canada and Alaska carved small slits into pieces of ivory that they then fastened over their eyes to reduce the effects of glare from snow. Sun protection for our eyes has come a long way since then, but the idea is, of course, the same. Much like our skin, our eyes are susceptible to damage from the sun's UV rays. UV protection is the most important reason to wear sunglasses outside. And, even though this is the time of year many people assess their sunglass needs, the sun's rays are harmful year round. Large sunglasses not only guard our eyes but can provide coverage of the sensitive skin around our eyes as well. Polarized lenses are a popular type of sunglasses as they not only block UV and make bright light more tolerable, but they actually filter glare and can enhance our vision by increasing contrast, which can make colors appear more vivid. Polarized lenses are particularly helpful when around water or snow, both of which create a lot of glare on sunny days. Many people now also use photochromic lenses that darken when in the sun. These can be handy, but they do not darken well inside of a car.




No matter what type of sunglasses you choose, something is always better than nothing. Protect those eyes. ■

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



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HEALTH

By Alicia Fisher, PT, DPT

HOW TO stay back-pain-free this summer

Summer time means spending more time outside working in the yard and garden, but it does not have to mean back pain. Using poor mechanics to lift or spending long periods of time in one position can be the culprit of back pain. Most acute episodes of back pain start when a muscle gets aggressively overstretched, leading to muscle shortening and muscle spasms. This muscle spasm is a healthy reaction from the muscle, as it is trying to protect itself from tearing. A torn muscle takes many weeks to heal and is significantly painful; therefore, a muscle spasm is a protective measure.



If the muscle spasm went back to a normal length quickly, we would be pain free within a few hours or days. Unfortunately, the spasms often don't go away on their own and can lead to progressive stiffness, pain and a lack of pain-free motion.

Ice application is the best initial treatment for the muscle spasm, followed by gentle stretching to re-educate the muscle to return to its original length. If the pain and mobility don't return to normal after seven to 10 days, you may need to seek additional help to correct the dysfunctional muscles. ■

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

HEALTH

By Leslie Herron

SODIUM in the diet

The saltshaker isn't the only way you're getting a lot of sodium in your diet. Many foods contain sodium in surprisingly high amounts.

Too much sodium in your diet may lead to increased blood pressure, which is linked to a higher risk of heart attacks, strokes and other serious health conditions.

Salt (sodium) is a diet variable you can control by avoiding foods high in sodium — and going easy on the saltshaker.

Ingredients in the typical sandwich are high in sodium. A single sandwich can easily contain more than 1,500 milligrams of sodium — the total daily suggested limit. Reconsider a soup and sandwich lunch. One cup of canned chicken soup can contain 940 mg of sodium.

Even if you manage to limit your pizza intake to a single slice, you may still ingest as much as 760 mg of sodium.

Once per ounce, your average cheese packs as much sodium as a salt-filled bag of potato chips.

Cold cuts like turkey, bologna, salami and roast beef come with a ton of salt. Two slices of bologna can contain 578 mg of sodium.

This is one you might not expect. Bread can pack as much as 230 mg of sodium per piece. ■



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

HEALTH

By Shelly Stewart-Sandusky

WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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PROTECTING skin health — from the inside out

After a long winter, it feels good to shed the layers and enjoy a little bit of warmth and sunshine.

The human body is designed to use sunlight. Yet the sun's ultraviolet rays are so powerful, just 15 minutes of exposure is enough to damage your skin. Protecting your skin from harmful UV rays is the key. Always use sunscreen and reapply often. Cover up with lightweight clothing, hats and sunglasses that block both UVA and UVB rays. Seek shade, especially when the sun is highest in the sky.

When you walk into the pharmacy, you'll be greeted by an array of sunscreens. How do you know which one to choose to get maximum protection? Consider these three factors:

1. Broad spectrum. If the label doesn't say "broad spectrum," it is not giving you complete protection. Broad spectrum blocks both UVA and UVB rays.

2. SPF 30. Look for a sunscreen with an SPF rating of 30 or higher. SPF — or sun protection factor — indicates how long protection against UVB rays will last. No sunscreen blocks 100% of UVB rays, and higher SPFs are not much more protective than SPFs



of 30 or 50.

3. Water resistant. Water resistant does not mean waterproof, and you will still need to reapply, but water resistance should last 40-80 minutes.

Make sure you apply sunscreen liberally to all exposed skin before heading out and then reapply every two hours or after swimming or sweating. Don't forget your lips — use a lip balm with at least SPF 15.

In addition to taking external precautions, there are things you can do to keep your skin healthy from the inside out. Antioxidants prevent DNA damage and reduce skin cancer risk, and their anti-inflammatory properties guard against sunburn. So, can a salad really help prevent a sunburn? Short answer — yes. Carotenoids, which include lycopene, lutein and beta carotene, accumulate in your skin to absorb sunlight and can help against skin damage and prevent premature aging. So, next time you're at the grocery store, load up on tomatoes, sweet potatoes, spinach, berries and grapes. Your skin will thank you. Always remember, if you need advice selecting a sunscreen product or are looking for relief from a sunburn, talk to your pharmacist. ■

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

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WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect:

- Physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, [MercyOne.org](https://www.mercyone.org)

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THE REAL pursuit of happiness

As true as death and taxes, everyone wants happiness and does those things which they believe will help them find it. I'll even go so far as to say many think they deserve happiness, and yet most people report not experiencing meaningful happiness in their life. Why?



The answer is simple: We have forgotten how to live. What I mean by this is we (society and sometimes even the church) bend toward empty, self-centered existence. For example, if you look up "happy" in the dictionary you will read something like this: a feeling of pleasure and contentment based on circumstances. In other words, we think happiness is hinged on how we feel or what circumstances we are living in. This creates the obvious problem that emotions and circumstances are constantly

changing. As a result, a person will tend to become self-focused, generally dissatisfied, and a user of people and things to raise their happiness temperature.

The pursuit of happiness is a paradox: The more I try to get it, the less of it I have. Victor Frankl, author and Holocaust survivor, said it this way, "It is the very pursuit of happiness that thwarts happiness." In other words, when you go looking for happiness, you won't find it. Instead, happiness is a by-product; you find it when you're pursuing something more meaningful.

What is that something? This is where the Bible gives us the answer. The "something" is an invitation to a different way of living. It is an invitation to die to self and pursue selfless living. Matthew 16:25 says, "For whoever wants to save his life will lose it, but whoever loses his life for me (Jesus) will find it." In other words, when we stop living focused on self and live for Jesus, we then discover how to

live.

I know the protest at this point is to note that a Bible verse like that appears contradictory to the pursuit of happiness. How can we be happy if we choose the opposite of what we desire? Here is why... Self-denial makes room for God in our lives. Did you catch that? We experience meaningful happiness when we experience the Lord and His meaningful work in our lives.

My encouragement to you is to never make it your life target to always feel happy. Sometimes we experience moments of struggle or seasons of grief. Rather, make it your life target to be counter-cultural and pursue Jesus and His meaningful work in and through your life. Only then will you experience happiness (and so much more). ■

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

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MEET Tiffany Banks

Fostering a love of reading

After graduating from Iowa State University, Tiffany Banks spent some time in the Waukee area while pursuing a master's degree in library science through the University of Iowa. During that time, she saw a rare teacher librarian position open at the Adel-De Soto-Minburn Community School District. Today, Banks works as a teacher librarian for both the Adel Elementary School and Meadow View Elementary School.



Tiffany Banks

"The thing I like most about being a librarian at both Adel Elementary and Meadow View is that I get to see our readers grow from kindergarten all the way to fourth grade. They change so much, and I enjoy the relationships that span over many years," Banks says. "The best part is reading books aloud to kids that I love — sometimes the same book six times in one day."

For Banks, a typical school day includes visits from students for story times and to check out library books. Banks also helps find specific books for students and teachers and makes purchases to keep the libraries up to date with the newest exciting titles. One of Bank's favorite kids' series that she teaches is The Food Group series by Jory John. This series includes books such as "The Bad Seed and The Good Egg."

"These books are hilarious, so fun to read out loud and have a great message for kids. I also love reading middle grade graphic novels and realistic fiction books. These really help me get into my students' shoes and see things from their point of view," she says.

In addition, during conferences, Banks helps the libraries transform into a book store. Adel Elementary hosts a Scholastic Book Fair in the fall while Meadow View Elementary hosts one in the spring. Banks says it is fun getting students excited about books they can purchase with their families.

"The rewards of being a librarian far outweigh any challenges that come up. Reading is a passion of mine personally, and seeing that passion be ignited and fostered in our small readers makes me so happy. I love chatting about books all day long and reading aloud to kids. I also love how silly children's books can be and all the giggles that come with them," Banks says.

In her free time, Banks enjoys reading adult thriller and romance novels. She also likes to cook and watch a lot of sports; she has season tickets for Cyclone Football. Banks and her husband live in the Adel area and are expecting their first child this summer. ■

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GARDEN glory

Tice garden full of beauty

PT's Gardens, as Dr. Patricia Tice and her husband, Lynn Henderson, lovingly refer to their home garden, "provokes a mix of formal yet whimsical emotion in a beautiful country setting."

The couple has seven different garden beds, with No. 8 being built right now. Each garden bed represents a mood or feeling, Tice says.

First up is the welcome bed: "We're glad you're here." Next is the cottage-themed cutting bed — organized chaos, as Tice describes. Then there's the blue bed followed by the McGillicuddy Garden, which includes a little bit of a lot of things, including a 20-year-old summer phlox.

Bed No. 5 is the vegetable garden that includes a covered structure containing lettuces and Swiss chard. Next to that, bed No. 6 is the patio garden. And then there's Grandma's garden — a bed filled with old fashioned, well-loved flowers including hollyhocks, coneflowers and sunflowers.

Finally, bed No. 8 will feature David Austin roses and giant phlox.

With all these clever, gorgeous garden beds, it's no wonder the Tice garden is a place of wonder.

The couple has lived in Adel for 10 years, before which Patricia lived in West Des Moines while Lynn resided in St. Louis. They were college sweethearts but followed separate paths. They reunited in 2012 after 37 years of being apart.

"We wanted a place where we could build a long-awaited life with one another," Tice says. "We could have lived anywhere. We chose the Adel community for its quality of life, friendly people and rural roots."

She adds that Lynn lived in Chicago before he was in St. Louis.

"He was moving back to his home state of Iowa and wanted to have enough room to enjoy the sunrise and the sunset," she says. "Our place is aptly named Sunrise Acres, because we 'have the sun in the morning and the moon at night.'"

Because the Tice home borders woods, which offer quietness and critters, they encounter many deer and other wildlife.



Dr. Patricia Tice and her husband, Lynn Henderson, have flower beds with different themes and featuring different flowers and plants.



"Because of this, our vegetable plants have to be protected," Tice explains. "I've invented a plant protection device called the Plant Patron, which is effective in preventing critter damage from rabbits, raccoons, deer and other wildlife. The Plant Patron has allowed us to enjoy our gardens without interference from wildlife. For this, we are grateful." ■

RED FERN Landscape Design

Beautification committee work

Red Fern Landscape Design may have established its roots in New Hampshire, but now the business is firmly planted in Adel.

Six years ago, Tina Krug moved to Adel for her husband's job and to live closer to his family. As she wanted to re-launch her business, she looked to the Adel Partners Chamber of Commerce for assistance, saying, "The first thing I did was join the Chamber."

Red Fern Landscape Design creates outdoor spaces and garden beds for residential projects and installs seasonal containers at homes and businesses. Many Adel businesses have Red Fern's planters in front of their buildings.

Once she joined the Chamber, Krug was approached by a friend on the Adel Chamber Board about designing large planting beds along the Raccoon River Valley bike trail (RRVT) through Adel. She joined the bike trail committee and the beautification project by the bridge and Highway 169. Krug also created the conceptual design for a new park the Adel Rotary is planning along the RRVT at Highway 169.

As she flourished in her role, she joined the "This Is Adel" committee of the Chamber. It promotes tourism and events in Adel, including the Holiday Home Tour and the Garden Tour.

"The Chamber has allowed me to give back to the community and be involved. Lots of other small businesses here have a sense of camaraderie and support. We bounce ideas off each other," she explains.

One important aspect of Adel businesses is that many are women-owned. "There are a lot of female-run businesses," she says. "There is a great deal of support that's very impactful for women."

Krug is proud to live in a small community. Even though she works with clients in the Des Moines area, she says she loves "coming home."

"This is my town. My kids go to ADM schools," she says. "I have everything I need here. It doesn't feel like a suburb. I like that Adel is small but dynamic."

She appreciates how the Adel Chamber fosters relationships among business owners. "The relationships, connections and trust are contagious around town. We can all work shoulder to shoulder. If anyone has a need, who do we think of? Our fellow small business owner," she says.

Krug recommends business owners become involved in the Chamber. "It's not just paying the dues. Being on the Chamber has given me an opportunity to serve my community and connect with other business owners." ■

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



Tina Krug

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RIBBON Cutting

The Adel Partners Chamber of Commerce held a ribbon cutting for Handsome Hounds Pet Boarding and Grooming on May 4.



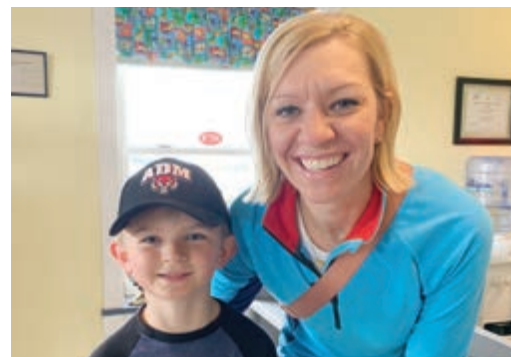
The Adel Partners Chamber of Commerce held a ribbon cutting for Handsome Hounds Pet Boarding and Grooming on May 4.



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Lynelle Mikkelsen and Melisha Rynearson



Aiden Juffer and Sophie Juffer



Judy Viau, Tana Belgarde, Jill Viau and Joe Viau



Dan Juffer, Laura Juffer, Vickie Krohn and Grant Krohn at the chamber's ribbon cutting for Handsome Hounds Pet Boarding and Grooming on May 4. The Juffer's purchased the previous Whimsey Park Pet Boarding facility from the Krohn's on Dec. 29.

OUT & ABOUT



Members of the Webelos from Adel Pack 152 met with Mayor Jim Peters at City Hall on May 9 to learn about local government.



Adel Kiwanis member, Jodi Kuhse, congratulates ADM students Brynn Busta and Rebecca Beaman for being selected Kiwanis Students of the Month.



Hallie Henfling at the ADM varsity girls soccer versus Ballard on May 10.



Jada Grove at the ADM varsity girls soccer versus Ballard on May 10.



Lauren Case at the ADM varsity girls soccer versus Ballard on May 10.



Tatum Schmitz at the ADM varsity girls soccer versus Ballard on May 10.



Alexa Seidl at the ADM varsity girls soccer versus Ballard on May 10.



Presley McFarland at the ADM varsity girls soccer versus Ballard on May 10.



Kennedy Sorber at the ADM varsity girls soccer versus Ballard on May 10.



Brooklyn Bailey at the ADM varsity girls soccer versus Ballard on May 10.



Hannah Desmarais at the ADM varsity girls soccer versus Ballard on May 10.



Helen Kirk at the ADM varsity girls soccer versus Ballard on May 10.

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