

ADEL

MARCH 2022

# Living

MAGAZINE



# COLD turkey

**Residents share  
their experiences of  
quitting smoking.**

**Meet Joslyn Hagener**  
EDUCATION

**Prune, mozzarella and basil skewers**  
RECIPE

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WELCOME

## KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.

I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■



**SHANE GOODMAN**

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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](http://www.thedailyumbrella.com).



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## FEATURE

After years of smoking and battling to quit, Mike Mallberg urges others, "Don't start!"



# COLD *turkey*

**Residents share  
their experiences of  
quitting smoking.**

**By Marsha Fisher**

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine

using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.



## Not cool

Sports, especially football, have been an important part of Mike Mallberg's life. He played in high school, and, after graduation in 1967, he played at the University of Mississippi.

"I started smoking in college, because I thought it was cool," says Mallberg, "and most of the athletes back in the '60s were smokers. It was an accepted practice for much of the population, especially men. It's what people did."

Mallberg continued smoking, usually two to three packs a day, through much of his working life, both as a truck driver and in the safety department of a Des Moines trucking company.

"I had to go out of the building to smoke," he says, "but it didn't slow me down."

Neither did his other career as a football official for the Iowa High School Athletic Association. Around the age of 40, he thought about quitting.

"I did for a short time, probably a couple of weeks," he says, "but, for most of the next 10 years, I continued to smoke multiple packs a day."

It was his lung cancer diagnosis at the age of 52 that encouraged him to quit for good.

"I quit when I heard the diagnosis," says Mallberg, who had to have chemotherapy to shrink the tumor before having surgery.

The treatments were reoccurring reminders to quit and of what smoking had done to his athlete's body.

"I followed some advice from my dad, Dean. He said to carry some cigarettes with you, so you feel like you could have them, if you needed them. I carried a half a pack of cigarettes around for about two weeks and never used one of them."

The surgery 21 years ago took one of Mallberg's lungs, leaving him with half of the breathing capacity of a typical person.

"His surgery scar goes from his chest, under his arm to his back under his shoulder blade," says his wife, Jan, a registered nurse.

After his surgery, Mallberg continued working both in the trucking industry and as a high school football umpire. His influence on young athletes not only included following the rules of the game but also to live a healthy lifestyle.

"My advice is, 'Don't start,'" he says. "And, if you smoke, recognize the cost, not only to your wallet, but to your health. I would use the phrase John Madden used as a coach for the Oakland Raiders: 'Don't worry about the



Mike Mallberg officiated high school football games even after losing a lung to lung cancer.

horse being blind, just load the wagon.' In other words, don't give excuses about why you can't quit, just do it."

## Keeping a resolution

At the end of 1999, Billy Nuzum realized smoking in public was not as widely accepted as it had been. In the '60s, when she started smoking, it was common practice. However, after continued reports of the ill effects of cigarette smoking and the FDA requiring health warnings on cigarette packs, many people were quitting.

"I noticed that smoking was not the thing to do," says Nuzum. "More importantly, my first grandchild was about to be born, and I did not want to be the one person that smelled like cigarette smoke and exposed that to my new grandbaby."

Nuzum had tried to stop several times before but was unsuccessful.

"I even tried hypnosis, but that was a failure. When I finally quit, it was New Year's Eve, 1999. I had made up my mind, and I was feeling an inner strength, so I called my husband from work and told him to throw away my carton of cigarettes in the refrigerator before I came home. And I just quit. Every day, I was stronger, and I knew it when it got to a point



Mike Mallberg with father, Dean, in his playing days.

that I never wanted to start again. I was also being challenged by my husband, as he didn't believe I could do it. I found out later, he had just hidden the cigarettes, thinking I would want them back soon."

Nuzum had decided to quit, together with two other women she knew from work.



## FEATURE

"It was to challenge us to keep trying," she says. "Unfortunately, both of the women didn't meet the challenge and continued to smoke."

Her husband, Bob, also continued to smoke. He smoked non-filtered Camel cigarettes for 20 more years until he died in 2019 of pancreatic cancer.

"Although I was with Bob, I wasn't tempted to start again," says Nuzum. "I was so happy to not smell like smoke and to not have to spend my money on cigarettes. I remember telling my boss that I didn't need a break anymore. Since I quit smoking, there was nothing to do on a break."

The process wasn't without temptation, and it required determination.

"The hardest part of quitting is breaking the habits of having a smoke after meals or first thing in the morning," she says.

The website, [www.verywellmind.com](http://www.verywellmind.com) suggests identifying when you are most likely to crave cigarettes and make a plan to replace a cigarette with chewing gum, sucking on tart candy, drinking a glass of water, flossing or brushing your teeth, or exercising and breathing deeply.

The positive health effects of quitting smoking are remarkable. According to Dr. Ross Watson, a primary care physician, 20 minutes after your last cigarette, your heart rate and blood pressure drop, which, over the long term, will lower your risk of cardiovascular disease. After three months, your circulation and lung function will improve, and, after one year, your risk of coronary heart disease will be half the risk of someone who smokes.

Today, Billy Nuzum owns and operates Billy's Ice Cream Store in Adel, and, during the summer months, it is a gathering place for many young people and families.

"I hear people talk about vaping as an alternative to smoking, but I know it is addictive and harmful, too," she says. "I would say, 'No, no, no. Don't start.'"

Nuzum says she is happy she quit and thankful for so much.

"My grandchildren have never seen me smoke. The smell of smoke isn't on my clothes, my body, my car, and my home, and it isn't affecting other people. I don't cough, and I feel healthier," she says. "The smell of smoke actually hurts my lungs now. I don't spend



Billy Nuzum and her grandson, Eli, her reason for quitting smoking.

the money on cigarettes — and I understand they're very expensive now."

When Nuzum decided to join the growing ranks of non-smokers in our country, the percentage of smokers was 23%. Today, the percentage of smokers in America has declined

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## FEATURE

to 15%, according to the National Library of Medicine. The restrictions on public smoking have also expanded considerably.

“Since I don’t smoke, I can go on trips or to events and be comfortable — and be a model for my grandchildren and the young workers in my business,” says Nuzum.

### For a child’s sake

Tammie Smith started smoking around the age of 13. By the time she decided to quit, she had smoked for almost 30 years.

“My friends were smokers, and I wanted to ‘look cool’ with them,” says Smith. “My dad smoked, and I would smoke the rest of the cigarette butts he left. If only I had known how much I would spend and the years it would take to quit. I knew it was bad for me, but not to the extent that I now know and the full potential for damage.”

When her daughter, London, was 3 years old, Smith had a revelation.

“She would see me going outside to smoke, and, since it is just she and I, we are very close, and she would want to do everything I did. You



Tammie Smith quit smoking in part to protect the health of her daughter, London. She found that quitting has also made it possible for her to better enjoy outings with London.

can imagine the hurt I felt when she wanted to go outside and smoke, too,” says Smith.

“I never wanted her to start smoking. As a single mother, the monthly cost of smoking

was not compatible with the cost of upcoming preschool. And, then, London was diagnosed with asthma and dust/smoke allergies.”

Although Smith had known about



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second-hand smoke, she hadn't been aware of the effects of third-hand smoke, which is the smoke that lingers on clothes, hair, carpet and furniture after someone smokes. Those particles expose other people to the carcinogens in the smoke and can cause health problems.

Quitting smoking was a struggle for Smith. She had tried many times over the years before London was born. But stressful life experiences such as moving, divorce and unemployment made it even more difficult.

"Although I usually only smoked a pack a day during the week, on the weekends, it could go up to one and a half or two packs," she says.

Hoping to quit, Smith tried the drug Chantix in 2010 and again in 2013; however, she was unsuccessful. When she found she was pregnant, she had to stop taking the drug but continued to cut back on her smoking until she was down to just a few cigarettes a day.

"After I had my daughter, however, my mother became sick with COPD," says Smith. "That, along with a new baby, increased my stress, and my cigarette count started to add back up. A little later, I did some research on Chantix and found a weaning off method that seemed to be working for me."

On Oct. 17, 2017, Smith was at a memorial for her niece when she started to go to her car to smoke. It was then she realized she was done and crushed the few cigarettes she had left in her pack.

"I was tired of always stepping away from family things to smoke. I was tired of trying to sneak a smoke so London didn't see me. I needed to quit, and I was done. I threw them away, and that was it. I haven't smoked since."

Smith has an app designed to help people quit smoking on her phone and pulls it up on occasion.

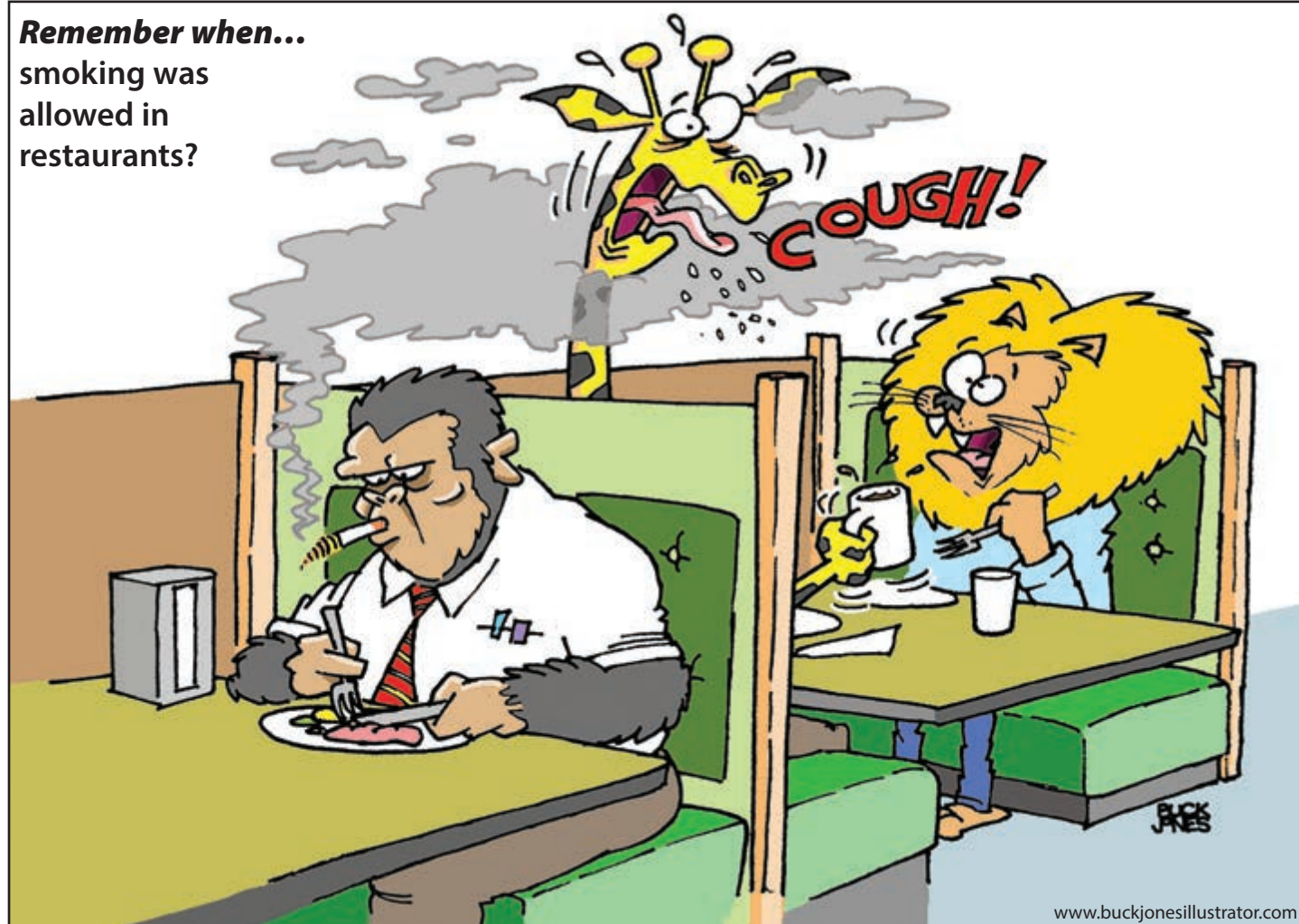
"It reminds me of the accomplishments

that not smoking has given me, like the years added to my life expectancy. I can breathe better, taste food so much more, and no smell of third-hand smoke on me to add to health issues for my daughter. My money is now spent on more worthwhile things, like dance lessons and swimming school for London, who is now 7 and a half. We are making good memories I couldn't have afforded before," she says.

Smith's mother died in 2020, and, although she wasn't a lifelong smoker, she had smoked the last 20 years of her life. She died at the age of 61 of COPD, which led to heart failure.

"I miss her so much. Her loss just instills in me so much more that I will never smoke again," says Smith. "The memory of my mother, the love for my daughter, the love and encouragement of family and friends, along with the app, all remind me that I can be strong." ■

## Remember when... smoking was allowed in restaurants?



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**MARCH 2022**

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[www.adeliowa.org](http://www.adeliowa.org)

## PUBLIC SAFETY Police and Fire Depts.

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[www.adelpl.org](http://www.adelpl.org)

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515-478-3260  
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## UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, March 8th, 2022** at 6:00 p.m.
- For additional meeting dates/times, or meeting information; please visit our website [www.adeliowa.org](http://www.adeliowa.org).

## UPCOMING EVENTS

### APRIL 16TH - CITY WIDE GARAGE SALES:

- To place an ad in the Garage Sales Flyer, please contact the Adel Public Library at 515-993-3512 or email [amy@adel.lib.is.us](mailto:amy@adel.lib.is.us). Information must be received by Monday, April 11th.

### APRIL 23RD - SPRING CLEANUP & HAZARDOUS WASTE DROP OFF

- **Spring Cleanup:** Items must be out at the curb by 7:00 a.m. Large household appliances still require a \$15.00 sticker (TVs 24 inches and over require 2 stickers, projection or console TV's require 3 stickers).
- **Household Hazardous Waste Drop Off:** South Dallas County Landfill will sponsor the Hazardous Waste pickup at Kinnick-Feller park from 10:00 a.m. to noon that day.
- We will have shredding services available on this day as well - more information to follow.

## PARKS & RECREATION ACTIVITIES

Register online at [www.adel.activityreg.com](http://www.adel.activityreg.com).

- **KIDDIE KICKERS:** Introductory soccer program for 3 and 4 year olds. Parent/adult participation required. Two sessions offered on Mondays 5:30-6:15pm & 6:30 - 7:15 pm, April 11-May 16; \$40. Deadline: March 25
- **ADULT YARD GAMES LEAGUE:** Games include Rollers, Polish Horseshoes, Spikeball and Washer Toss. Teams of 2. Thursday Evenings, April 6 - May + tournament; \$50. Deadline: March 25
- **ADEL FAMILY AQUATIC CENTER:** Swim lesson registration begins Friday, April 1 @ 8:30am. Visit registration website for session dates and details. Season passes, private pool rentals, and the birthday party packages registration begins Friday, April 8 @ 8:30am.
- **HIRING:** The City of Adel is now hiring for spring and summer seasonal positions including: softball umpires, ballfield concessions, parks maintenance, recreation supervisor, and lifeguards, admissions, and concessions staff for the Adel Family Aquatic Center. Visit [adeliowa.org/employment-volunteer-opportunities/](http://adeliowa.org/employment-volunteer-opportunities/) for more information and to apply.
- **LIFEGUARD CLASSES:** Held at Adel Library and Adel Family Aquatic Center. Lifeguard certification class May 20-23. Recertification class late May, date TBD based on student availability. Email [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org) with questions and to sign up.



## 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. Applications are available at Adel City Hall or online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>. Please contact Adel City Hall for further information on openings, more information to come.

\*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.

## OAKDALE CEMETERY POLICY

A timely reminder: Graves may be decorated between November 15 and March 1, and from the Friday before the observance of Memorial Day until the Monday following Memorial Day of each year. Urns that are a part of the headstones may be decorated at any time. Visit [www.adeliowa.org/cemeteries](http://www.adeliowa.org/cemeteries) to view the full Oakdale Cemetery Policies and Procedures as well as any fees that would be assessed. The Oakdale Cemetery hours are 7 a.m. - 8 p.m. (April through October) and 7 a.m. - 6 p.m. (November through March).

## 2022 PET LICENSES:

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

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



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## LIBRARY

## MARCH at Adel Public Library



If the cold weather and snow has you feeling down, then stop in the library.

Early childhood programing is back beginning Tuesday, March 15 at 10 a.m. with Storytime and Thursday, March 17 with Discovery Time at 10 a.m. in the library.

Therapy Pets from the Animal Rescue League will join us Thursday, March 3 at 4:30 p.m.

Kick off your spring break with a family movie and popcorn. Join us in the library community room at 10 a.m. Friday, March 11, to watch the Disney blockbuster "Encanto." But remember, we don't talk about Bruno.

Get your Nerf skills on with a Teen After Hours Nerf War. Teens sixth grade and up are welcome at the library Tuesday, March 15, 6-8 p.m. Nerf guns and pizza will be provided.

The library is looking for first through fifth graders to join our Minute To Win It challenge Thursday, March 17, at 1 p.m. We will have fun games to test your wits and motor skills. Do you have what it takes to Win It in a Minute?

We have three monthly book clubs that are welcoming new readers. The Brown Bag Book Club meets the first Thursday of each month at noon, the Cook Book Club meets the third Wednesday of each month at 11 a.m., and the Evening Book Club meets the fourth Thursday of each month at 6 p.m. Copies of each club's selections are available at the circulation desk.

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

Did you know the library offers a free streaming service with thousands of critically acclaimed movies and shows for adults and children? Visit [www.Adel.kanopy.com](http://www.Adel.kanopy.com) to learn about Kanopy and create an account with your library card. ■

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## FINANCE

By Kelsey Hughes

# BE CYBER smart while traveling

As spring approaches, many of us may be making travel plans. Whether for work or pleasure, the last thing you want to deal with while traveling is having your cybersecurity compromised. The more we travel, the more cyber risks we face while accessing the Internet on the go. It is important to practice safe online behavior and take the steps to secure your devices. Here are some helpful tips to stay safe while traveling:



### Protect your devices before you leave.

Whether it's your phone, laptop, gaming device, etc., the most critical action to take to avoid viruses and malware is to update the latest security software, web browser and operating system. Many devices have the option to automatically update, which we encourage you to do.

### Disable auto connect.

If your devices are set to auto-connect to wireless networks, you may get connected to an unsecured network — a common way for cyber criminals to remotely access your devices. When auto-connect is disabled, you will be able to choose when to connect to safe networks.

### Stay protected while connected.

Don't just connect your device with any available network. While in public places such as airports, hotels or cafes, be sure to confirm the name of the network and exact login procedures with employees to ensure the network is legitimate. If you do use a public Wi-Fi network, avoid sensitive activities, such as banking or online shopping that require passwords and credit cards. If you are able, purchase a VPN (Virtual Private Network), so you have peace of mind while surfing the web.

### Limit posting personal information on social media.

To many people's dismay, you are being watched in ways like never before. You should get into the habit of guarding yourself at all times. When traveling to fun places, it is tempting to share your location. But waiting to share this information is best, so hackers don't follow where you are and maybe even make their way up to your hotel room to take your computer when they know you're away. This is another reason why you might consider eating meals outside the normal hours, as that is when most hotel thefts occur.

### Guard your devices.

Never leave your equipment unattended in public places. To prevent theft and unauthorized access, keep your devices close and secure at all times.

We hope that these tips have informed you to be a cyber-secure traveler. For more information about anti-fraud services, please call us or visit our website. ■

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

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## CORN BEEF BRISKET BRINE

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1 Cup Packed Brown Sugar  
1/4 Cup Pickling Spices  
1 6 to 8 lb. Beef Brisket Flat

### Optional:

1 1/2 tsp. Pink Curing Salt  
2 Tbsp. Coriander seeds (for spice)

### Directions:

Pour 6 cups of water into a large container. Add Chicken Broth or opt. Lager. Add Kosher Salt, Sugar, and opt. curing salt. Stir until dissolved. Add pickling spice and opt. coriander. Mix well. Submerge brisket in liquid and weigh down with a heavy plate. Cover and refrigerate for 3 days. Remove from refrigerator, remove brisket and stir contents. Submerge brisket and weigh down with plate again. Cover and return to refrigerator for an additional 4 days.

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## RECIPES

# HAVE A healthier happy hour

*(Family Features)* Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit [CaliforniaPrunes.org](http://CaliforniaPrunes.org) to find more recipe ideas from morning to night. ■

## Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes  
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

### Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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# STOCK market volatility

Choose opportunity over fear

We've already experienced some big stock market swings this year. In early January, the S&P hit a record high. By the end of the month, there was a 10% drop from recent highs and then a sharp turn back up again. The same month, the Dow Jones was down more than 1,000 points in one day. CNN's "Fear and Greed Index" fell solidly into "fear mode." Many predict the volatility will remain, pointing to inflation, the pandemic, interest rates, and geopolitical concerns as part of the cause.

If retirement is 20 or 30 years away, this volatility is just a blip in your retirement savings journey. It can be a good thing if you regularly contribute to your retirement accounts



and enjoy buying in at the low points of those market swings. For those of you who are 5 to 10 years away from retirement, this could make you sweat if you don't have market volatility built into your retirement plan.

Since the fourth quarter of 2021, we've been talking with the individuals and families that we work with about the possibility of market volatility. I view stock market volatility as an opportunity more than anything. A customized retirement plan should have some special "plays" (to steal a sports reference) that you can run when market volatility hits. One example is dollar-cost averaging. This is taking money from safer investments in your portfolio and buying into the market at a lower rate. Another "play" could be the Roth conversion. This involves transferring funds from a traditional IRA or 401(k) into a Roth account. You will pay income tax on the amount rolled over in

the year you make the conversion, but you never pay taxes on the money again, allowing you to ride the market volatility back up and do so in a tax-free account.

You want a retirement plan constructed in a way that you don't have to worry about the market or the headlines. A customized retirement plan will help you avoid making emotional decisions with your retirement savings. The plan will help you understand how much risk you are taking with your money and how your portfolio will be impacted when the market swings. Then you can stay out of "fear mode" and focus more on getting to retirement or enjoying retirement. That's a lot more fun than staying glued to the TV or news websites when market volatility hits. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

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## VOLUNTEERING is a family affair

Kuhse sewed 500 bell covers so the grades 5-12 bands could play during the pandemic.

Jodi Luellen Kuhse was born and raised on a farm just north of Minburn.

"My parents, Steve and Sharon, raised cattle, sort of as a hobby, only with twice the work," chuckles Jodi. "But they always were volunteers. It was mostly with the American Legion and 4-H, but I was also involved, so it was just natural for me to look for opportunities to volunteer as I networked to get involved in the Adel community."

Jodi opened Luellen Chiropractic in 1999 and jumped right into volunteering through the Adel Kiwanis Club.

"I joined Kiwanis shortly after opening my office and helped with casino nights, greenery sales, and Kiwanis-sponsored community activities," says Jodi.

Over the last 20 years, she has held many executive offices in Kiwanis including president and treasurer. Currently, she is serving as secretary for the organization. She also was the Dallas County Relay for Life chairperson for ten years, raising money for the American Cancer Society. In addition, Jodi served on the Adel Partners Chamber of Commerce board for several years.

Jodi is married to Chad Kuhse and they have two daughters, Carly, 18, and Sydney, 15.

"As our daughters grew, I migrated from community volunteering to programs in which the girls were involved," says Jodi. However, she has continued her commitment to Kiwanis as a volunteer and officer.

"The girls started their 4-H experiences in the Clover Kids of the Sugar Grove Sunshine Club, which exposed them to the many varied



activities of 4-H. Now, they have diversified, with Carly in Adam's Arrows and Sydney in Machine Magicians," she says.

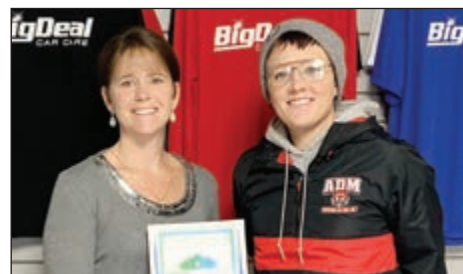
Jodi has volunteered in all phases of 4-H and is now heavily involved with the Fine Arts Boosters for ADM Schools.

"I think the project that made the most impact was sewing 500 bell covers for the 5th through 12th grade band members' instruments during the pandemic. With CDC guidelines, the brass and woodwind instruments' openings had to be covered or those students and, therefore, the band couldn't practice or perform. I really am not a seamstress, but with the stretchy fabric, it was just cutting them out, putting them together and sewing. The girls both helped; Carly plays clarinet and Sydney plays percussion."

The Fine Arts Boosters recently held the group's annual Pasta Dinner, March 1, sharing music performances by students K-12 as part of the evening.

"A new fundraiser on the horizon will be Easter Yard Egging in which plastic eggs will be filled with candy and, for a fee, the students will deliver them to be placed on your front yard for Easter morning," says Jodi. "Look for a virtual sign up for an Easter egg surprise."

Since Jodi has a full-time career as a chiropractor, she realized that, to continue to



BigDeal Car Care Shop Manager McKinzie Wright presents the Good Neighbor certificate to Jodi Kuhse.

volunteer, she wanted to include the girls so she could spend time with them as they worked together.

"Selfishly, it's a bonus when I can recruit Chad, the girls, or my parents to help because while they are volunteering their time and talents, I get to spend time with them," says Jodi. "It is so rewarding seeing my girls become invested in the programs that are important to them by fundraising, recruiting their friends to volunteer or seeking new opportunities to give back."

Carly and Sydney have been playing soccer through the ADM Soccer Club for years. Supporting their interests, Jodi has helped with many activities of the club, including their summer camp and the "Shoot the Moon" tournament. Presently, Jodi is serving as president of the ADMSC.

"I would encourage others who have a few hours to spare to look around and see how their time or talents could be useful to those around them." ■

Do you know a Good Neighbor who deserves recognition? Nominate him or her by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



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## GOODBYE to the Iowa inheritance tax

Iowa's inheritance tax is something that has been on the books for a long time, but it is now in the process of slowly fading away. The inheritance tax is a tax that is charged to the beneficiary for the privilege of receiving assets from a deceased person. The amount of tax to be paid is dependent upon the relationship the beneficiary has to the decedent.

In the majority of estates, the inheritance tax is a moot point as there are exemptions to paying the tax if the assets go to a surviving spouse, parents, children and grandchildren. However, if a sibling, cousin or a friend were to receive assets from the decedent's estate, there would likely be an inheritance tax owed to the Iowa Department of Revenue, which can be up to 12% of assets received.

However, just last year, a law was passed by the Iowa



Legislature to phase out the inheritance tax over time with the tax completely eliminated for deaths occurring in the calendar year 2025. During this phase-out period, the inheritance tax is still in effect as in the past, but for calendar year 2021 deaths, the recipient would only need to pay 80% of what would otherwise be owed (then 60% for 2022 deaths, 40% for 2023 deaths and 20% for 2024 deaths). In the year 2025, the inheritance tax will be history.

It has been very important to understand the effect of, and plan for, the Iowa inheritance tax in the past and still will be until this tax is completely phased out. An experienced estate planning attorney can help guide you through the estate planning process to help maximize the assets that actually get to your loved ones and minimize the amount paid to the government. ■

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

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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](mailto:tammy@iowalivingmagazines.com)



### Knights of Columbus Fish Fry

March 4, March 25, April 1 and  
April 8, serving 5-7 p.m.  
St. John's Catholic Church, 24043  
302nd Place

The Knights of Columbus Fish Fry menu includes fish, fries, grilled cheese and their famous slaw. Fish fries will be dine-in and carry-out. Cost is \$10 per plate with a \$30 family maximum. Free will offering beer and wine bar will be available for dine-in guests. No drive-through service.

### Third Monday Bingo

Monday, March 21, 6-8 p.m.  
Masonic Lodge, 411 S. 12th St., Adel

Enjoy 17 games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available. Social distancing and masks are recommended. Bring a dauber if you have one. They will also be for sale.



### Home decor and art sale

March 24-26  
Adel First Christian Church, 208  
N. Ninth St.

A Home Decor and Art Sale of several artists, including Aubrey Dunbar, will be held. Hours of the sale are 10 a.m. to 4 p.m. on Thursday and Friday and 10 a.m. till noon on Saturday. Arrangements, Easter and spring items will be available. Payment must be cash or check.

### Open gym

Mondays, Wednesdays and  
Fridays through March (when  
school is in session), 9-11 a.m.  
ADM District Administration  
Center Gym

Recreational open gym time is a great opportunity to get out of the house during the cold months. Come out and walk, run, play basketball, shuffleboard, socialize, etc. for free. Note, the gym is not open on days when there is no school.

### Tales of the 2021 Adult Backpacking Trek

Wednesday, March 6, 4-5:30 p.m.  
Hanging Rock shelterhouse, Redfield

This summer, 10 people ranging from their mid 20s to mid 60s trekked to the Selway-Bitterroot Wilderness in Idaho, the largest federally designated wildness in the lower 48 states. This program will share the images of their wanderings, their stories and lessons they learned from the wilderness. No registration required.

### Stargazing and Winter Constellation Stories

Kuehn Conservation Area,  
Earlham  
Through early March

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

### Conservation with an Owl

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



### 'Amongst the Stars'

April 2, 5-7 p.m.  
Metro Ice Sport Facility, 5100  
N.W. 72nd St., Urbandale

The Iowa Figure Skating Academy presents its spring show, "Amongst the Stars." Enjoy the talents of local ice skaters.



### Bird Watching Basics

Kuehn Conservation Area, Earlham  
Through early March

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

## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations



### 'Living American Composers'

Sunday, March 6, 3-4 p.m.

Franklin Junior High, 4801 Franklin, Des Moines

The Central Iowa Wind Ensemble will be performing its "Living American Composers" concert. The brilliance and legacy of a composer's musical output is often not fully realized until long after death. This concert features stunning works by American composers who are alive, well and composing music for bands, orchestras and choirs. The works on this program represent the energy and "joie de vivre" of the American spirit that inspired these artists to write such amazing music. Admission is free. Tickets are available at <https://www.ciwe.org/living-american/>.



### 'The Magic Flute'

March 5-6

Des Moines Civic Center, 221 Walnut St., Des Moines

Des Moines Metro Opera's 50th season begins with a family-friendly production of "The Magic Flute" by Wolfgang Amadeus Mozart at the Des Moines Civic Center.

### Register for Des Moines Art Center camps

Camps run June 6 - Aug. 12

Des Moines Art Center, 5700 Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit <https://desmoinesartcenter.org/classes/find/?class-category=summer-camps&age-group=&class-type=#class-list>

### Mandalas & Henna art class

Sunday, March 13, 12:30-3:30 p.m.

Principal Studio 5, Des Moines Art Center, 5700 Grand Ave.

Explore traditional mandala and henna patterns while learning about the history of art in India. From medieval times to the present day, students will be exposed to examples of traditional mandala and henna patterns, rangoli, lettering and paintings. Tuition is \$30 (\$24 for members), and the material fee is \$25. To register, visit <https://my.desmoinesartcenter.org/12466/12468>.



### Jurassic Quest

Friday and Saturday, March 11-12, 9 a.m. to 8 p.m.; Sunday, March 13, 9 a.m. to 6 p.m.

Iowa Events Center, 730 Third St., Des Moines

Tickets are available online at <https://www.jurassicquest.com/events/des-moines-ia> and cost \$22 for kids and adults and \$19 for seniors. Ticket for unlimited rides for kids is \$36, which includes entry. General admission includes live shows, arts and crafts activities, dinosaur and marine exhibits. Tickets for individual and premium activities will be available on-site (from \$6). Off peak hours are weekdays (all day) and weekends after 3 p.m. Free entry for children younger than 2.



### An Evening of Celtic Music

March 12, 7 p.m.

Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents "ClearJoy Music: An Evening of Celtic Music." Admission is free. A freewill offering will be accepted to support Crossroads of Iowa programs. ClearJoy is a musical collaboration of two sisters specializing in Celtic and Scottish music. Crossroads is a not-for-profit organization offering programs for women, including those in jail or prison, with a focus on mental wellness using a holistic approach.



### St. Patrick's Day parade

Thursday, March 17, noon  
Downtown Des Moines

The Friendly Sons of St. Patrick are staging their annual parade in downtown Des Moines, beginning at noon, starting at 15th Street and Grand Avenue, heading east to Eighth Street. New this year is a Block Party at 13th and Grand, from 8 a.m. to 1 p.m. Your \$5 admission gets you access to watch the parade, food trucks, live music, a beer tent and more. More information is available at [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com).



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## CREDIT COUNSELING

By Tom Coates

### BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company that we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers who may not be as Internet savvy, or who are lonely, can be easy prey for fraudsters. ■



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



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## REAL ESTATE

By Rachel Eller and Jamie Adkins

### PRE-LISTING tips

If you are thinking about listing your home for sale, please consider our tips below.

#### 1. Declutter and deep clean:

Remove excess furniture, counter accessories, etc. Allow for the home to appear more spacious and clean, giving it more appeal to potential buyers.

#### 2. Neutral paint colors:

Although you may love a bright-colored bathroom or a living room accent wall, homes with neutral paint colors tend to draw more attention to buyers as they are scrolling through a new listing online or even when they are in your home trying to picture their own personal items and furniture inside.

#### 3. Remove personal items:

Taking down family photos or other personal items from your home makes it easier for an interested party to picture themselves and their belongings in a new space.

#### 4. Touch ups:

Do a walkthrough of your home and touch up any chipped paint. Repair damaged trim. Tighten up loose faucets or outlets. The list goes on.

If you found this article helpful and would like more tips on how to get your home "show ready," feel free to reach out to us. ■



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

# GERVAIS, Ahmed, Cruz, Affleck and more

I managed to survive the Oscar-season blast of movies with only a few body blows, viewing lots and lots of movies, many on the streaming services thanks to a very mild case of COVID. My fox terrier Buster and I spent a good (actually very good) week at the lake watching movies. As such, I am providing a mixed bag of films this month.

**"AFTER LIFE":** Season 3 of this heartwarming and heartbreaking series about a man who loses his wife to cancer is outstanding. Ricky Gervais, of all people, is behind this excellent series.

Raunchy language alert but so full of heart and love. **Grade: A-**



**"ENCOUNTER":** What starts as a compelling sci-fi story about an ex-military dad protecting his two sons spins on a dime and turns into a whole different movie. Riz Ahmed turns in great performances. **Grade: B-**



**"PARALLEL MOTHERS":** This is the first of two art films on this month's list. Penelope Cruz plays a successful adult who finds herself pregnant with no support from the father. Along this road, she meets a young woman in the same position, and the two strike up an interesting friendship. It's not a perfect film, but there is still much to like. **Grade: B**



**"SCREAM":** I guess "Scream 5" didn't seem like a great title, so simply "Scream." Many faces from previous incarnations reappear as the town is once again terrorized by a creepy man. **Grade: C+**



**"SWAN SONG":** If you love Mahershala Ali ("Green Book"), you are in for a treat as here he plays two characters. A man who has a terminal illness finds a company (headed by Glenn Close) that will make an exact copy of him and insert this duplicate into the life of his son and wife... without them knowing. All fun and games until something goes awry. **Grade: B+**



## "THE TENDER BAR":

George Clooney directs and Ben Affleck stars as an uncle keeping a close eye on his sister's adolescent son. A small, charming film about a dysfunctional family full of love and a heaping dose of crazy. **Grade: B+**



**"THE 355":** This is the worst movie of the year so far — a preposterous story about a group of women tracking down bad guys and something else which I don't even care enough to remember. Mindless action with little to nothing to recommend. **Grade: D**



## "TICK TICK BOOM!":

This is one of my big surprises of the year. Andrew Garfield plays Jonathan Larson, a struggling playwright trying to launch his first play on Broadway, or off Broadway, or in the back room of a store. He just wants to succeed. Garfield should get an Oscar nomination. The film is charming and packs quite the emotional punch! **Grade: A**



**"THE TRAGEDY OF MACBETH":** I will admit that a black-and-white movie written by the Bard, starring Denzel Washington and Frances McDormand, directed by one of the Coen brothers (and McDormand's husband Joel) had my attention. Unfortunately, not for long. The movie looks great, the actors are excellent, the photography is stunning, and the Shakespearian dialect is near perfect... maybe too perfect. I was an English major, and I still struggled to understand what was going on and what was being said. But the movie looks great. **Grade: C+**



**"THE UNFORGIVABLE":** Sandra Bullock plays a woman released from prison for a heinous crime that she was involved with many years previously in which a police officer lost his life. No one seems to be particularly happy to see her out of prison. Not what you expect from Bullock, but she carries it well. **Grade: B ■**



Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.



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## HEALTH By Paul Guerdet

### THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see that we are worthy of the same love, patience, kindness and understanding that we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

## HEALTH By Leslie Herron

### COLD weather safety

The colder it is outside, the more energy your body needs to remain warm. If you work outdoors, you face risk for hypothermia, frostbite and trench foot. Trench foot happens when feet are wet/cold too long.



Symptoms of hypothermia include uncontrollable shivering, loss of coordination, confusion, slurred speech, slowed heart rate or breathing and unconsciousness. Frostbite includes reddened skin and gray/white patches in the fingers, toes, nose or ear lobes; blisters; tingling; aching and feeling loss. Trench foot symptoms include blisters, leg cramps, numbness, pain, reddening skin and swelling. If you work in cold weather, be prepared.

Loose layers provide better insulation. Use wool, synthetic or silk for inner layers to keep moisture away, a middle layer of wool or synthetic for insulation and an outer wind/rain protection layer for ventilation and overheating prevention. Gloves, facemasks and hats are crucial to keeping heat in. Also:

- Drink warm, sweetened fluids like sports drinks.
- Avoid alcohol and caffeine; they cause your body to lose heat.
- Keep an extra set of clothing with you in case yours get wet.

Some medications and health conditions create higher risk; check with your doctor. ■

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

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## HEALTH

By Alicia Fisher, PT, DPT

### WHAT CAN I do to ease ankle sprain pain?

The ligaments surrounding the ankle are surprisingly fragile. Typically, a sprain is minor and able to heal itself quickly; however, a seemingly harmless motion has the potential to cause a serious sprain. The muscles surrounding a sprained ankle often tighten and shorten, resulting in decreased range of motion. This makes the ankle more prone to re-injury unless you stretch and strengthen those muscles. If the ankle swells and standing or walking on it becomes unbearable, a fracture needs to be ruled out.



If you think you may have sprained your ankle, the main goal in the early stage is to reduce inflammation. In order to minimize swelling, it's important to apply ice as quickly as possible. Either submerge your foot in an ice bath or use a bag of ice wrapped in a towel. Ice helps to reduce the pain, redness and warmth common to ankle sprains. Resting the ankle as much as possible, elevating your ankle above your heart, and performing gentle ankle stretches are also helpful. Taking these steps will promote and facilitate healing while helping your body absorb the fluid that has flooded into the tissue surrounding the injured area. ■

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

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## HEALTH

By Dr. Lucas Bell

### DO I NEED to protect my eyes from blue light?

Being in the sun is good for Vitamin D production and elevating your mood, but it can simultaneously cause a sunburn. Similarly, exposure to blue light can increase alertness and help regulate your sleep cycle while also increasing eyestrain and potentially confusing your sleep rhythm if the exposure to artificial blue light happens at night.



Sunlight is the main source of blue light. But electronic devices such as computers, tablets, smart phones and fluorescent or LED lighting also emit significant amounts of blue light. Among the colors of the visible light spectrum, blue light is nearest to ultra-violet radiation and is the highest energy of the visible wavelengths of light.

Because blue light is higher in energy than other colors, it scatters more easily. This is why the sky is blue, but it also causes our eyes to have to focus more to make images clear. Looking at computer screens and digital devices can contribute to eye strain.

Blue light filtering lenses are becoming widely used with most people noting a decrease in eye strain when using such lenses. These can be found over the counter and can be incorporated into a prescription. Talk to your eye doctor if you have concerns about blue light. ■

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

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## WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



### Colon screening

Early detection through screening is crucial. Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam

available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer. Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

### Symptoms

Colorectal cancer develops with few, if any,

symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body.

Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, [MercyOne.org/RDCC](http://MercyOne.org/RDCC)

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## DRINKING coffee for diabetes and heart health

If you are anything like me, you can't wait to take a sip of your favorite coffee first thing in the morning. Reports suggest that 62% of Americans drink coffee every day and, on average, three cups per day. Have



you been confused over claims of health benefits of drinking coffee over the years? The claims seem to vary depending on who you ask. Does it really benefit heart health? What about diabetes? Should some avoid drinking coffee all together?

Let's first talk about heart health. It is still unclear if drinking coffee reduces the risk of developing heart disease. It may lower the risk

for heart failure, or slightly lower the risk of dying from any cause or from heart disease. Drinking at least two cups of coffee daily is linked to about a 30% reduced risk of heart failure. Be mindful, drinking too much coffee, say more than five cups per day, has been linking to increased heart attack risk in people with existing heart disease.

There is, however, more positive research on coffee use and diabetes. There is some evidence that suggests drinking caffeinated coffee reduces the risk of developing Type 2 diabetes. This evidence, however, might only be associated with a larger intake of coffee, which we all know isn't always best. Too much coffee can lead to irregular heartbeat, sleeping problems, anxiety and headaches. Also, it needs

to be pointed out, this is black coffee, not your chocolate mocha with extra whip cream. So good though, right? If you are diabetic, it is important to monitor your blood sugar closely while drinking coffee as the caffeine can both increase or decrease blood sugar.

So what's the conclusion? There might be some benefit when consumed in moderation and no more than four cups per day. This amount of caffeine is generally safe for most people. Consuming very high amounts can cause serious health problems. So grab your favorite flavor of coffee and know that your coffee should provide you some health benefits. ■

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

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# SEE A NEED. Meet a need.

It has often been said, to make an impact in the lives of others, start by seeing a need and then work to meet it. This could include big or small needs and helping a family member, neighbor, coworker, or in the greater community.



A need that impacts more people than we might realize is hunger. According to the USDA, more than 38 million Americans, including 12 million children, are food insecure (meaning they lack reliable access to affordable, nutritious food). To bring this closer to home, one in 11 people in Iowa face hunger, including 1 out of 8 children.

The Bible repeatedly says we are to care for the poor, which involves feeding the hungry (e.g., Psalm 146:7, Isaiah 58:10). Jesus modeled the importance of addressing this

issue with His teaching (e.g., the story of the Good Samaritan) and His actions (He fed multitudes of people with five loaves of bread and two fish). In addition, the very first church made distributing food to those in need a high ministry priority. Finally, in a pointed passage (James 2:15-16), we are warned, "Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it?"

While the Bible passages noted above are compelling and important, it can also be argued that any person regardless of faith can and should have compassion for the hungry. For example, the Golden Rule is commonly accepted as a tenet for moral living: Treat others in a way you would like to be treated.

None of us can do everything to address this issue, but all of us can do something to relieve the suffering of others. One easy way to engage is to support our two local food banks:

- Good Samaritan Food Pantry: They accept donations and volunteer opportunities. To receive food assistance, the pantry is open Monday and Tuesday (noon to 2 p.m.) and the fourth Monday of the month (5-6 p.m.). They are located at 215 N. 11th St. in Adel. To learn more, visit [AdelFoodPantry.com](http://AdelFoodPantry.com).

- Mobile Food Pantry: This is a monthly drive-through opportunity to receive free food on the fourth Monday of the month between 5-6:30 p.m. They are located at New Hope Church at 25712 Highway 6 in Adel. To learn more visit <https://www.foodbankiowa.org/partners/programs/mobile-pantry-program>.

Together, we can take steps to address this need by donating, volunteering and spreading the word to those we know about these important resources that are available to all. ■

Information provided by Dr. Ryan Whitson, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).



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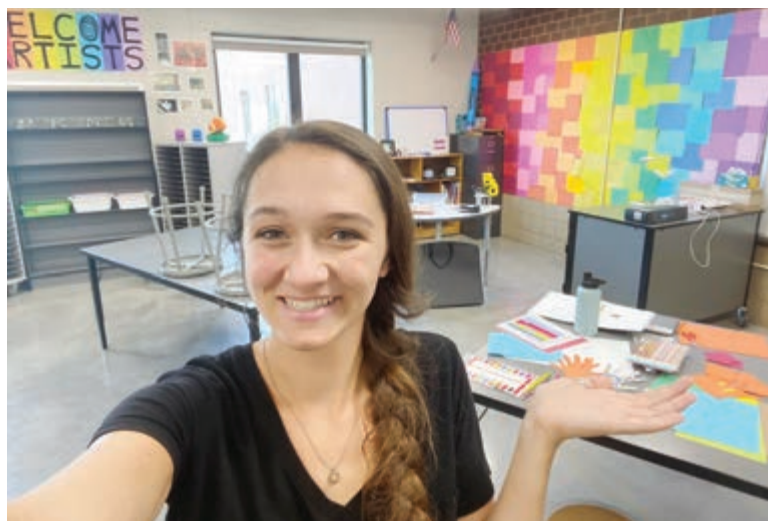
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# MEET Joslyn Hagener

Enjoys seeing students excited about their creations



Joslyn Hagener says students bring their own creativity and perspective to their art, so each is unique.

Joslyn Hagener started her undergraduate studies at the University of Northern Iowa before transferring to the University of Iowa to pursue a minor in dance. During that time, Hagener had the opportunity to study in both Italy and India. Today, she teaches art for the Adel-De Soto-Minburn Community School District at Meadow View Elementary School and at De Soto Intermediate School.

"Kids are so creative. I love seeing how I can give the same project to all the students and their artwork is all unique to them and the way they see the world or express themselves. Art is imperative for healthy and balanced brain development and a great outlet for expression," Hagener says.

Hagener's students began the school year with one of her favorite projects. It taught students about forced perspective photography and how it is used in films such as "Elf" or by famous TikTokers today. Students worked together using themselves and props to take photos that created an illusion.

In addition, her students also learned about the basics of a two-point perspective and then created their own city with different themes. These themes included topics such as bowling, sloths, pollution awareness, pandas, holidays, the beach, and more.

"The most rewarding moment as an art educator is seeing students confident, happy and excited about what they created. I also love to see students building on what they've learned in art to create new things," she says.

When not teaching, Hagener enjoys going to movies and eating movie theater popcorn. She also likes ice skating in the winter and biking or kayaking in the warmer weather.

"I was first drawn to the ADM school district because of the location near the metro area — and I had heard great things about the school district," she says. "I love the administration and staff at ADM. They have been so welcoming and supportive, and I have already made some lifelong friends." ■

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# CHURCH founders build community

The Trout family likes Adel for many reasons.

Anna Trout and her husband, Eric, have lived in Adel for four years come this July.

When they moved to town, they helped establish Restoration Church, where Eric serves as lead pastor.

While the Trouts are fond of their neighborhood in the heart of Adel, they most enjoy its attached “mother-in-law” suite, which provides them with a lot of extra space. Right now, it serves as the office for Restoration Church.

The home was built in 1924 and has been updated throughout the years, although it’s held on to its unique features.

“I love that a lot of the character of the old home is still there,” Anna says. “The bedroom closets have crystal doorknobs.”

She mentions that the neighborhood has many kids in it, so her children have an abundance of friends they can play with.

“In the summer, my son gathers up a bunch of boys and walks to the baseball field and plays for hours,” she says. “It’s very ‘Sandlot,’ ” she adds, referring to the 1993 coming-of-age movie about friendship and baseball.

Since coming to town, the entire Trout family has gotten



Anna and Eric Trout like their neighborhood in the heart of Adel and the fact that their kids have plenty of room to play and plenty of friends to play with.

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## WHERE WE LIVE

involved in the community.

Anna works as a patient care advocate at Specialized Health Chiropractic, and Eric is a barista at The Morning Grind. Both of them also volunteer at 3rd Place, the non-profit community center and coffee shop in downtown Adel. All the Trout kids are involved in various sports and activities as well. And, of course, their duties running Restoration Church keeps the family busy, too.

One of Anna's favorite things to do happens right in Adel.

"I love sitting at 3rd Place drinking coffee and catching up with friends, building community and meeting new people that come in," she says.

Ultimately, whether chatting with folks throughout town or seeing familiar faces at Restoration Church, the Trout family has built nothing but gratitude for the town they planted their roots in.

"I love that, in general, people in Adel are willing to come together to serve and support each other," Anna says. ■



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Susie Latusek and her daughter Amanda Winters credit the Adel Chamber of Commerce with helping them launch their business.

When Susie Latusek and her daughter Amanda Winters were considering opening up a retail franchise in Adel, their first stop was to visit the Adel Chamber of Commerce. They were familiar with Adel but unsure of open properties, demographics and other information.

"The Chamber was welcoming and helpful in putting us in contact with the appropriate people," says Susie. "The chamber was so friendly. Adel felt like a good fit."

The new shop, Real Deals, opened in October 2021. The pair chose their current location at 211 S. Seventh St., just along the bike trail. It's close to Patrick's Restaurant, and there's lots of traffic from bicyclists and other visitors.

Real Deals has been in business for 20 years. The franchise carries home décor items, including furniture, artwork, mirrors, kitchen items, greenery and more. They also offer a full-boutique women's clothing line up to size 3X, and offer accessories, shoes, jewelry and more.

As they were initially configuring the building space, Susie and Amanda wanted to ensure they were up to code with various city requirements. "We went to Deb at the Chamber and asked about signage and building codes. Deb connected us with someone from the city zoning department," she explains. "It was very helpful to find quick answers."

Once open, the chamber put together a ribbon-cutting ceremony. "It was lots of fun. It gave us exposure and free publicity. Local businesses came out, as well as the mayor," she says.

In addition, the chamber helped promote various specials and store hours on the Chamber's social media sites.

Susie is passionate about giving back to the community. For example, they offered a soup bowl special during Super Bowl weekend. Patrons brought in a can of soup for a 10% discount. The food was then donated to the local food pantry.

"The town has felt very welcoming to us," says Susie. "Adel is a great place to do business."

Real Deals has aligned their sales and promotions with events happening in the community. "The chamber is great at getting the word out. I couldn't run the business without the chamber," says Susie. ■

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

**"I couldn't run the business without the chamber."**

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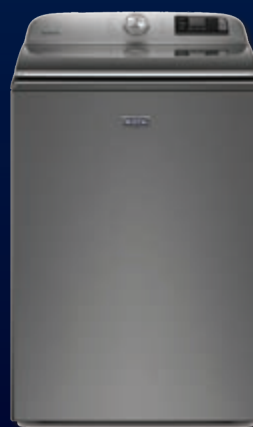
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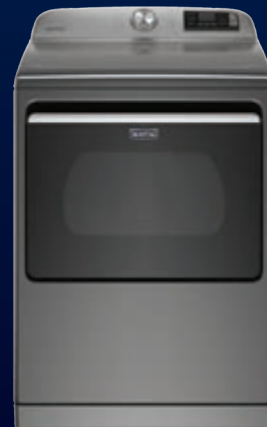


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Mon-Fri 9-5, Saturday 9-2  
**515-462-2939**