

ADEL

MAY 2022

Living

MAGAZINE

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WELCOME

HOW DO you carry the load?

Nasal congestion. Runny nose. Sneezing. Drowsiness. Itchy eyes.

If you suffer with these symptoms, or if you have seen any of the seemingly thousands of TV commercials for products that claim to lessen them, you know by now that I am referring to allergies.

I realize some of you who are reading this have dealt with allergies all your lives. I also realize some of you only began to be faced with these in your adult years. Either way, most of us recognize allergies are more common today than in generations past. But why?

It is something in the air we breathe? The soil our foods come from? The water we consume?

Or do we just whine about these things more than our grandparents did?

Or maybe, just maybe, all that advertising really works in convincing us that we need to do something about allergies. Americans have spent more than \$8 billion per year to deal with how our bodies respond to foreign substances. Yes, \$8 billion.

If you can relate, you are not alone. According to the Allergy & Asthma Network, one in five Americans have been officially diagnosed with allergies, about 4 million work days are missed per year because of them, and more than 50% of allergy sufferers say this impacts their daily quality of life.

More than likely, I am preaching to the choir. But what do we do about it?

Football player, coach and analyst Lou Holtz said, "It's not the load that breaks you; it's how you carry it." With that in mind, we dedicate this month's cover to the stories of local residents and what they are doing to lessen the impact of allergies on their daily lives.

Thanks for reading. ■



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Dealing with **ALLERGIES**

Residents share
their coping
strategies

By Marsha Fisher

“Cough. Water. Itch. Burn!” It’s not your imagination — your allergies do seem to be getting worse every spring. As temperatures increase, and the CO² concentrations in the air increase, plants produce more pollen. According to the Asthma and Allergy Foundation of America (AAFA), ragweed and grass pollen are increasing significantly as our climate is changing. The result is longer and more intense allergy seasons.

After allergy testing, Rebecca Hillmer was delighted to find out she wasn’t allergic to her dog, B.J. Photo by Marsha Fisher



FEATURE

"I used to start taking Claritin, a daily antihistamine, in April or May, but then I was taking it in March and earlier," says Rebecca Hillmer. "Then I had to add Flonase, a nasal steroid, each evening as severity increased."

Typically, as people get older, their immune systems become less reactive and allergy symptoms usually decline, but with the change in our climate and increase in plant growth, pollen and pollen sources, seasonal allergies have become more frequent and severe in adults.

Allergies are the body's reaction to normally harmless substances, such as pollen, molds, animal dander, latex, certain foods and insect stings. It can even be a reaction to something that should help you, such as a drug allergy. The symptoms can range from mild — rash or hives, runny nose, watery or itchy eyes — to life-threatening, requiring an EpiPen and an injection of epinephrine to treat an acute allergic reaction.

"Over 40 years ago, I found out I was allergic to cats after being hospitalized twice for asthmatic bronchitis," Hillmer says. "Getting rid of the cat and doing a lot of dusting and vacuuming seemed to solve the problem until about 12 years ago when the seasonal allergies began to bother me. During the spring pollen season and the fall ragweed season, I suffer from a runny nose, cough and hoarse voice."

The same substances that trigger hay fever or "allergic rhinitis" symptoms, such as pollen, dust mites and pet dander, can also cause asthma symptoms, according to Mayo Clinic.

"Allergies and asthma often occur together," says Dr. James T C Li. "This is called allergic asthma or allergy-induced asthma. Your body's immune system mistakenly identifies a harmless substance like tree pollen as an invader. To protect your body from the substance, antibodies bind to the allergen. Those chemicals (IgE) released by your immune system lead to allergy symptoms of nasal congestion, itchy eyes or skin, and, for some people, the chemicals affect the lungs and airways, leading to asthma symptoms."

In January of 2022, Rebecca was diagnosed with asthma and started using a daily inhaled steroid. Since asthma can be caused, or aggravated by, allergies, Hillmer decided to see an immunologist and be tested for allergies.

Allergy testing consists of applying a plastic device to the upper back multiple times and scratching the skin to introduce potential

allergens. The size of the reaction is then measured. Localized redness, swelling, elevation or itchiness of the skin over the test site indicates an allergy to that specific allergen. If the scratch test is inconclusive, the allergen is injected into the dermis layer of the skin to monitor the reaction.

"In addition to the scratch test on my back, I was also injected several times under the skin to verify certain reactions," Hillmer says. "The results indicated allergies to cats, trees, grasses, molds, weeds and feathers, but thankfully, not dogs. I was so worried about the fate of B.J., my old dachshund. We lucked out."

If an allergy is discovered, there are several ways to combat it. If it is a food or drug allergy, it may be as simple as avoiding contact with that food or drug. Other allergies, especially seasonal and pet allergies, may require treatment. Doctors may prescribe medications such as antihistamines or corticosteroids. Since Hillmer had already been on medications for her allergy symptoms, she chose the treatment option of immunotherapy, also known as allergy shots. Each patient's immunotherapy program is tailored to his or her personal needs. During the treatment, the patient is given shots containing small amounts of the allergen so the body can slowly build up immunity.

"I opted to start a program of immunotherapy, which, for me, involves four subcutaneous injections two to three times a week for 27 visits. Following that will be monthly visits for injections for at least the following 12 months," says Hillmer. "Hopefully, with my allergies under control, my asthma symptoms and treatment will also lessen."



Tera Hamann with her daughter, Hazel, and Siberian cat, Helen, named after a female doctor who helped perfect heart surgery for babies. The family donates hypoallergenic kittens to families of infants requiring heart surgery.

Outsmarting allergies

Increasing seasonal allergies because of climate change may be out of one's control, but some allergy reactions can be quieted with action. When pets are part of your family, and you find you are allergic to your cat or dog's pet dander, it can cause an emotional crisis. Tera Hamann was a recent graduate of nursing school and pregnant when she discovered she was allergic to her two cats and had to "rehome" them. She was devastated.

"About two years later, I was walking through Sam's Club when I spotted a book called 'The Encyclopedia of Cats and Dogs,' and it changed my life," she says. "I found that certain specific breeds of cats are actually hypoallergenic."

After two years of Internet research on the hypoallergenic breeds mentioned in the encyclopedia, Hamann decided to try a breed of cat new to the country: the Siberian Forest Cat. Siberians produce much less of the Fel-D1 protein in their saliva than other breeds. Because of this, the Siberian Forest Cat is a

5 most common allergies

From Northeast Allergy, neaai.com/5-most-common-allergies

- 1. Pollen:** Tens of millions of Americans suffer from pollen allergies. Every spring and summer, thousands of tiny pollen grains are dispersed in the air and can end up in your nose and throat, resulting in an allergic reaction.
- 2. Peanuts:** A peanut allergy is the most common food allergy in children and the second-most common food allergy in adults. Differing from tree nuts in that they grow underground and are a kind of legume, peanuts can cause severe reactions in affected individuals.
- 3. Tree nuts:** Tree nut allergies are another common food allergy in both children and adults, and fewer than 10% will outgrow it. Some types of tree nuts include walnuts, almonds, hazelnuts, pecans, cashews and pistachio.
- 4. Shellfish:** Another common lifelong food allergy is a shellfish allergy. This allergic reaction is prompted by certain proteins in marine animals, including crustaceans (shrimp, prawns, crab, lobster) and mollusks/bivalves (clams, mussels, oysters, scallops, octopus, squid, snail).
- 5. Animal dander:** Animal dander is composed of microscopic flecks of skin shed by cats, dogs, rodents, birds and other animals with fur or feathers. Though animal dander is the prominent cause of pet allergies, proteins found in the saliva, urine and feces of certain pets can also cause allergic reactions. Since animal dander easily sticks to belongings, pet allergies can be triggered even when animals are not present. ■

good choice for allergy sufferers.

"I found a reputable breeder in Texas and got my first Siberian, Gustav or 'Gus,' who quickly became a beloved family member," Hamann says.

That was about 20 years and five children ago.

"The Siberians have a dog-like personality. They greet you at the door, love to sit on your lap or anywhere near you, and they're mellow and laid back. They are wonderful with children, gentle and enjoy being petted and cuddled," she says. "The cats are sturdy playmates, with the males weighing about 15 to 20 pounds and girls about 7 to 10 pounds."

About 10 years ago, Hamann became a breeder of Siberian Forest Cats (one of three in the state of Iowa) and sells her kittens to families she has "screened with an allergy test" during their visit to check for compatibility. She has continued in her nursing profession and is aware of the importance of keeping her natural allergy to cats controlled and contained.

"Now, I have recently been bothered by seasonal allergies, but the Siberians are not a problem," says Hamann. "Of course, I keep them out

of the bedroom, vacuum often and have a HEPA air purifier running."

Currently, she has two neutered males, Figaro (as a replacement for Gus) and Coal.

"The cats have been a support system throughout my life, for both myself and my five children. Their unconditional love has been important for my family," Hamann says.

Coping with a drug allergy

Medications are meant to help you, not hurt you, but, for some people, certain drugs result in hives, rash, fever or even life-threatening anaphylaxis, which affects multiple body systems. Although any drug can cause an allergic reaction, the most common drugs associated with allergies are antibiotics and pain relievers. The most common drug allergy is penicillin with about 10% of people reporting an allergic reaction to this antibiotic, according to the American College of Allergy Asthma and Immunology.

"I found out I was allergic to penicillin when I was a preschooler, about 3 or 4 years old," says Shirley McAdon. "I had an infection in my tonsils — tonsillitis — and was given penicillin. My body became covered in an itchy rash and hives, and we immediately stopped the penicillin and sought treatment. Fortunately, an alternative was invented, which I was given. It was Erythromycin, a drug to prevent and treat infections in different parts of the body. For the rest of my life, I have made it very clear with every doctor, pharmacist, hospital visit and health professional that I have a penicillin allergy and need an alternative antibiotic."

To diagnose a penicillin allergy, a skin test may be given. Mild to moderate reactions to penicillin are common and may include hives, tissue swelling (especially in the facial area), throat tightness, coughing or trouble breathing. Less common, but more dangerous is the anaphylaxis reaction in which many organs may be involved. It can worsen quickly and requires immediate emergency attention. If you are highly sensitive to penicillin, symptoms may include tightness in the chest; difficulty breathing; swelling of the tongue, nose or lips; dizziness; fainting or loss of consciousness. With any of these symptoms, Epinephrine should be administered as soon as possible. Those diagnosed as highly sensitive, should carry an EpiPen, an auto-injectable device that can be self-administered, and wear an emergency medical alert bracelet or necklace identifying the allergy. (Information from the ACAAI.org website)

An allergy can range from being an annoying experience, to being a constant concern, to being life-threatening. Managing the allergy may be as simple as avoiding the trigger, or it may require ongoing allergy medications or even immunotherapy. The choice of treatments depends on the allergy's interference with your quality of life and the severity of your reaction. ■



Shirley McAdon as a young child, when she was diagnosed with a penicillin allergy.

BE A PART of history in a panoramic picture

Celebrate the 175th anniversary of Adel's Founders' Day May 21.

In May 1847, Adel became the first settlement in Dallas County. Later that year, it was named the county seat. Before that, on the edge of the western frontier, it had probably been a gathering site for the native Ioway tribe, from whom the first name for our town, "Penoach," meaning "far away," came.

"The original town plot extended from the Raccoon River to High (11th) Street and from Grove south to Greene Street," says Jan Price, Adel's premier historian and volunteer curator of the Adel Historical Museum. "Two years later, in 1849, the town was given the new name of Adell, which in the beginning had two 'Ls.'"

In 1847, J.C. Corbell built the first house in town, which was used as a dwelling and a post office. Samuel Miller, the first settler in Dallas County, built his log cabin during the winter of 1847-48, and it was also used as the first schoolhouse in Dallas County. There is a stone monument on the north side of Highway 6 marking the settlement. The location of Adel by the river encouraged the use of water power for a flour mill. Adel was also the site for the state road being built across Iowa to the west. A ferry crossed the Raccoon River from the east and then followed what is now Main Street to the west, on to California.

"It was heavily traveled during the Gold Rush of 1849," Price says.

In 1855, there were 25 homes and three stores in the village.

The driving force behind this 175th celebration has been Shirley McAdon, city council member and a civic-minded citizen who serves on many local and county boards.

"With the focus on the pandemic the last two years, the anniversary of the founding of Adel kind of snuck up on us," McAdon says, "but this is a chance to reflect on our rich history, while we look to the future, and it couldn't be missed. I really care about Adel and want the pioneer spirit of our community to be recognized."

Rich Hughes, chairman of the Historical



A panoramic photo will be taken at the Founders' Day celebration, as was done in 1947 and 1997. Pictured is the center third of the 1997 photo. The entire photo is displayed at City Hall.

Preservation Commission, has also been instrumental in organizing the celebration, providing background information and help.

Historic photo to be taken

One of the most important events will be taking a panoramic picture at the corner of Ninth and Main. Residents are asked to be part of the photo and should gather at 1 p.m., with the photo being taken at 1:30 p.m. Afterward, cake and ice cream will be served at Pavilion Park. This panoramic picture has been a tradition in Adel; it was done in 1947 and 1997 — and both of those photos are displayed at City Hall. The Raccoon Valley Bank displays a copy of the 1997 photo, which they had sponsored. They will also be sponsoring the 175th anniversary edition. These pictures will be available to order for \$20, with the proceeds going to benefit the Adel Museum.

Tours and more

Mayor Peters will give the welcome address, and walking tours will follow at 2 p.m. Rebecca Hillmer will be presenting the highlights of the historic downtown, including the site of the famous bank robbery, the history of the current city hall and railroad depot, and much more. Dave and Nanci Sande will be leading a walking tour of Adel's newly renovated Oakdale Cemetery. They will be pointing out more than 20 grave markers of past prominent citizens of

Adel, including J.W. Russell, Dr. T.J. Caldwell, S.H. Greene, Don Blanchard (donor for the courthouse clock), Nile Kinnick and former governor George W. Clarke, Nile Kinnick's grandfather.

"We plan to talk a little about them and their influence on our community and where they lived, especially if their home is still standing," says Dave Sande. "Many of these distinguished families who built Adel no longer have relatives living in the area, so we want to keep their history alive before it is lost to us."

These tours will also be available through the summer and will be advertised on social media.

The Adel Historical Museum will also be open for touring on May 21, with extended hours. During the rest of the year, the 162-year-old brick building that houses the museum, located at 1129 Main St., is regularly open on Saturdays from noon to 4 p.m. from the first of May through the end of September. It is available with a guided tour by appointment by calling the director at 515-993-1032.

"Throughout the year, we will be having events relating to the 175th celebration," McAdon says. "The Sweet Corn Festival will have a 'Happy Birthday' theme, and, in the fall, we will be constructing a time capsule. During the summer, the walking tours will be replicated as advertised. Adel has a storied past and a bright future, and we are ready to celebrate it. Come and join us." ■

THE SLAP heard 'round the world

If you didn't watch it happen live, then you definitely heard about it the next day. At the Oscars on March 27, 2022, Chris Rock made a joke about Jada Pinkett Smith's shaved head. In response, Will Smith walked on stage and slapped Rock, telling him not to speak about his wife. Everyone watching was equally confused as to whether this was an elaborate act or a true feud between the two actors.

Since then, we have discovered it was the latter. Pinkett Smith has been open about her struggles with alopecia, and Rock's decision to ridicule her for a medical condition angered Smith to the point of physical violence.

After the incident, many people asked whether or not Smith would be charged with assault. The Los Angeles Police Department stated Rock had decided not to press charges. Looking beyond the criminal aspects of this encounter, however, raises questions about the limits of free speech. Can a comedian say anything about anyone and expect not to face any repercussions? Is there a line that can't be crossed?

The First Amendment guarantees the right to free speech. Past United States Supreme Court cases tell us the extent of that freedom



includes the right not to speak, to wear black armbands to school to protest a war, to use certain offensive words and phrases to convey political messages, to contribute money in certain circumstances to political campaigns, to advertise commercial products and professional services with some restrictions, and to engage in symbolic speech such as flag burning. Freedom of speech does not, however, include the right to incite imminent lawless action, to make or distribute obscene materials, to burn draft cards as an anti-war protest, to permit students to print articles in a school newspaper over the objections of the school administration, of students to make an obscene speech at a school-sponsored event, or of students to advocate illegal drug use at a school-sponsored event.

The right to free speech means comedians like Rock can legally get away with making jokes about most things. Whether they should make those jokes is a different conversation for a different day. Because the line between protected and unprotected speech is not always easy to determine, you should contact an attorney if you have questions about the First Amendment. ■

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A 40-YEAR testament to 'love your neighbor'

Food Pantry celebrates history of giving and addition of Clothes Closet.

The Good Samaritan Food Pantry continues its mission to “get food to those who need it,” as stated by Board Co-chairperson Linda Fuller. Started in 1982, the idea originated during the farm crisis when the members of the Adel Ministerial Association saw members of their congregations struggling with food insecurity. Originally, vouchers were provided to hungry families for “emergency groceries.” It grew into a community-supported pantry in a small room at the United Methodist Church. Now, through the outstanding support from local churches, citizens, businesses, civic organizations and schools, the food pantry occupies a donated space in the ADM Administration Center at 115 N. 10th St. in Adel and serves approximately 4,000 people annually. It also provides 6,000 backpacks given out weekly to elementary and middle school children for weekend and summer food supplement.

“For 30 years, the pantry had no paid staff,” states Bruce Thorsen, a long-time supporter and historian for the group. “It was entirely run by dedicated volunteers.”

This includes the board required to oversee a non-profit 501.3 organization.

“The pantry had its ‘ups and downs,’ just like the rural area it serves,” Thorsen says. “In 2014, the Good Samaritan Board realized the pantry needed a full-time person dedicated to its daily functions.”

Open hours (Mondays and Tuesdays from noon to 2 p.m. and the fourth Monday of the month from 5-6 p.m.), stocking shelves, volunteer scheduling, and coordinating food supplies are now supervised by Celia McCollum, a veteran volunteer and board member.

“The food bank’s number, 515-478-3760, goes through to my personal cell phone, so if you need to make arrangements to get food at other times, we will be available,” McCollum says. “We’re here to help.”

The food bank can be used by anyone. There are no income guidelines — only identification and proof of address for the area the pantry serves. This has expanded to more than 350 square miles: all of the ADM school district, Dexter, Linden, Van Meter and Redfield, with satellite sites. Data is kept on the number of clients and usage only to qualify the pantry as a member of the Food Bank of Iowa network.

“The generous commitment to help each other in this community is so heart-warming,” McCollum says. “During the pandemic, our



Celia McCollum, manager of the Good Samaritan Food Pantry, often speaks to local organizations about the pantry's needs and progress.

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Roland Joiner, 85, is a faithful volunteer who energetically helps stock the shelves of the food pantry.



The "Tuesday crew," from left: Donna Scharlau, Roni Dick, Celia McCollum, Ginny Peters, Beth Shields and Bonnie Conover. Some volunteers come early to organize the shelves and the fresh food. Bonnie is the welcoming person who checks people in to be helped.

financial donations actually increased. People came to us to donate part of their stimulus checks to share with others. The cash donations are very valuable, because we use the money to buy "freight items" available from the Food Bank of Iowa. Once, I was able to purchase hamburger for 17 cents a pound."

The money is also used to purchase from area grocery and convenience stores at a discount to round out the pantry's stock of staples. Also, many of the staples come from food drives held by the community, which have helped the pantry serve more people as Dallas County has grown.

"Rescued food" is a newer concept available at the food pantry on a weekly basis. Food waste in the United States is estimated at 31-40%, according to the USDA. The quantity of donated fresh food available allows people to come every week when the pantry is open and pick up items such as fresh vegetables, prepared sandwiches, main dishes, bread, pastries, salads, milk and other refrigerated items and still come monthly for staples.

"Celia is the one that got that going in about 2015," says Board Co-chair Fuller. "She recognized that the fresh foods that local groceries and convenience stores were throwing

out before it expired could be used by our consumers."

The volunteers of the pantry, spearheaded by Thorsen, raised funds to purchase a van to pick up these items at a variety of locations in the western suburbs. If all of the fresh foods are not used, they are taken to satellite sites.

New members have recently joined the board and have brought new ideas to connect with neighbors and get food to those who need it. Della Weems started a "Meal of the Month" program, bagging up ingredients with a recipe included. During the pandemic, when people couldn't come into the pantry, volunteers bagged groceries and took them to their cars. This is an option that is continuing with the help of Beth Shields, who color-coded the bags and has streamlined the order sheet for street-side delivery.

When volunteers were asked why they were dedicated to the Good Samaritan Food Pantry, replies included: returning to the community the support they had been given in times of trial, thanksgiving for the good lives they have, and desiring to lift up their neighbors and work together for the good of all.

Over the last 40 years, many things have changed and been reorganized, but the main

The Clothes Closet

While the Good Samaritan Food Pantry provides food for those who need it, The Clothes Closet fulfills the need for clothing.

- Located at First Christian Church, 218 N. Ninth St., Adel
- All sizes of gently used clothing and new underwear and socks available.
- Open the first Saturday of every month, 9-11 a.m., or by appointment by calling the church at 515-993-4514
- Everyone is welcome, and everything is free.
- The Clothes Closet accepts donated clothing and is dedicated to passing it on. ■

focus of providing food to all who need it has remained the same.

Karla Jones, a past board member states, "I think the food pantry has gone in a great direction to be able to serve more people in a variety of ways.

"The board, volunteers and community really want to encourage the people to come and increase the number that use the pantry's services." ■

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FINANCE

By Logan Willems

WHAT IS a home equity line of credit?

A home equity line of credit is a revolving line of credit available to homeowners who have enough equity in the home that they have ownership interest in. Home equity is the difference between the current market value of homeowner's home and what they owe on their mortgage or any other liens that are secured on the home. Homeowners nowadays use the home equity line of credit product to consolidate high-interest debt, pay for renovations or home improvements for their home, cover education expenses, or to put into retirement planning/large investments.



The amount a homeowner can borrow or go up to on a home equity line of credit is determined by the equity they have in their home. Again, equity is how much value a homeowner has in the home. Equity is determined by subtracting how much is owed in total on a mortgage (and any other liens secured on the home) from the current market value of the home. For example, if your home is valued at \$250,000, and you owe \$175,000 on your mortgage loan, then you have \$75,000 in home equity.

To begin building equity or having home equity is to find methods to increase that gap between what is owed in total on the mortgage of the home and what the current market value of the home is. One method is to make mortgage loan payments to lower the total amount owed. Another method you have probably seen recently is the home's current market value increasing within the past couple of years due to shifts in the housing market. This has caused a home's current market value to rise. Improvements homeowners have made on their own throughout their tenure of occupying the home can also contribute to building equity since that adds value to the home. These methods have increased the gap between what is owed on a mortgage loan and the current market value of the home, which have resulted in increasing the borrowing power for a home equity line of credit or just increasing the amount of equity that has been built up over time for a homeowner.

Next time you need that furnace or A/C replaced, want to freshen up the curb appeal of your home, consolidate some high interest credit cards, or whatever it may be, call your lender to see if he or she can help you out by tapping into your home's equity that you've worked so hard to build. ■

Information provided by Logan Willems, 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.



MAY 2022

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, May 10th, 2022 at 6:00pm**
- For additional meeting dates/times, or meeting information, please visit our website www.adeliowa.org.

GET TO KNOW...



BRITTANY SANDQUIST

What is your title? Finance Director

What is your past work experience? Provided financial services in the senior living & real estate development industries

How long have you been working for City of Adel? 5 years

What are you excited about for your department's future plans? The ability to grow along with the community.

What is a hobby you enjoy? Singing (anything music related)

Anything else Adel should know about you? I am a mom of 4 and an alumni of ADM. Go Tigers!

ASH TREE REMOVAL:

The City of Adel is aware of the declining health of Ash trees in our community due to the Emerald Ash Borer bug. City Staff has begun to remove some Ash trees in poor health that are in the City right of way (between curbs and sidewalks). The City plans to begin a large-scale removal process in 2022 for those infected Ash trees located in the right of way. Residents with infected or poor health Ash trees located on their property are encouraged to have the trees removed as the infected trees can become hazardous to homes and vehicles should they lose branches, etc. Please call Adel Parks and Recreation with any questions at 515-993-4525.

ADEL FAMILY AQUATIC CENTER:

Tentative opening date is set to Saturday, May 28th. Follow the Adel Family Aquatic Center on Facebook for updates.

- Hours:
 - 12:30-5:00 pm Open Swim
 - 5:00-6:00 pm Family Swim and Adult Lap Swim
 - 6:00-8:00 pm Open Swim
- Swim Lessons:
 - Sign up online at adel.activityreg.com

PARKS & RECREATION ACTIVITIES:

Register online at adel.activityreg.com. Majority of activity deadlines are May 20.

- **Little Sluggers** – Introductory baseball and softball program for boys and girls ages 3 and 4. Session 1: June 6-22; Mon/Wed 6-6:45pm. \$40/player
- **Pickleball** – Informational kickoff on May 4 at 6pm at Kinnick-Feller Park Courts. Drop in pickleball play May through August. Mondays 9-11am and Wednesdays 6-8pm. **FREE**

- **Adult Coed Sand Volleyball League** – Tuesday Evenings, June 7-July 19 + tournament. \$165/team
- **Adult Coed Slow-Pitch Softball League** – Thursday Evenings, June 9-July 28. \$200/team
- **Women's Tennis League** – Monday/Tuesday Evenings, June 6-August 9. \$30/player
- **Men's Tennis League** – Thursday Evenings, June 9-August 11. \$30/player

Looking for a team? Email rdillinger@adeliowa.org to connect with other interested players.



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. 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)

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 CSWI \$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.

YARD WASTE PICK UP ON TUESDAYS:

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.

OAKDALE CEMETERY POLICY:

Visit www.adeliowa.org/cemeteries to view the full Oakdale Cemetery Policies as well as any fees that would be assessed.

The Cemetery hours are as follows: 7:00 a.m. – 8:00 p.m., April through October. 7:00 a.m. – 6:00 p.m., November through March.

CITY HALL

Administration
Public Works
Compliance Officer
Parks and Recreation

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

PUBLIC SAFETY Police and Fire Depts.

102 S. 10th St.
P.O. Box 127
515-993-6723
M-F 8:30 a.m. – noon and
12:30 p.m. – 4:30 p.m.
EMERGENCY – DIAL 911

LIBRARY

303 S. 10th St.
515-993-3512
M-Th 9 a.m. – 6 p.m.
F 9 a.m. – 2 p.m.
Sat. 9 a.m. – 1 p.m.
www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center
515-993-5246

Ankeny Sanitation
515-964-5229

S. Dallas Co. Landfill
515-993-3148

ADEL CITY COUNCIL

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

www.adeliowa.org



RECIPE

A DELIGHTFUL picnic starts with a stellar sandwich

(Family Features) Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit readsalads.com and auntnellies.com. ■

Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

DIRECTIONS

- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.





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DON'T DRIVE investments till the wheels fall off

The first car I bought was a Chevy Cavalier to get to my first real job after college as a financial advisor. After putting 200,000 miles on it in just nine years, I had to decide if I wanted to invest more money into this car or update my vehicle. Whether it's your car, clothes or kitchen, we all have to update things when they no longer get the job done. The concept is the same with retirement.



Your retirement investments will become your retirement income, which may require an investment update. Don't wait until you need a new transmission. I recommend making an investment update five to 10 years before retirement so you can implement investment and tax-saving strategies.

I think of this update in three steps: organize, assess and align. People often talk about their "junk drawer" of investments. It's all the things you've accumulated over the last 30 or 40 years: 401(k)s, IRAs, life insurance, brokerage accounts and more. We can help people track down, organize and consolidate these accounts.

Next, we help you take an assessment of your investments. This

includes looking at how much you are paying in fees and understanding how much risk you are taking. In your 20s, 30s and 40s, you have time to recover from a market swing. If you are getting ready to retire, and the stock market goes down 30%, you probably don't want your portfolio to do the same thing. We can show you, in numbers, how a downturn in the market will impact your portfolio.

Aligning your investments with your retirement goals is the third step. If you aren't comfortable with the risk you are taking, we talk about what changes you can make to your portfolio. Then we show you how these investments will become your retirement income. Your written retirement plan includes where you will draw the money from and in what order. These decisions are connected with other factors like your tax plan, inflation, your Social Security benefit and Medicare.

You should feel good about an investment update, just like when I ditched the Cavalier and started making the 60-mile drive to work in a better vehicle. Updating your investments will give you confidence so you can cruise into retirement. ■

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

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

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RETIRING TODAY

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

Hospitality is the Johnsons' 'gift'

Couple finds myriad ways to volunteer, especially for programs at their church.

Michelle and Kurt Johnson have opened their home to others for a variety of reasons. When the couple moved to Adel in 2018, Kurt decided to reverse the tradition of his mother, who always took cookies to new neighbors, by baking cookies to give to the neighbors they were new to.

"After we met them, we invited them to our home to get to know them," Kurt says.

Kurt grew up on a farm in north central Iowa, and Michelle grew up in Atlantic. When Michelle retired from social work and teaching, they looked to make a move. With their son living in the Des Moines metro area, Adel seemed like a good location.

"We wanted to find a town that had a small-town feel but was close to the 'big' city and close enough to Atlantic so we could make frequent trips there to spend time with my dad," Michelle says. "Adel is the perfect fit."

Through her career years, Michelle volunteered to tutor struggling students. Her "retirement job" is being an associate at Meadow View Elementary in Adel.

Kurt grew up helping his dad put up flags in the local cemetery for Memorial Day weekend and participated in the "plowing bees" or harvests for neighboring farmers who were in need of help.

"Farming is in my heart, and I try to get up to help my cousins with the harvest when I can," Kurt says. "But, in the winter, the snow blower is my 'machine,' and I enjoy running it and helping people by blowing out driveways and sidewalks around the neighborhood."



Moving to town, it was of primary importance to them to find a church.

"We walked into New Hope in Adel and instantly knew it was 'our' church," Michelle says. "It was that particular Sunday that the church was organizing a truckload of goods to take down to Florida hurricane victims and needed a driver to accompany one other driver. Kurt felt it was the right time to say 'yes'... and, just like that, our first day there, he was going to Florida the next Sunday." Since that time, the Johnsons have channeled much of their volunteering through New Hope Church.

"We volunteer on various committees at church including the hospitality team, children's ministries and open up our home to host Eagle Camp Counselors in July for the last few years," Michelle says. "Usually there are four counselors or teachers that come from Colorado and stay for a week; this year the director has asked to stay with us." They both have served with several outreach projects within the church, such as the monthly Mobile Food distribution.

Michelle is active with a women's group, Gathering Table, where she has hosted a group of women, once a month, in her home. Although initiated by New Hope Church, it is open to anyone; members meet in small groups,



Michelle and Kurt Johnson with Deb Holton, office manager at Big Deal Car Care.

eat and discuss topics of life and faith.

"It is a wonderful opportunity to get to know other women in our community on a deeper level and discuss real, everyday issues to support each other," Michelle says.

Both feel they volunteer because it is the right thing to do, and it feels good to give with no expectations in return. To begin your path to volunteer, Michelle suggests starting with the local schools.

"The school is always in need of volunteers, in the lunchroom or to mentor one-on-one with a student," she says, "and the call is always out to help in the concession stand for indoor or outdoor sports and activities. It would really help and make a difference through fundraising for our students."

"There is a saying that is on the wall in our home," Kurt says. "It says: 'Did I laugh enough? Did I love enough? Did I make a difference?' If we can answer yes to all three of these questions each day, then we know we have done well." ■

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

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DALLAS COUNTY Foundation announces 2022 grant awards

The Dallas County Foundation (DCF) has announced that \$101,323 has been awarded to 24 nonprofits in Dallas County. Each year, grants are awarded to improve the quality of life for those fortunate enough to call Dallas County “home.” In partnership with Grow Greene County Gaming Corporation (GGCGC), the Dallas County Foundation was awarded an additional \$53,709 for broad-based community improvement projects, making for a combined total of \$155,032 in betterment grants in 2022.

Since its inception in 2005, the DCF has awarded more than \$1,618,692 to more than 290 projects in Dallas County. These grant dollars have been used to enhance large and small community organizations throughout the county. The DCF mission is to continue funding projects and local initiatives that strengthen area communities now and well into the future.

2022 DCF Grants

- Adel Historical Preservation Commission, website, \$2,000.
- Main Street Adel Chamber of Commerce Inc., Pedal Plaza improvements, \$9,700.

- Dallas County Hospital Foundation, additional bladder scanner at DC Hospital, \$7,000.
- Dallas County Master Gardeners, Dallas County Agricultural Extension District, \$12,955.81.
- Dallas County Fair Association, concrete pad for 4H and FFA animal stalls, \$10,000.
- Dallas County Conservation Board, RRV to High Trestle Trail Connector Phase V, \$16,353.
- Dalla Terra Ranch Foundation, scaling production for beginning farmers, \$2,500.
- AHeinz57 Pet Rescue and Transport, Inc., Get the Complete Picture, \$14,759.
- De Soto Public Library, circulation desk computer, \$1,471.
- Dexter Community Foundation, Dexter Museum historical audio-visual presentation stations, \$3,705.
- Granger Public Library, children/youth furniture for a new library in Granger, \$8,000.
- Perry Community Schools, art curriculum expansion, \$4,000.
- Minburn Area Fire Fighters Association, ventilation equipment, \$2,000.
- Perry Basketball Association Inc., Perry Basketball Association uniforms and basketballs, \$2,519.01.
- Perry Little League Inc., new uniform project, \$2,800.
- Perry Chamber of Commerce, Perry digital message board upgrade, \$7,000.
- PRESBY Child Care Program, Inc., reorganization, \$3,184.59.
- Raccoon River Pet Rescue, outdoor kennel roof, \$6,388.38.
- Waukee Leadership Institute, Waukee Triangle improvements, \$3,000.
- West Central Valley Boosters, baseball/softball scoreboards for WCV Schools, \$10,000.
- Raccoon Valley Youth Football, WCV youth football uniforms, \$6,700.
- Woodward-Granger Community School District Foundation, bank program inventory expansion, \$9,597.
- Woodward-Granger Community School District, Learning Center Library browsing bins and bookcases, \$4,400.
- Woodward Friends and Neighbors Day, Picnic Tables, \$5,000.

A complete listing of funded projects for 2022 can be viewed at www.dallascountyfoundation.org/2022-grant-recipients. The Dallas County Foundation is an affiliate of the Community Foundation of Greater Des Moines. For more information, visit www.dallascountyfoundation.org. ■

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A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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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

Safety Bike Rodeo

Saturday, May 7, 9-11 a.m.
City Parking Lot

Free bike and helmet inspection and bike rodeo for kids 5-12 at this come-and-go event. Free giveaways and a drawing for gift cards for bikes and helmets and other prizes will be included. Must register but need not be present to win. This event is sponsored by Adel Rotary and Adel Police Department.



Outdoor adventures for boys

April 30, 9-11 a.m.

Dean Scott home, 30890 K Ave., Adel

Christian men from the community are participating in getting boys away from the computer screen and out in some fresh air. The group will be meeting one Saturday morning per month. Men, boys, friends welcome. Invite that boy who needs to get out in the air. The April 30 gathering will have a Western theme. Have you thought about being a cowboy? Enjoy breakfast, roping instruction, horsemanship lessons (no riding), how to tie a calf, and breakaway roping live cattle from a platform. For more information, call Dean at 515-229-1086 or Frank Hoins at 720-318-7737.

ADM Youth Boys Basketball community forum

Wednesday, May 4, 6:30-7:30 p.m.
ADM High School Auditorium

The public is invited to this forum to discuss the new youth boys basketball program that will work with the girls TAC program. Learn about the format of the new youth program and ask what questions you may have. For more information, contact Coach Mickelson at trevor.mickelson@admschools.org.



Adel Founders Day

Saturday, May 21, starting at 1 p.m.

Adel Founders Day celebrates the 175th anniversary of Adel. Residents are asked to gather at 1 p.m. at Ninth and Main streets to have a commemorative panoramic picture taken at 1:30 p.m. Cake and ice cream will then be served at Raccoon Valley Bank Stage and Pavilion with a welcome by Mayor Peters.

At 2 p.m., the Adel Museum opens; a Historic Walk of Adel hosted by Rebecca Hillmer will be leaving from the Stage and Pavilion; and an Adel Cemetery Tour will be hosted by Dave and Nancy Sande (meet at the front gate of the cemetery in Kinnick-Feller Park).



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.

ADM Booster Club Golf Tournament

Friday, June 17, 9 a.m. shotgun start
River Valley Golf Course

The ADM Booster Club Golf Tournament is an 18-hole, four-person scramble, 8-inch cup at every hole. Registration is due Friday, June 10 and must be paid in advance. 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 ticket. Questions may be directed to Gretchen Rickert at cgrickert1@aol.com.



Figure 8 Races

Saturdays, May 14, May 21, 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.



ADM Track Club 2022 Season Registration

May 7 - July 7

Organizers have launched a Track Club for youth in the ADM school district. The ages of participants are age 7 through high school. The May schedule is every Saturday, 6:45-8 p.m. and one additional night a week but will vary based on high school activity schedules at the Stadium. In June and July, schedule is Monday, Tuesday and Thursday evenings 6:45-8 p.m. For more information and to register, visit www.admcamps.com/adm-track-club.cfm. If cost is an issue, contact Coach Josh Chapman at coachjchap@gmail.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. - 1 p.m. Details will follow soon on ticket purchases.



EVENTS IN THE AREA

Be sure to check for cancellations

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

Farmers Market/Music in the Junction

Thursdays, May 5 through September, 4-8:30 p.m.
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. The May 5 Music in the Junction features the band 3 On The Tree. May 12 is Rescue Dogs. May 19 is the Dick Danger Band, and May 26 is Blacktop.

June entertainers are: June 2, Punching Pandas; June 9, Anthony Koester; June 16, Fahrenheit; June 23, Rhythematics; June 30, Jimmy the Weasel.

Downtown Farmers' Market

Saturdays starting May 7

Des Moines Historic Court District

The Des Moines Downtown streets will be filled with live music and the smells of fresh, local food when the Downtown Farmers' Market presented by UnityPoint Health – Des Moines returns for its opening day on Saturday, May 7. The Market takes place every Saturday morning from May through October. Hours are 7 a.m.

to noon, with a later start time during October when hours are 8 a.m. to noon. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.



Kites on the Green

Saturday, May 7, 10 a.m. - 5 p.m.

Johnston Commons

A day of family fun is offered at Kites on the Green. Make kites, fly kites and watch kites. Giant show kites will be flying, and kite battles will be raging. Other fun includes an inflatable obstacle course, food, live music and Bol racing. Be sure to stop in for a tour of the 1902 Simpson House Museum and visit with police and firefighters and enjoy Rain Campaign activities, both west of the library. For more information, visit cityofjohnston.com/kitesonthegreen.



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Family Carnival Night

Caitlin Clark
June 18

Dog Days
June 28

MONTANA Tracy-Mitchell takes to the mat

Pushing the boundaries

Being the first to push the boundaries of expectations isn't easy, but with determination and hard work, it is rewarding when you succeed. As a seventh-grade girl who signed up to wrestle with an all-boys team, Montana Tracy-Mitchell was striking out on her own that day last fall in ADM's Middle School lunchroom.

"I saw the sign-up sheet, and I thought about it for about five minutes," Montana says. "I decided I wanted to try it and make my dad proud." Montana's father, Brody Mitchell, was a state wrestler during his junior and senior year at ADM High School. "When I got home and told him, at first he didn't believe me, and then I convinced him. My mom, Tamara, was a little hesitant about it. They both warned me about what I was getting myself into, the hard work at practice, being a girl in a 'boys' sport, but nothing was going to stop me."

Montana's parents, Tamara Tracy and Brody Mitchell, say they are proud of their oldest daughter.

"She has come to enjoy 'the wrestling life,'" Tamara says. "She has learned it takes hard work, self-discipline, motivation and self-respect."

This summer, Montana is excited to join the family to travel to the Dan Gable Wrestling Museum in Waterloo.

With her father being a state wrestler, both parents were aware of the demands of the sport.

"She has surpassed the expectations we had for her, considering she had never wrestled in any way before," Brody says. "I don't think she realized at first what it meant to be on the boys' middle school wrestling team. We really appreciate the support she has received from her family, especially her grandparents; friends; teachers; and her coaches, Scott Crannell and Gabe Parker."

"It was a privilege to coach Montana," Parker says. "Through hard work and determination, she made tremendous progress as a wrestler and young lady."

It took courage to go to the first practice.

"The first few weeks were hard and tough, but I knew it was going to be. I hadn't played in many sports," Montana says. "It was scary. Some of the boys thought it was weird, but there were ones that reached out and made me laugh. Coach Parker had been my sixth-grade math teacher, so I already knew him, and, with the coaches, I didn't feel so alone."

Her mom mentioned the boys continue to practice with Montana in open gym and "they call on the phone and hang together outside of practice, too."

Montana competed in four tournaments her first season and was invited to the Youth AAU State Wrestling Meet in February.

"My first meet was very nerve-racking," Montana says. "I was nervous and didn't know what to expect or what I was doing. I didn't really know anyone but my teammates until I met another girl, Isabella Schelker, and now we are good friends. I learned a lot at that meet, but there was a lot more to learn."

As the season went on, at large group practices at Grand View, there were more girls around her weight coming in, and she felt more comfortable practicing with them.

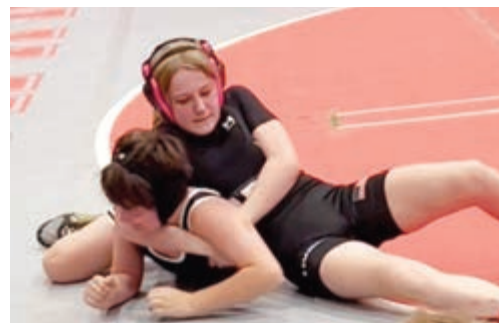
"I had more confidence in wrestling as I learned more of the moves," Montana says. "Being able to wrestle girls is better than wrestling with boys. Boys are built differently and may be just stronger and defeat you in that way. With girls wrestling girls of about the same weight, it will be the moves we know and use that wins the match."

On April 9, it was announced that the Iowa Girls High School Athletic Union (IGHSAU) sanctioned girls high school wrestling for the 2022-23 season. There will be 14 weight classes with the state tournament being held in Coralville at the Xstream Arena. This inaugural season is in response to the increased interest in girls' wrestling across the state.

Rod Wiebers, activities director at ADM School District says, "We are exploring options and gathering the level of interest in participation. We want to grow the program from the ground up, with cooperation from the Tiger Wrestling Club."

Montana, meanwhile, is looking forward to wrestling in more tournaments and seeing more girls involved who are new to wrestling.

"I never thought about being a role model for other girls when I signed up to wrestle, but when I was at the Duane Harney Invitational meet, I met two third-grade girls who later came to see me at the State AAU Wrestling Tournament. Once I noticed those girls, I realized that there are people and kids who look up to me for the things I've done." ■



Montana Tracy-Mitchell participating in a match.



Montana Tracy-Mitchell with her dad, Brody, and mom, Tamara.

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VETERANS

AMERICAN LEGION post honors WWII and Korean War veterans



Dallas County World War II and Korean War veterans in attendance gathered for a photo.



An Honor Quilt was presented to Lloyd Miller.

On March 26, the America Legion - Minburn Osborne Post 99 and American Legion Auxiliary held an open house honoring World War II and Korean War veterans. The Legion Post was named after Lester Osborne, the first Dallas County soldier killed in action in World War I in France. The Minburn area is known for generations who served their country during the Civil War, Spanish American War, WWI, WWII, Vietnam, Iraq/Afghanistan, and Peace Time. Because of this, Minburn was an excellent location for such an event. Pastries, fresh fruit, juice and coffee were served by the Auxiliary.

Special guests in attendance were: Mark Hanson and Kim Chapman, Dallas County supervisors; Joy Kidney, author; Nick Praska, Chuck Thompson and Don Richardson, director of Dallas County Veterans Affairs; Regina Chock, First District Auxiliary president; Bob Appland, American Legion Post 737 chaplain, Waukee; Chris Boyles, American Legion Post 211, Woodward; Commander Jennifer Monserud, American Legion Sixth District commander; and Whitney Smith McIntosh, Sixth District Chaplain.

The veterans each shared a military experience and received a commemorative medallion, Patriotic Cookie, donated by Julie Rees Goering, and fresh flowers in appreciation of their service. ■

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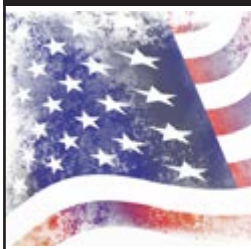
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HEALTH By Alicia Fisher, PT, DPT

WHAT IS lymphedema?

Lymphedema occurs when lymphatic fluid is not adequately being drained from a region of the body. This can lead to swelling that usually occurs in one of your arms and legs and sometimes both. The lymphatic system keeps the body healthy by circulating protein-rich lymph fluid throughout your body, collecting bacteria, viruses and waste product. This fluid and harmful substances are carried to your lymph nodes where wastes are filtered out.



Lymphedema is most commonly caused by the removal of your lymph nodes or other damage to your lymphatic system. Once damage has occurred, the system becomes less efficient in removing/draining the lymph fluid, causing fluid buildup and swelling. While there is no cure for lymphedema, early diagnosis and management of symptoms are key.

Lymphedema can present as swelling in part or all of your arm or leg, including fingers and toes, feeling of heaviness or tightness, aching or discomfort, recurring infections, hardening and thickening of the skin, or restricted mobility. The degree of swelling with lymphedema can range from mild to extreme and may not occur until months or years after the initial damage occurred. It is important to seek medical attention if you notice persistent swelling in your extremities. ■

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

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HEALTH By Lance Andersen

THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations.” At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.



I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read “Full Catastrophe Living,” by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

Information provided by Lance Andersen, Intern, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.

HEALTH

By Leslie Herron

HOW to store medications

The bathroom cabinet may be convenient, but there are safer places to store medications. Medications are expensive, so store them so they don't go bad. Also, when storing medications, think about protecting others — especially children and pets.

Although the bathroom "medicine" cabinet may be convenient, it's not ideal for medications. Bathroom heat and moisture can make medications less potent or break down. Find an environment with consistent temperatures and follow label instructions.

Other precautions

- Store in a cool, dry, dark place to prevent damage from heat/light/air/moisture.

- Use a child-proof latch or lock.
- Keep out of reach of children and pets.
- Keep medication with you when you travel.
- Don't keep in the car glove compartment.
- Don't combine all together in one bottle.
- Store medicine that might have abuse potential under lock and key.

Even if properly stored, medication may go bad earlier than expected. If it looks odd in some way, don't take it. If you have questions, ask your pharmacist. ■

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





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HEALTH

By Dr. Lucas Bell

ALLERGIES and the eyes

The fresh air and sunshine are always welcome as we emerge from winter, but, for those dealing with allergies, the arrival of spring may elicit mixed reactions. Millions of Americans suffer from allergies when the pollen from budding trees and flowers begins to fill the air. Itchy, watery eyes are a trademark sign of allergies. A viral infection can have similar effects but typically starts in one eye and may spread to the other after a few days. An allergic reaction is usually similar in both eyes simultaneously.

Over-the-counter antihistamines such as Claritin or Zyrtec may clear up eye symptoms without the use of eye drops. Artificial tears can also relieve symptoms by flushing the eye out and diluting the allergens in the eye. If you have the urge to rub or itch the eye, try applying a cold compress to ease the itching. If your symptoms are persistent, several OTC and prescription antihistamine eye drops are available. OTC options include Alaway, Pataday and Lastacaft. Consult your eye doctor for a recommendation. Occasionally, stronger medications such as a steroid eye drop may be needed to get things under control.

Let's not let some pollen in the air keep us from enjoying a beautiful spring. ■

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



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WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.



Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should

be below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
 - Sleep apnea can be linked to AFib and is associated with increased stroke risks.
 - Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
 - Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
 - Alcohol: Drink no more than one glass of wine or beer per day.
 - Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.
- There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, MercyOne.org/desmoinesneuro

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Know the signs of a stroke.



WHAT ARE rebound headaches?

Do you suffer from headaches monthly or even weekly? Rebound headaches typically occur in people with migraine or tension headaches who also frequently use one or more acute headache medications such as butalbital-containing medications, Excedrin or triptan medications. Medication overuse headache is a secondary, drug-induced headache that can stem from any type of primary headache type. It typically occurs more than 15 days of the month because of regular overuse of acute medications for more than three months.

So, how can it be treated? The best treatment is prevention. Using acute medications more than two days per week may lead to worsening chronic headaches. Medication overuse occurs more commonly in patients with depression, anxiety or chronic pain, women and those who drink more than 200mg of caffeine per day, which is about two cups of coffee. To break the vicious cycle of rebound headaches, a



person must limit the overused medication to no more than twice a week or stop it all together.

Many times, adding a preventative medication is needed for chronic, frequent headaches. This typically means migraines occurring more than four days per month. After a preventative medication is started, the acute medication should be tapered off or changed if still needed.

There are newer, more effective, acute and preventative medications on the market today. They typically come at a higher cost, however, and may or may not be affordable depending on insurance or other factors. Some of these in the newer class of medications don't seem to cause medication-overuse headaches as often, but, again, can be expensive.

Always feel free to reach out to your doctor or pharmacist for advice. There are options, and more medication is not always the answer and, in this case, could be doing more harm than good. ■

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

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WILL you let the Lord work?

Can I offer you a wild thought to ponder? God can work through your life to make an eternal impact. Do you believe this?

I became a Christian at the age of 17 thanks to the impact my water polo coach had on my life. But it was another three years before it ever dawned on me the Lord could use me to minister to others. Maybe I'm a slow learner or maybe nobody ever told me, but I simply assumed ministry was for the talented few. I was wrong.

There are so many examples in the Bible of the Lord partnering with everyday people to see Kingdom work happen, but it always required a person to play their part. For example, in the book of Jeremiah, we learn a



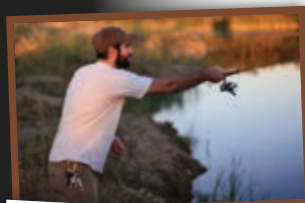
principle about this (18:1-6): "This is the word that came down to Jeremiah from the Lord: 'Go down to the potter's house, and there I will give you my message.' So I went down to the potter's house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. Then the word of the Lord came to me: 'O house of Israel, can I not do with you as this potter does?' declares the Lord. 'Like clay in the hand of the potter, so are you in my hand, O house of Israel.'"

Here the Lord is compared to a potter, and we are compared to clay. As the potter works the clay to make something beautiful, unique and useful, so He longs to work in and through each of us to do the same. But we must let Him. If we are honest, sometimes we fight God by resisting what He wants to do

in and through our life. Sometimes we try to boss God around as if the clay has any right to tell the potter what to do. But sometimes we surrender to Him and trust the Lord. The big question is always: Will you let Him work?

On this topic, one thing that has helped me over the years is to be in community with others who can offer wisdom and encouragement. This is why being a part of a local church, small group, or a ministry team is so important. This is also the heartbeat behind Fireside, a new monthly ministry gathering for Dallas County boys and men committed to getting off our screens, building friendships and exploring faith in the midst of exciting outdoor experiences. ■

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



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REBUILDING the Tiger Spirit

Core Four organizes events to build sense of community at school.



Core Four is made up of, from left: Charity Miller (advisor), Sophie Danner (co vice-president), Monica Thomas (co-president), Gabe Heitz (co-president) and Ty Hook (co vice-president).

The Adel-De Soto-Minburn High School's Core Four group is helping to rebuild the Tiger Spirit as well as the Student Council after the last two COVID years. Core Four is currently includes two co-presidents and two co-vice presidents from the high school student council. In addition to meeting with advisor Charity Miller over the summer, the group has read "Action Packed Leadership" by Kyle Willkom in order to help create lessons and spread leadership skills to all of its new members.

"The pandemic really killed the organization and school spirit, so part of restructuring has just been bringing that back. Student Council should be fun and inclusive but they also serve the student body, so activities and decisions should be geared for what is best for all students, not just some students," Miller says.

The overall focus of Core Four and the Student Council is planning activities for the high school. Because of this, the Student Council has not only worked to bring back some of the school's previous activities such as pep assemblies and celebration days, but Core Four has also made a goal of doing an activity every month. Some of these activities have included a November month of giving and hiding Valentines around the building to redeem for prizes.

"I like knowing what's going on within the school and coming up with new ideas to get all students involved," says Co-Vice President Sophie Danner.

Core Four was also tasked with the early stages of planning homecoming and picking a theme. This year, they chose "Building A Legacy." Miller says she likes the theme they chose because it really encapsulated where they were as they were creating new traditions and legacies after two years of COVID.

"This year has been about rebuilding the culture at ADM and leaving a legacy. The coronavirus pandemic took a toll on our school just like others, and, this year, we had to help the student body recover from these losses. As a senior, I have enjoyed being a part of this culture change and knowing that we are leaving ADM in a better place than when we first arrived at the high school," says Co-President Gabe Heitz. ■

FINDING the right CBD fit

By now, we've all at least seen the term "CBD" or know someone who uses it. What exactly is it, and how do you know if it can help you? The simple answer is, it can help everyone. As a mammal, you produce your own CBD (called phytocannabinoids) and have an entire bodily system that conducts and places it in the right place for you. Being the anti-inflammatory superpower it is, it helps every part of the body. CBD creates balance in the brain and other regulatory systems (digestive, nervous, muscular, etc.). Think of taking a daily supplementation as getting your imbalances in check, pain relief and the mood boost we all seek. The strength and frequency depend highly on each situation. Professionals can help you find the perfect fit. From a gummy bear, a liquid for your coffee, to the tried and true oil under the tongue, there is a method for everyone to get on track to be the best you.



Beware of online CBD marketing. CBD is still an unregulated industry and, just as time has taught us, if it seems too good to be true, it probably is. Make sure any product you buy in this industry comes with third-party testing, labs, and can be accessed at any time. Consult your local CBD store workers with any questions about any product regulations. ■

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

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VIEWS galore

Krugs' acreage offers beautiful scenes.



Tina and Brian Krug and their children enjoy country living. They recently added a new front porch, which gives them a view of the scenery.

The first thing Tina and Brian Krug noticed about their home when they initially set sights on it seven years ago was the gorgeous view.

"It's still what we love the most," Tina says. "The land, location, house and outbuildings all made us choose it."

The Krugs' house sits on a hill and offers views of the sunrise and sunset every day. They've added many garden beds to the property over the years and enjoy tending to all their flowers and plants. The house also has lots of windows, enabling the family to take advantage of the scenery from inside as well.

Tina points out the big kitchen and large living room, too, and that the entire house offers ample space.

"It has loads of character since the original part of the house was built in 1900," she says. "We just added a large front porch last year and are excited to enjoy it this summer."

Another thing the family loves about their home is the fact that it's located way out in the country.

"While we love our neighbors, we love that they're far away," Tina says. "We love our gravel roads and the farms around us. We love being surrounded by agriculture."

As for the Adel community, Tina notes her family appreciates the



school system and teachers within it, as well as the town's pool and bike trail. She and Brian also enjoy being involved in Adel's tennis league, and Tina volunteers on the This is Adel committee for the Adel Partners Chamber of Commerce. The Krugs' two boys are active in school sports, including track, cross country and wrestling.

The family likes getting ice cream from Billy's Ice Cream Store, too.

What makes their sense of community so strong, though, is the fact that they've built relationships with others throughout the years.

"Adel is a small enough town that we see people we know all the time," Tina says. ■

DE SOTO'S Ketelsen RV

Small town pride

During the pandemic, sales of recreational vehicles (RVs) surged as people discovered this unique way to travel and safely social distance. One local company helped fill the need: Ketelesen RV, located at 17 Ellefson Drive, just off Interstate-80 in De Soto.

Ketelesen opened for business in Marion in 1962 and later moved its headquarters to Hiawatha. Ketelsen expanded with a second location to De Soto in 2017.

Ketelesen is a one-stop RV center and offers several brands and sizes of RVs. Along with sales, the business offers service, parts and accessories. The Ketelsen family was selected in 2010 by "RV Business Magazine" as one of the 100 most influential people in RV history.

Brian Ballinger, general sales manager at Ketelesen De Soto, says the company joined the Adel Chamber of Commerce and participates in various events. "We've worked with the Chamber trying to get signage up. The Chamber works hard at bringing the community together and closing the gap in communications," he says.

When the company needs services or items, staff frequent the Dallas County businesses first. "We've done business with more than 15 different businesses around the area. They buy from us; we buy from them. We all help our customers and try to be part of the community," Ballinger says.

He says Ketelsen employees are excellent at offering top-notch customer service. He adds, "Our team is genuinely excited to be a part of a growing business in a growing community."

Ketelsen has immersed itself in the community. The business sponsored the Sweet Corn Festival and Dallas County Fair, and helped with various ADM school activities and events.

Ballinger says it's important to provide help to support other organizations. "You spend your money where you make your money. The more support you can give to the organizations, the better — because they are bringing more money and customers into town, too."

Ballinger says De Soto is poised for expansion. "There's a lot of growth in Adel and De Soto. There's lots of good business owners who have the same mindset. We all have great customer services and support the community," he says.

Ballinger appreciates how the town, including the fire and police departments, are willing to help with community events. He adds, "The Chamber is welcoming to new businesses. It's a small town where people aren't just a number in a corporate world. There's a lot of small town pride in where we're at." ■

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



Brian Ballinger is the general sales manager at Ketelesen De Soto.

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ANNUAL Dinner

Adel Partners Chamber of Commerce held its annual dinner at Country Lane Lodge on April 21.



Jason Urban received the Adel Partners Chamber of Commerce Citizen of the Year award from presenter James Bierly and Chamber President Thomas Book.



Bre Forret, owner of Hazel Mae Floral Events, was awarded the Adel Partners Chamber of Commerce Business of the Year award by presenter Jodi Draisey and Chamber President Thomas Book.



Julie Heathcote, Veronica Girard and Robert Mushro



Dan Davis and Tanya Schettler



Sarah Jones and Kiersten Stout



Dee Marshall and Billy Nuzum



Michelle Jenkins and Laura Whitson



Sarah Burkhardt and Alyssa Buric



Kent and Shirley McAdon



Joe and Bre Forret and Jacque Johnson



Jodi Draisey and John Rigler

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Rebecca Hillmer and Deb Bengtson



Jason and Camille Urban



Brian and Tina Krug



Sadie Smith, Heather Symonds, Joe Symonds, Philip Stueve and Hali Cody



Cameron Bennett and Allison Ayala



Amanda Winters, Kendra Kasischke and Susie Latusek



Makayla Putz and Diana Anderson



Megan and Derek Garrett

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10. The Iowa Children's Museum



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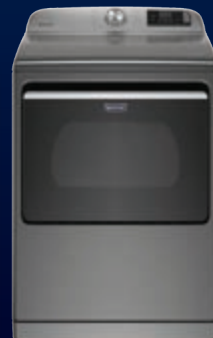


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