

Living

OVERCOMING the FEAR

Residents shared how they faced their fears and doubts to reach their goals

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WELCOME

ARE YOU chicken?

Whenever my childhood friends and I wanted to talk our buddy Tommy into doing something, we would simply call him chicken. He would yell back, "I'm not chicken!" and would then proceed to do whatever it was we were trying to talk him into. I wish managing adults was that simple.



Meanwhile, we are all seemingly chicken, at least to some degree.

Musician Jim Stafford sang "I don't like spiders and snakes" in 1974. Who does?

Green Day vocalist and guitarist Billie Joe Armstrong said he wrote the song "Basket Case" in 1994 to cope with his feelings of anxiety and panic.

And heavy metal rockers Metallica made us fear falling asleep with their 1991 hit, "Enter Sandman."

But phobias aren't just fodder for songs. Most all of us, if we are being honest, have something that makes us shiver in our boots.

As a child, I didn't like going into old, unfinished basements by myself. I was especially fearful of my grandparents' "root cellar." There was no way I was going down there alone, at least not until my brother discovered this fear and pushed me down the steps.

My aunt and uncle had a painting of a clown in their house that gave me the creeps. This was long before the movie "It" ever hit the screen. I still don't like clowns, other than Bozo. He is all right.

I don't mind spiders and snakes, but I could do without mice. The phrase "shivering in your boots" reminds me of working on farms as a teenager and having mice run up my legs when I would put my rubber boots on.

Like many of you, I would get the jitters before a sporting competition. "Butterflies in your stomach," they were often called. The more I competed, the less those butterflies fluttered, but they were always there. Still are.

To this day, I don't especially like heights. It is not so much a fear as it is a stomach ache. Either way, it's not pleasant. I love roller coasters, but a Ferris wheel ride makes me nauseous. I don't get it.

In this issue of your Living magazine, we share the stories of local residents, their fears and how they are dealing with them. Some may seem far-fetched while others might strike a chord with you.

Give it a read... unless you are chicken.

Thanks for reading. ■

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Cindy Marnin-Borcherding had a fear of deep water since she was 5. She faced her fears as an adult by learning to swim. To cap it off, she went snorkeling in the ocean.

OVERCOMING the FEAR

Residents shared how they faced their fears and doubts to reach their goals

By Chantel Boyd

Reaching a goal often requires planning, hard work and determination. Sometimes it also requires courage. When faced with a daunting task, we may find that fear and doubts crop up. For some, those can be difficult — even impossible — to overcome. Others face them head on and meet the challenge. Residents who have accomplished what they thought they couldn't share their stories of perseverance.



Fear of water

Cindy Marnin-Borcherding overcame her fear of water in a big way — she went snorkeling in the ocean. She may never become a full-time diver, but she says she is happy she faced her fear and rose to the occasion.

“I can’t say I will ever do it again. But, I can say that I did it,” she says.

Cindy says she developed a fear of water (lakes, swimming pools, oceans, etc.) when she was 5. In response, her parents put her in swimming lessons with her three elder siblings to help her learn to swim and gain confidence in the water. Unfortunately, her fear was heightened when the lifeguard placed her in the same water depth as her older brother.

“I struggled. I cried, and I didn’t want to go back. So, therefore, I didn’t,” Cindy says.

She managed to avoid deep water until she was a teenager, when some boys in her class threw her into the lake. Then, again, Cindy struggled with her fear.

“That made me not want to go in the water, again, for a very long time.”

Cindy says she believes it was a lack of exposure to deep water after that initial scare when she was 5 years old that made her fear persist. Instead of improving with age, her fear grew over the years.

Eventually, Cindy wanted to face her fear of deep water so she could explore Mexico with the man she was dating at the time.

“Because of my fear, I wouldn’t go above my knees in the water. He didn’t like that. He wanted someone to be with, someone he could swim with.”

Although Cindy now says it was unfair of the man she was dating to insist she be able to swim, she says it was the catalyst that made her pursue getting over her fear.

“I decided after being in Mexico and loving the ocean — only up to my knees, that is — that I would try to conquer it, so I enrolled in private swimming lessons.”

Cindy still struggles with the fear but keeps choosing to face it.

“Although I didn’t learn to become a great swimmer, the next time I went to Mexico, I snorkeled in the ocean, not just along the shore either.”

Cindy says she hopes others who share her fear will be inspired to face them, too.

“You can do pretty much anything you put your mind to,” she says. “Face it, research, talk to people, take lessons, whatever you need. Breathing exercises also work really well.”



While Cindy Marnin-Borcherding may only have stayed in the ocean snorkeling for about 20 minutes, it was a huge accomplishment in overcoming her fear of water.

While snorkeling may not have become a hobby, Cindy says she is pleased to have finally overcome a fear that had followed her since childhood.

“I still am not 100%, but I at least got off the boat in the ocean and snorkeled.”

Fear of public speaking

At one time, James “Jim” Dahlke had a fear of public speaking. His mother recommended he seek help from a local hypnotist. For Dahlke, it helped “tremendously.” So much so that he became comfortable speaking to large groups, which he did regularly in his role in upper management for a large company.

Jim says he had been terrified of being in

front of groups of any size. But, when he was called upon to start speaking publicly for work, he knew he had to overcome the fear or face losing his position.

The perfectionist in him made Jim fear making an embarrassing mistake in front of a large group, he says. He was a young professional and lacked experience and confidence. The thought of public speaking made him anxious, but he tried to push forward.

One public speaking event, in particular, led to him to seek help. After presenting a speech, he found he could not remember giving it. When he shared this with his mother, she suggested hypnosis might help.

FEATURE

“I learned to make eye contact with one or two individuals sitting in the front and focus on them rather than the complete group, and, if I felt anxiety creep in, I was told by the hypnotist to touch my thumb and fourth finger together.”

— James “Jim” Dahlke

He had three sessions and says the lessons he learned have stuck with him.

“I learned to make eye contact with one or two individuals sitting in the front and focus on them rather than the complete group, and, if I felt anxiety creep in, I was told by the hypnotist to touch my thumb and fourth finger together.”

The technique helped him “release the fear” and ground him.

“This may sound far-fetched, but it did work for me,” Jim says.

Jim no longer struggles with the fear of public speaking and rarely relies on his hypnosis tactics. Although he isn’t required to speak publicly as often as in the past, he says he has

less anxiety when he does. Ultimately, he says he is glad he sought help to overcome his fear.

“Public speaking will never be natural for me, but I was able to overcome the fear and anxiety,” says Jim, who is now a national sales manager for a Fortune 500 company.

Jim advises others who want to overcome their fears to seek help from trusted sources, as he did with his mother. Now he’s advising others to do the same.

“Through the years, I have sent others for hypnosis to help with this fear.” He tells others, “Be prepared to share about your subject, rehearse your prepared material, and know that mistakes will happen — and that is OK.”



James “Jim” Dahlke knew he had to overcome his fear of public speaking if he were to advance in his career.



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FEATURE

Fear of heights

Joseph Smith has been afraid of heights for as long as he can remember. He never flew in an airplane as a child, and the thought of falling out of the sky and not being in control of speed or altitude was terrifying for him.

He says he struggles in situations where he is not in control. If something were to go wrong, he wouldn't be able to fix it, which he says is the worst feeling for him.

Since he had not been exposed to flying, he feared this unknown experience. Looking back, he wonders, "If it had been more of a common occurrence to fly for me, I wonder if I would not have been as fearful?"

In September 2019, Joseph's life changed forever when he married his wife. The couple had chosen a trip to Disney World in Florida for their honeymoon — and flying was the most logical choice for getting there. Finally, Joseph faced the fear that had haunted him most of his life.

The support of his wife was key, he says. She and her daughter had been avid flyers, and their calmness helped reassure him, he says.

Since he was looking forward to more family travels, Joseph knew he had to take the first step. Now he is helping their new additions (sons ages 6 months and 2 years) grow up comfortable with flying.

While he admits he still struggles a bit, he makes a point not to show it, because his sons are now looking to him for that same calmness that his wife and daughter gave him.

"By focusing on my sons, I am less focused on my own fears," he says, adding it gets easier each time he flies.

Overcoming his fear has made making happy memories possible for him and his family, he says.

"Anxiety was the most overwhelming part of preparing to and actually flying, so now going to the airport without anxiety is huge for me." ■



Joseph Smith says flying for the first time meant overcoming his fears. But seeing how calm his wife and her daughter were about it reassured him.

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COUNTRY living for active community members

Radkes know the importance of supporting local.

Trish Radke and her husband, Marty, have family who live in Adel, so, 11 years ago, when they were looking to relocate somewhere new from Grimes, Adel felt like a logical choice.

“We were looking for an acreage close to Des Moines because I worked downtown at the time, but far enough out where we could have land and some animals,” Radke explains. “We made an offer the same day we looked at our house. We loved it immediately. It’s also across the road from my aunt and uncle, which made it even more special.”

The Radkes were drawn to the historic charm of the home, as well. It’s a two-story farmhouse originally built in 1910. In the 1970s, the home was moved to its present location from down the road. It still has the original hardwood floors, doors, hardware and other special features unique to older homes of that era.

The family has made a few updates, including adding an outbuilding, garage and a wood-burning stove. One of Radke’s favorite enhancements is the kitchen, which they remodeled in 2016. They removed the old lath and plaster and salvaged a little bit of the original exterior for an art project that bears the family’s last name. The new kitchen was finished with white shaker cabinetry, a custom butcher-block island and some shiplap.

Another bonus of the property is that it includes 5 acres of land with a creek running along the edge of it.

“It’s perfect for our hobby farm of goats (including five new baby goats), chickens, calves, a duck, our dog, Captain, and farm cats,” Radke explains. “We have been lucky to meet some of the people who originally owned and grew up in our home. They recently gifted us a wooden replica of the original home that was cut and painted by the homeowner years ago.”

In addition to having a beautiful home and property, the Radkes are fortunate to live by some wonderful neighbors.

“Not only do we have family across the road, but we also have neighbors who are now good friends that live up and down the road,” Radke says. “There are kids the same age as ours, and we all help each other out with doing chores, borrowing ‘cups of sugar’ and other needs that country living often lends itself to.”

Within the Adel community, the Radke family is involved with their church, Grace



Trish and Marty Radke’s home is a two-story farmhouse originally built in 1910.

When remodeling, the Radkes removed old lath and plaster and salvaged a little bit of the original exterior for an art project that bears the family’s last name.



Trish and Marty Radke remodeled their kitchen in 2016 and finished it with white shaker cabinetry, a custom butcher-block island and some shiplap.



Trish and Marty Radke and their children made the move to an acreage so they could enjoy having more space outside for things such as animals.

Lutheran. Radke is also a board member and volunteer at the Good Samaritan Food Pantry. She volunteers with the Adel Partners Chamber of Commerce on marketing efforts and This Is Adel events. Marty is on the Dallas County Fair Board, so you can find the family helping out at the fairgrounds for various events, including the county fair.

It’s especially important to the Radkes to be active in the community because they own RCI Builders, a remodeling and trim carpentry company in Adel, and understand the importance of choosing local.

“For us, it was easy to become invested,”

Radke says. “There are active civic and social service organizations helping people in need, we found a welcoming church family at Grace Lutheran Church, and there are great schools and ample activities for youth in a variety of areas including agriculture, sports, music and others. Adel is a town with a proud history, and it’s also growing, which offers the excitement of new opportunities.” ■

HOW 5 TYPES of retirement income are taxed

Not all retirement income is taxed the same by the federal government. Understanding retirement taxes can help you decide where to take income from first (or last) to maximize your retirement savings.

Traditional IRAs and 401(k)s are tax-deferred accounts, meaning you've never paid taxes on the money. When you start taking withdrawals from these accounts, you will pay federal income tax at ordinary income tax rates. There's a 10% penalty for payouts before age 59 ½, but you can't delay withdraws forever. The IRS sets the required minimum distribution age (RMD) and tells you how much you must take (based on life expectancy). Currently, RMDs kick in at age 73. Unfortunately, distributions can come with a big tax bill.

A powerful, tax-free option is the Roth IRA and Roth 401(k). Qualified distributions are tax-free. You must have held the Roth IRA account for at least five years and be 59 ½ or older to withdraw gains without a 10% penalty. These tax-free withdrawals apply to money deposited into a Roth IRA or money converted from a traditional IRA to a Roth IRA. Roth 401(k) withdrawals are tax-free as long as five years have passed since your first contribution. Currently, RMDs do apply to the Roth 401(k). New legislation eliminates RMDs on Roth 401(k)s starting in 2024.



If you sell stocks, bonds or mutual funds you've held for over a year, the proceeds are taxed at a long-term capital gains rate of 0%, 15% or 20%. The higher your income, the more capital gains taxes you pay. For 2023, you may qualify for the 0% long-term capital gains rate with a taxable income of \$44,625 or less (\$89,250 for those married filing jointly). The 20% rate applies to single filers with a taxable income of \$492,301 or more (\$553,850 married filing jointly).

Provisional income determines how much tax you pay on your Social Security benefit. Some Social Security beneficiaries will pay nothing, while others may have to pay federal income tax on up to 85% of their benefit. Provisional income is determined by adding your adjusted gross income plus 50% of your Social Security benefit plus any tax-exempt income you received for the year.

Tax laws and retirement rules are constantly changing. It's important to work with a trusted CPA who can help you play by the rules and a retirement planner who can help you develop a long-term tax plan that lowers your tax bill so you can spend more money on all the fun things in retirement. ■

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

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EVIDENCE for Easter

In just a few short days, billions of people around the world will celebrate that a man 2,000 years ago, who was brutally crucified on a Roman cross, three days later began to breathe again and walked out of



His tomb. I want to suggest to you in just a few short words that this history-altering event is not fantasy but worth believing and building your life upon based on evidence. For example...

Women were the ones who discovered the empty tomb. If someone made up this event, they would never build their story on the testimony of women since, during this time, it carried zero social or legal weight. Nobody would believe their tale.

Second, before the resurrection, the disciples of Jesus were cowards. After the resurrection and seeing Jesus alive, they didn't

fear death anymore. And it wasn't just the disciples, as many early followers of Jesus fearlessly lived out their faith.

Third, if Jesus were still dead, people might respect His teaching but would not worship Him. Two men were crucified with Jesus, and people aren't trying to figure out more about their lives. Why? They died. But Jesus rose. That made him distinct and unique.

Next, Jesus' family worshiped Him as God. His own mother, Mary, following the resurrection with other believers in the Upper Room, spent time praying to her son as God. Later Jesus' half-brothers, James and Jude, worshipped Him as God. Before the resurrection, they thought their brother was an absolute lunatic. Following the resurrection, they worshiped him as Lord.

Fifth, no physical body was ever produced. Some say it was stolen, but with the tomb guarded and sealed as it was, this is not plausible. Even if the body was stolen, this doesn't answer why hundreds of people saw

Jesus alive, walking, eating and talking to people.

Finally, the tomb of Jesus was never enshrined as a final resting place. There is no evidence crowds flocked to the tomb, left candles or notes, mourned or set up a memorial. There was early knowledge by all that Jesus wasn't there.

The bottom line is that Jesus is alive. Do you know who's in Abraham's tomb? Abraham. Buddha's tomb? Buddha. How about Muhammad's tomb? Muhammad. Do you know who's in Jesus' tomb? Nobody. And this changes Christianity from every religion on the face of the earth. Easter is a time to remember that a risen and very much alive Savior has conquered sin, Satan and death and wants a second-chance relationship with you. That is something worth celebrating. ■

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

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Easter

Saturday April 8th **6PM**

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ADM Students of the Month

The cold and snow have hit ADM; however, our students are busy with fine arts projects, basketball games, wrestling tournaments, e-sports and, last but not least, a lot of learning. The ADM Scholarship Foundation, teachers and coaches of ADM have again acknowledged the following students who have excelled academically and/or athletically as the January Students of the Month.

- Student of the Month: Ceilia Kreifels — Raccoon Valley Bank
- Kiwanis Humanitarian: Piper Giles and Tess Boorn
- Fine Arts: Band - Maddie Stewart, Choir - Reagan McCarty — Lincoln Savings Bank
- Wrestling: Grayson Sutter — Adel Lions Club
- Wrestling Cheer: Addison Kuonen — Fareway
- Boys Basketball: Vince Bennetti —

- Adel TV and Appliance
- Girls Basketball: Kennedy Glaser — Cullen Howe Real Estate-RE/MAX Precision
 - Basketball Cheer: Marley Akey — Adel HealthMart
 - Dance: Genievive Book — Adel Rotary Club

February

- Student of the Month: Ella Grossman — Raccoon Valley Bank
- Kiwanis Humanitarian: Ela Bjork and Kelsey Dalen
- Fine Arts, AcDec: Lucas Nepl and Jadah Manning — Lincoln Savings Bank
- Wrestling: Carter Madison — Adel HealthMart
- Wrestling Cheer: Rhyan Miller — Adel TV and Appliance
- Boys Basketball: Ryan Conrad — Patrick's Restaurant

- Girls Basketball: Addison Banse — Big Al's BBQ
- Basketball Cheer: Melody Koons — Fareway
- Dance: Madi Wicks — Core Physical Therapy

Our local businesses in the ADM School District also recognize these students every month with a donation to the ADM Scholarship Foundation. The donations received by the Foundation are invested, and the income is used each year to fund scholarships. As of today, more than 850 students have received scholarships totaling more than \$833,500.

More information on this program and how you may become a part of the Foundation can be found on the website www.admscholarshipfoundation.com or you may contact a board member listed on the website. ■

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EVENTS IN THE AREA

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

Be sure to check for cancellations

Grand Opening and Ribbon Cutting

Thursday, April 20, 4-6 p.m.
New Iowa Spring
Manufacturing location,
301 Visions Parkway, Adel

The public is invited for the grand opening for the new facilities for Iowa Spring Manufacturing. Tours will be provided. Enjoy refreshments and hors d'oeuvres.



TOPS meetings

Tuesday mornings, 10 a.m.
Adel Public Library, 303 S. 10th St.

Are you feeling like you want to lose a few pounds? You can find support at TOPS (Take Off Pounds Sensibly). There is no obligation for the first meeting. You can come, check it out and decide after your visit if TOPS is right for you. For more information, visit www.tops.org.



50s-Plus Senior Group meets

First and third Tuesday each month, 10 a.m. to 1 p.m.
Adel Public Library Community Room

The 50s-plus senior group meets for coffee, conversation, programs and, in the future, day trips to places of interest in Iowa. Join when you can.

BINGO

6	22	34	53	72
11	27	38	56	71
4	●	●	52	69
13	21	42	●	67
14	24	32	59	68



Third Monday Bingo

Monday, April 17, 6-8 p.m.
Masonic Lodge, 411 S. 12th St., Adel

Enjoy 17 games of bingo (\$0.25/card) plus an 18th progressive blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available. Bring a dauber if you have one. They will also be for sale.

Dallas County Conservation programs

Iowa Authors

April 16, 1:30-2:30 p.m.
Forest Park Museum, Perry

Iowa has a huge number of prominent writers, so let's look at some of them, including the ones in the museum collection. Register to be notified of weather cancellation at DccbIowaAuthors.eventbrite.com.

April Bird (and Awe) Hike

April 22, 8:30-10:30 a.m.
Voas Nature Area, Minburn

DCCB is offering seasonal bird hikes as part of the Beginner to Birder (B2B) Project, meant to nurture new birders or those who want to ramp up their skills. The diversity will increase each month as new birds arrive. Binoculars and books will be provided. Registration required at DCCBAprilBirdHike.eventbrite.com.

Voas Volunteer Day: Garlic Mustard Removal

April 29, 9-11:30 a.m.
Voas Nature Area, Minburn

With the successful removal of the shrubby understory, a disturbance that is ideal for the growth of invasive garlic mustard has occurred. The good news is that we have been able to control it wherever we pull it. If you have considered other volunteer days but thought the work might be too difficult, garlic mustard is an easy pull. Children are welcome and encouraged. Register to be notified of weather cancellation at DccbVoasVolunteerDay.eventbrite.com.

Wild Flower Walk

April 29, 10-11 a.m.
Kuehn Conservation Area, Earlham

Spring time means spring flowers! Join Naturalist Erica for a walk in the woods searching for hidden wild flowers. Register to be notified of weather cancellation at DccbWildFlowerHike.eventbrite.com.

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EVENTS IN THE AREA

Be sure to check for cancelations

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POETRY PALOOZA

April 6-8

Mainframe Studios, 900 Keosauqua Way, Des Moines

Poetry& presents a three-day festival celebrating Midwestern Poets Laureate and demonstrating the positive power of poetry. Thursday will open with the Iowa Poetry Association Poetry Slam Finals at Franklin Jr. High Event Center Auditorium from 7-9:30 p.m. Public happenings on Friday evening include interactive poetry events, guest performances, and a jazz poetry cafe and poetry readings as part of Mainframe Studio's First Friday event. Saturday will feature workshops led by guest poets, a networking coffee, and conclude with a panel lunch titled "Deepening the Poetry Community." Learn more and find a full schedule at www.poetryamp.org/poetry-palooza.



April at Covered Bridges Winery

Various dates

Covered Bridges Winery, 2207 170th Trail, Winterset

- April 8: Gina Gedler and The Boys live music 6:30-9:30 p.m., \$5 cover charge per person
- April 16: Spring Roll Class 11:30 a.m. to 1 p.m., \$65 per person. Tickets must be purchased in advance at covered-bridges-winery.square.site/product/spring-roll-class-april-16-2023-11-30am-1pm/318.
- April 16: Dustin Farrow Live Music, 2-4 p.m., no cover charge
- April 29: RetroSpect live music 6:30-9:30 p.m., \$5 cover charge per person

Food and Fun

Various dates

Middlebrook Mercantile, 4125 Cumming Ave., Cumming

- Register for events at Cumming, IA
Middlebrook Mercantile Events | Eventbrite
- Tuesday, April 4: Pressed Floral Workshop, 6-7:30 p.m.
 - April 8: A Night of Laughs at the Merc, Two Ol' Chefs food truck, 6 p.m. Registration required.
 - April 12: Hot Off the Presses food truck, 5-8 p.m.
 - April 15: David Watson performs, 5-8 p.m.
 - April 21: Mule performs, Two 'Ol Chefs food truck, 5-8 p.m.
 - Monday, April 24: Dried Floral Workshop, 6-7:30 p.m.
 - April 28: Emmett Sheehan performs, Pho Wheels & Sushi food truck, 5-8 p.m. ■



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PEER Buddy Readers encourage fellow students

No-pressure reading time



Second-graders at Meadow View Elementary School take a few minutes to read to their fourth-grade Peer Buddy Readers to promote an enjoyment for reading in both.

Teachers at Meadow View Elementary School have been using Peer Buddy Readers since the school opened its doors almost two years ago. What is considered a practice more than a program, Peer Buddy Readers allows students of different age levels to come together to read and discuss various books.

Educators at the elementary school use the peer buddy readers for different reasons. For example, one educator began to use them for students who needed to hear other fluent readers, and having peer readers creates a less intimidating experience. Another is currently using the readers for second-grade students who enjoy reading and can benefit from discussing their readings with a fourth-grade friend.

“This is not a formal program. It is done with understanding that students enjoy working with younger and older peers. As teachers, we recognize that and want to help peers be role models and create a culture where children advocate for each other — in reading and life,” says Christal Tilley, who teaches second grade.

Students who participate in Peer Buddy Readers currently meet depending on their teachers’ schedules and their grade levels. Tilley’s group, for example, gets to meet for five minutes three times a week. During this time, her second grade students read or alternate listening and reading with their fourth-grade buddies. Books chosen for the group are based on the student’s choice. Currently most of Tilley’s group have picked adventure books such as the series, “I Survived... .”

“I want to foster reading and create lifelong readers. What I have to say is not as nearly as important to them as what their peers that they look up to have to say. This practice (more than a program) allows students to witness role models who love to read and encourages them to do the same,” Tilley says. ■

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ESTATE planning and your options

Estate planning is often something many people overlook and something many people know very little about. When people begin to start looking into estate planning, many will see the terms “will” and “trust” being used. Understanding the difference between the two will not only make estate planning easier but also help you in determining which options will be right for you. A will or a trust is used to distribute any assets you may own upon your death. Both tools allow you to name beneficiaries who will receive your assets and fiduciaries to control the distribution of said assets. However, there are some important and key differences between a will and a trust that one should consider before even beginning to estate plan.



Up front, wills usually cost less money to draft; however, a will must go through probate upon your death. This can often be costly and takes several months, at least, to distribute your assets to any beneficiary. It is important to note, however, that not all assets you own will go through probate. Accounts with a pay-on-death designation or beneficiary designation will pass outside the probate process, regardless of whether you have a will or trust in place. While a trust is usually more expensive to draft

on the front end, and you will have to transfer all your assets into your new trust, it will act as a separate entity. This can lead to less costs being incurred down the road. Another key difference is the effective date of each instrument. A trust is effective upon the moment the agreement is signed. This means that, in the event you became incapacitated while living, a successor trustee, named in your trust, could control your assets for you. An executor of a will cannot and will not have control over your assets until you die.

Lastly, in Iowa, a trust is private while a will is not. This means, upon your death, your will must be filed with the court. Any assets you have and to whom you plan on giving them will be made a public record. This is not the case with trusts, as trusts do not go through the probate process. Reviewing your options with an estate-planning attorney is always the best course of action as they will be able to give you advice based on your specific and individual assets.

Ultimately, making the decision between a will or a trust is up to you, but having a clear understanding of both will aid in making that important decision. ■

Information provided by Tori R. Reese, Hopkins & Huebner P.C., 1009 Main St., Adel.

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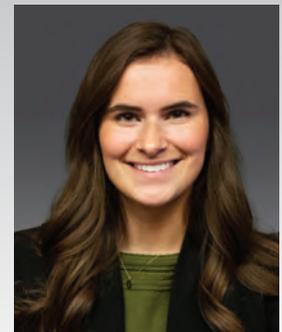
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AN INCLUSIVE community

Finding accessibility and kindness in Adel

A few years back, Patricia Ehrenfried and her family were living in a small town in southwest Iowa. She says, while it was a nice community, it just didn't have the amenities their daughter, Sarah, needed.

"Our daughter has muscular dystrophy," Ehrenfried explains. "I wanted a place more accessible for her with more inclusion."

The family's first move was to Urbandale with the goal of finding a house within two years.

"The problem wasn't just accessibility; it was finding something closer to Sarah's multiple doctors yet far enough out that it was still kind of a small town," Ehrenfried adds. "My husband and I are not large



Patricia Ehrenfried and daughter Sarah enjoy Halloween and put on a haunted house.



Sarah Ehrenfried has muscular dystrophy, and her mom says the community is accepting and helpful.

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city people."

Four and a half years ago, they found the perfect place in Adel. The Ehrenfried home is a solid brick house just large enough for Sarah's chair to maneuver and located on a cul-de-sac.

"Over the few years we have been here, our neighbors have been nothing short of family," she says. "Our whole neighborhood knows us and our daughter, and they are there for us when my military husband is away. Our neighbors talk to each other, text each other and check on each other when the weather is bad. We are a network of support here."

No matter where they go in Adel, Sarah is treated with respect, Ehrenfried adds.

"I love that the most," she says.

The family also enjoys the bike trails, parks and generous community members. They participate in the city-wide garage sale and host a community haunted house every year, too.

Ehrenfried dressed up as the Grinch this past Christmas and walked around Adel greeting people, which she plans to make a new tradition.

The Ehrenfrieds also put on an annual fundraiser for Sarah where they make walking tacos. This year, Ehrenfried says, they'll have a line out the door of people waiting for one.

"Not just because the tacos are good (they really are), but because people are supportive and generous here," she says.

And because she wants to give back to the community, Ehrenfried serves on the board for Adel Parks and Recreation, which she's also currently working with to make Adel a delegate for the Special Olympics.

"I love supporting this community and do what I can to do that," she says. "We've only been here four and a half years, but I can't imagine living anywhere else." ■



APRIL 2023

UPCOMING CITY COUNCIL MEETINGS

- Tuesday, April 11th, 2023 at 6:00 p.m.
- Tuesday, May 9th, 2023 at 6:00 p.m.

For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

REMINDERS & CLOSURES:

- Friday, April 7th, City Hall will be closed to the public. Payments may be made online, by phone, or by dropping off payments in our dropbox that is to the left of the front door.
- Yard Waste Pickup starts up again in April. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

GET TO KNOW...



JONNY REEL

What is your title?
Water Laborer

What is your past work experience?

Before I got this job I worked in bridge construction and concrete work.

How long have you been working for City of Adel? I have worked with the City of Adel for about 8 months.

What are you excited about for your department's future plans?

I am excited for us to keep growing as a community and produce the best product possible for everyone.

What is a hobby you enjoy? I enjoy watching sports, grilling out, golfing, hunting, and spending time with family and friends.

Anything else Adel should know about you? I graduated from ADM in 2015 and graduated from UNI in 2019. I have enjoyed growing up here and still live in Adel with my wife and son.

2023 PET LICENSES & GOLF CART REGISTRATIONS:

Forms are available online at www.adeliowa.org/permits-and-forms/. When a pet license request is submitted online, payment & proof of rabies vaccination must be received before the license can be issued. When a golf cart permit request is submitted online, payment & proof of insurance must be received before the permit can be issued.

- Pet License Cost: \$10 for altered animals, \$20 for unaltered animals
- Golf Cart Permit Cost: \$50

PARKS & RECREATION ACTIVITIES:

For Adel Parks & Recreation Programs and Facility Reservations: Please register online at 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 10-May 15; \$40. **Deadline: March 24**
- **ADEL FAMILY AQUATIC CENTER:** Swim lesson registration begins Friday, April 7 @ 8:30am. Visit registration website for session dates and details. Season passes, private pool rentals, and the birthday party packages **registration begins Friday, April 14 @ 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/ for more information and to apply.
- **LIFEGUARD CLASSES:** Held at Adel Family Aquatic Center and Dallas County Sheriffs office. Lifeguard certification class May 19 - 21. Recertification class in date TBD based on student availability. Email rdillinger@adeliowa.org with questions and to sign up.



PARKS & RECREATION RESERVATIONS:

- **PARK SHELTERS:** Fees start at \$30 per 4 hours. No fee for local nonprofit/civic organizations. *
- **BALLFIELDS:** Fees start at \$15 per 1.5 hours. No fee for Adel Parks & Rec teams *
- **PRIVATE POOL RENTALS:** Fees range from \$120/hour to \$270/hour depending on sections of the pool wanted. Held on Saturday/Sunday evenings between 6-8pm and New this year 10 am - Noon on Saturdays*
- **POOL BIRTHDAY PARTIES:** New offering held during normal pool operation hours. Visit the website below for full details *

*Book online at www.adel.activityreg.com or by calling City Hall at 515-993-4525

APRIL 15 - 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 apuck@adeliowa.org. Information must be received by Monday, April 10th.

APRIL 22 - 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.

WATER SERVICE LINE INVENTORY:

In an effort to increase awareness of aging water infrastructure and improve public health, the City is updating its water service line inventory. In order to complete our inventory, we need the assistance of businesses and homeowners to identify service line materials. The Environmental Protection Agency (EPA) is requesting this service line inventory to be completed as part of the revised Lead and Copper Rule. Visit <https://adeliowa.org/water-service-line-inventory/> for more information and to complete the survey.

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 online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

The openings for terms starting July 1, 2023 are:

- 2 Planning & Zoning Board positions
- 2 Board of Adjustment positions
- 3 Park Board positions
- 1 Historic Preservation Commission position

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

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Shirley McAdon

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Bob Ockerman

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Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

Dan Miller

515-979-6119

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TIGERS

ATHLETICS

GIRLS VARSITY TRACK

DATE	TIME	OPPONENT	LOCATION
April 6	4:30PM	Multiple Schools	Van Meter High School
April 11	4:45PM	Multiple Schools	Pella Christian High School
April 13	4:30PM	Multiple Schools	Ogden High School
April 15	8:30AM	Jim Duncan Invitational	Drake Stadium
April 17	4:30PM	Multiple Schools	Greene County Middle School
April 18	4:30PM	Dallas Center-Grimes HS	Dallas Center-Grimes High School
April 20	4:30PM	Multiple Schools	Newton HA Lynn Stadium
April 25	4:30PM	Multiple Schools	A-D-M, Adel
April 27	4:15PM	Multiple Schools	Carlisle High School
April 27-29	9:00AM	Drake Relays	Drake University

BOYS VARSITY TRACK

DATE	TIME	OPPONENT	LOCATION
April 6	4:30PM	Multiple Schools	Van Meter High School
April 8	9:00AM	Iowa City West	Iowa City West High School
April 11	4:45PM	Multiple Schools	Pella Christian High School
April 13	4:30PM	Multiple Schools	A-D-M, Adel
April 15	8:30AM	Jim Duncan Invitational	Drake Stadium
April 17	4:30PM	Multiple Schools	Greene County Middle School
April 20	4:30PM	Multiple Schools	Newton HA Lynn Stadium
April 25	4:15PM	Multiple Schools	Carlisle High School
April 27	4:30PM	Multiple Schools	Bondurant-Farrar High School
April 27-29	9:00AM	Drake Relays	Drake Stadium

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Schedules are subject to change. Scan for most up-to-date schedules.



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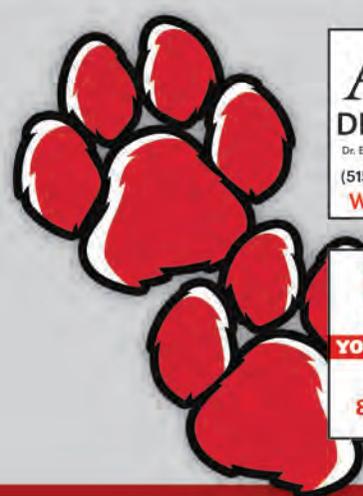


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SPORTS SCHEDULE

Spring 2023

GIRLS VARSITY SOCCER

DATE	TIME	OPPONENT	LOCATION
April 10	7:15PM	Gilbert	ADM High School
April 13	7:00PM	Dallas Center - Grimes	DC-G High School
April 15	9:00AM	Multiple Schools	ADM High School
April 18	7:00PM	Nevada	Nevada High School
April 21	7:00PM	Carroll	ADM High School
April 24	7:15PM	Des Moines Roosevelt	ADM High School
April 27	6:20PM	Winterset	Winterset High School
May 1	7:15PM	Bondurant-Farrar	Bondurant-Farrar High School
May 9	7:00PM	Ballard	Ballard Middle School
May 12	7:00PM	Carlisle	ADM High School
May 15	5:30PM	Boone	ADM High School

BOYS VARSITY SOCCER

DATE	TIME	OPPONENT	LOCATION
April 10	7:00PM	Gilbert	Gilbert High School
April 14	7:00PM	Dallas Center-Grimes	ADM High School
April 18	7:00PM	Nevada	ADM High School
April 21	7:30PM	Carroll	Carroll Athletic Stadium
April 27	7:00PM	Winterset	ADM High School
April 29	9:00AM	Multiple Schools	Pella High School
May 1	7:00PM	Bondurant-Farrar	ADM High School
May 4	5:30PM	Boone	Boone High School
May 9	7:00PM	Ballard	ADM High School
May 12	7:00PM	Carlisle	Carlisle High School

GIRLS VARSITY GOLF

DATE	TIME	OPPONENT	LOCATION
April 6	4:00PM	Panorama	Lake Panorama Golf Course
April 10	4:00PM	Multiple Schools	River Valley Golf Course
April 13	4:00PM	Woodward-Granger	River Valley Golf Course
April 18	4:00PM	Ballard	Ballard Golf & Country Club
April 27	1:00PM	Woodward-Granger	Woodward-Granger
May 1	4:00PM	Greene County	River Valley Golf Course
May 2	10:00AM	Atlantic CSD	Atlantic Golf and Country Club
	3:30PM	Multiple Schools	Jester Park Golf Course
May 4	4:00PM	Multiple Schools	Don Williams Golf Course

BOYS VARSITY GOLF

DATE	TIME	OPPONENT	LOCATION
April 10	4:00PM	Multiple Schools	Pleasantville Golf & Country
April 13	1:00PM	Woodward-Granger	Woodward-Granger
April 14	1:00PM	Pella	Bos Laden Golf Course
April 15	8:30AM	Pella	Bos Laden Golf Course
April 17	4:00PM	Gilbert	River Valley Golf Course
April 20	4:00PM	Ballard	River Valley Golf Course
April 22	8:30AM	Multiple Schools	Perry Community Schools
April 24	4:00PM	Carroll	Carroll Country Club
April 27	4:00PM	Multiple Schools	River Valley Golf Course
May 1	4:00PM	Bondurant-Farrar	Terrace Hills Golf Course
May 2	10:00AM	Atlantic CSD	Atlantic Nishna Hills Golf Course
May 4	4:00PM	Multiple Schools	River Valley Golf Course

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HISTORY

By Mike Flinn

HISTORY of churches in Adel

A study of our town's history leaves little doubt that our founders had a great respect for religion. Their faith played a big part in the growth of our city.

The first preacher to visit Adel was the Rev. Michael Hare of the Raccoon Forks Mission, a Methodist affiliate. Upon his arrival in 1850, the citizens were called together, and a meeting was held in Squire Green's hotel. Rev. Hare then delivered the first known sermon to be preached in the new town of Adel. For the next 10 years, they met in various places. In 1860, a committee was formed to raise the \$2,000 needed to build a church — a great deal of money for the 25 members to raise. The church was completed in 1862.

Another religious organization was formed and met in the Miller Schoolhouse east of Adel (where the historical marker is). This was actually the first church in Dallas County, pre-dating the Methodists by a few months. On March 3, 1850, the church reorganized as The Church of God in Christ and moved to Adel. From 1850 to 1868, the church met in homes, the old schoolhouse, or the county courthouse. In 1868, they erected their first church building on the northeast corner of Adel's square. After that church building burned down, on Easter Sunday of 1902, a building was erected in the same spot. When the congregation outgrew that building, a new and larger church was built a block away and is now the Adel Christian Church.

The Presbyterian Church was organized in 1866, and the church building was completed by 1870. This church building later became the Adel Library after the church was disbanded in 1924 and stands today.

The Roman Catholics had no church to meet in for Adel's first half century. They were served by pastors from Dallas Center (where the first Catholic Church in the area was built in 1880) and Waukee. Like other early religious groups, they met in members' homes or travelled to surrounding towns to celebrate mass. Their first church in Adel, built in 1917, was a Gothic-style brick structure — St. John Catholic Church,

Other early churches include the Open Bible Church, built in 1946, and Grace Baptist Church, built in 1956.

Following the early years of Adel's development, many other congregations and religious associations have added to the growth of the city. Ministers and missionaries played an important part in the development of Adel and had a big influence on the life of its citizens. Most early inhabitants of Adel were religious. They gathered in someone's house, a schoolhouse, or out in an open grove to hold religious services. The ministers usually rode on horseback from one preaching place to another. When they arrived, a few hymns were sung, and then the minister preached, sometimes for two hours or more. These early preachers, known as "circuit riders," lived a rough and rugged life. ■

Mike Flinn is an amateur historian and author of "Most Exciting Day" and several other books of local history. He can be reached at ironpdlr@gmail.com. His books are available at <https://books-and-stories-by-mike-flinn.square.site>.

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WALNUT CREEK PSYCHIATRY

HELLO from the Adel Public Library

Spring is officially here, and you know what that means. It's time for our annual Friends of the Adel Public Library Garage Sale. A large portion of the programming we offer depends on fundraising events like this one, so please stop by and do some shopping. We know you can find all kinds of treasures at our sale. It will run April 13-19, during library hours.

Early education programs

We have early education programs three mornings a week. Join in for stories, movement and fun.

- Move & Groove Storytime – every Tuesday at 10 a.m.
- Read & Play – every Wednesday at 10 a.m.
- Preschool Storytime – every Thursday at 10 a.m.

After school activities

Looking for after-school activities? Look no further! Our Elementary Builder Club is great if your child enjoy hands-on activities, our Teen Advisory Board is a wonderful opportunity for teens to learn leadership skills and earn volunteer hours, and the Comics & Cookies club is perfect for second through fifth graders interested in reading and being creative.

- Teen Advisory Board – April 6 at 4 p.m.
- Therapy pets – April 6 at 4:30 p.m.
- Nerf Battle (grades 2-5) – April 7 at 2 p.m.
- **Fizz Bubble and Goo with ISU Extension – April 10 at 10 a.m.
- Elementary Builder Club – April 11 at 4 p.m.
- Teen: Upcycled Art – April 13 at 4 p.m.
- Comics & Cookies – April 25 at 4 p.m.
- Poetry Open Mic (Ages 12 and older) – April 27 at 4 p.m.

** There is no school on Monday, April 10, so we're inviting all K-fifth grade students to the library for a special event. We've partnered with ISU Extension, Dallas County, to help us explore the wonders of science by creating amazing chemistry experiments with everyday materials. We will learn about matter, make slime, and observe physical and chemical changes right before our eyes.

Adult programs

If you're an adult looking to get out of the house, we have plenty of options for you, too. There's no registration for our book clubs. Just pick up the current book at the front desk and join us. We also have some active programs, like the morning exercise group that exercises to easy walking videos, or our yoga program on Wednesday nights for some relaxation in the middle of the work week.

- Yoga at the Library – Every Wednesday at 5:45 p.m.
- Exercise Group – Monday through Thursday at 9 a.m.
- 50's+ Senior Gathering – first and fourth Tuesday of the month at 10 a.m.
- Brown Bag Book Club – April 13 at noon
- Cook Book Club – April 19 at 11 a.m.
- Evening Book Club – April 27 at 6 p.m.

We hope to see you at these fun, educational programs this month! ■

STEPS to finding your ideal home

Purchasing a home can feel very confusing and overwhelming. For many, it is the largest financial decision they will ever make. It can be helpful to break the process down into a manageable to-do list. Follow these steps to a successful home purchase:



Save for your down payment

There are a lot of loan options that do not require a 20% down payment. There are options with as little as 3% down. Veterans could be eligible for a 0% down payment. Certain borrowers may be eligible for grants. A gift is another option.

Know your credit score

Try to avoid any loan or credit card payments going past 30 days. Work on keeping your credit card balances below 50%. Experian, Equifax and Transunion are the three credit bureau agencies that provide your credit scores. They have options for you to view and monitor your accounts.

Get pre-approved

Talk to a mortgage lender about getting pre-approved for a dollar amount. This does not commit you to a specific home but gives you an idea of an affordable payment. They can review your debt and offer options.

Find a real estate agent

Unless you know of a private party sale, find a real estate agent that can help you find a home. They can assist with the search. Think about certain locations you would like to live in and consider proximity to school districts and neighborhood parks. Make a list of what you are looking for in a home. Your real estate agent will assist you in the negotiation process.

Get a home inspection

Have the house inspected by a professional company. They can inspect the home and make sure there are not any major issues that need attention. Your offer can be written with a requirement of a satisfactory home inspection. This gives you an exit if there is a major problem.

Get a home appraisal

Your lender will arrange a home appraisal to make sure the property is worth the price you are purchasing. The appraisal will compare the property to similar homes in the neighborhood.

Closing the loan

After everything is approved, your lender will schedule a closing. The loan papers will get signed, and you will get the keys to your new home.

A knowledgeable community banker can help you through the process of purchasing a home and answer your questions along the way. ■

Information provided by Timothy Gootee, loan officer, NMLS ID#541743, Raccoon Valley Bank, 1009 Court St., Adel, 515-993-458, tgootee@raccoonvalleybank.com, RaccoonValleyBank.com.

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RECIPE

PRODUCE shopping on a budget

5 strategies to save on fresh fruits and veggies

(Family Features) Cooking meals that bring your loved ones joy is often objective No. 1, but creating those flavorful favorites on an appropriate budget is an important aspect of well-rounded, family-friendly recipes. A few simple steps, like developing good grocery shopping habits, can put smiles on hungry faces without leaving a dent in your finances.

Consider these tips from the experts at Healthy Family Project along with its produce partners, which are on their 2023 Mission for Nutrition to improve access to fresh produce that's essential in alleviating many public health and personal wellness challenges. This year's partners are striving to be part of the improvement efforts by donating funds to increase the accessibility to fruits and vegetables in schools through the Foundation for Fresh Produce.

Make a list (and stick to it): When buying fresh produce, remember some items have a shorter shelf life. Limiting purchases to items on your list can help lower grocery

spending while alleviating food waste.

Buy local: Transportation cost is one of the biggest factors in the price of produce, meaning buying local, when possible, can help reduce your total at checkout.

Stock up on seasonal produce: Although you can generally find any produce item at any time of year, this isn't always an affordable practice. Knowing when your favorite fruits and veggies are in-season can save you money and allow you to use the freshest ingredients in family breakfasts like protein-packed sausage breakfast muffins and savory english muffins.

Know your produce department: The front or feature table of the produce department often offers the best deals. Don't forget to look at the end caps on each produce aisle, which sometimes display seasonal items.

Find more grocery savings strategies and family-friendly recipes at HealthyFamilyProject.com. ■

Savory English muffins

Recipe courtesy of Healthy Family Project



- English muffins
- guacamole
- cherry tomatoes
- 1 tablespoon cilantro, finely chopped
- 1 tablespoon light cream cheese
- 1 tablespoon crumbled turkey sausage, sauteed
- 1 egg
- 1 tablespoon basil, finely chopped
- 1 tablespoon balsamic glaze
- Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.



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MILLER meets the challenge

Knows decisions have personal impact on others.

Dan Miller first experienced being a “community volunteer” as the president of a townhome association in which he and his wife, Amanda, lived before moving to Adel.

“I learned how much more personal homeowners took the decisions that were being made — those which may impact their homes; therefore, it was a job I took very seriously,” he says, adding it was good preparation for his later role of serving for five and a half years on the Adel City Council. He and Amanda moved in 2015, when they decided to build their dream home “in a small community with great schools and small-town charm... Adel, Iowa.”

After he and Amanda moved to Adel, Dan became involved with many civic activities in town. He was a member of the Adel Parks and Recreation Board, the Adel Economic Development Commission and, finally, the Adel City Council. He had a special appointment to the Council in July 2018 after a resignation of Councilman Mike Haynes.

“I really enjoy being engaged in our amazing community,” says Dan. “I like to know what’s going on, but I thrive thinking that I am helping to better the future of the community, for my family and others.”

Dan joined the City Council at a time when Adel was showing some growing pains. The tax abatement had brought many new citizens to the community, but no new tax money, initially. The services and infrastructure of the city were being stretched, and some people felt unjustly so. He helped ease some of the tension, and, now that some of the abatements are timed-out, more tax money is available to enhance city



services.

“I am proud that the Council has recently passed many resolutions to improve the city’s water quality and enhance city services, such as the new fire trucks and staff hired,” says Dan. “As chair of the Personnel Committee, I have been fortunate to assist in hiring and growing some amazing city staff.” Dan applauds the Volunteer Fire Department, the police chief and officers, the City Hall and Library staff, and the Parks, Streets and Water & Sewer staff who are unmatched for a city our size and who have been asked to do more with less.

“As budgets grow with abated houses coming online, I am eager to see our staff grow and departments recognized for their outstanding efforts,” he says.

In addition to being a volunteer councilman, Dan is also full-time husband to Amanda and father to three busy boys: Andy, 8; Matthew, 6; and Joey, 4. He volunteers as recruitment coordinator and den leader for the local Cub Scout Pack and assists in coaching soccer and T-ball for his growing boys.

“Of all the volunteer time I’ve spent, I have to list my proudest moments have been spent with my boys,” says Dan.

With his family in mind, Dan has recently announced that he will not be running for



Dylan Morris, BigDeal Car Care shop manager, and Dylan Book, BigDeal Car Care owner, present the Good Neighbor certificate to Dan Miller.

another term on the city council at the end of 2023. “I am excited to have more time to spend with my family in these growing years and volunteering in the community in other ways,” says Dan, “possibly with kid-related activities or Kiwanis, the trails, or the Knights of Columbus.”

Dan will always be a “good neighbor” in all the small, yet important ways, for example, as a “phone friend” for our disabled son, Rob; by attending a recent town meeting to ensure resources and partnerships will be available for the ADM school district; and by providing a positive spin to everything around him.

Recently, Dan was diagnosed with cancer and has had an initial surgery to remove it, yet, he says, “I am excited to finish this council term strong. I know there are many capable residents who would focus on the things that are good for all the citizens while on the council. And I would welcome the opportunity to speak with anyone who might be interested in serving.” ■

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

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PREVENTING accidental poisonings in kids

Poison Prevention Week was just last month, so this topic is fresh on my mind. In 2021, Poison Help responded to more than 2 million human exposure cases; on average, receiving an exposure case every 15 seconds. Some of the leading exposure substance categories included cleaning supplies and cosmetic/personal care products — all of which are common household items.



The usual culprits for medications are commonly thought of as opioids, benzos (i.e., Xanax) or iron. But problems with other medications are on the rise. For instance, accidental ingestion of cannabis edibles by young kids is skyrocketing, often leading to hospital visits. And melatonin overdoses in kids are up by more than 500% during the last decade. It's not surprising, as these medications can often look like candy or food, and use of these products has spiked since the pandemic.

If you have young children living in your house or frequenting your home, remember to store medications and other substances such as cleaning products up and away and out of sight. The best locations are a high shelf or a locked cabinet. Even small amounts of some of these products can cause serious harm. Also, be mindful of where you

store prescription medications. Do not rely on safety caps as they may slow children down but they are not childproof.

Also be sure to dose appropriately and follow doctor or pharmacist recommendations. Ensure that liquid measuring devices are used. Household spoons aren't an accurate way to measure a teaspoon of medication. More than 10% of poisonings in children are from kids receiving an incorrect dose. Keep this number handy, 1-800-222-1222, or download the webPOISONCONTROL app. There is a poison control line for our furry friends as well. If you suspect your pet got into meds, call your vet or Animal Poison Control at 888-426-4435.

Another tip is to dispose of unused and expired medications. National drug take back day is April 22 and a good reminder to go through your medicine cabinet. But remember, don't just throw old medications out or flush them down the toilet. Bring them to a pharmacy like ours that has a receptacle bin for disposing of such medications. Our medication disposal bin accepts prescription and over-the-counter medications, including controlled substances, as well as liquids in 4-ounce containers or smaller.

Let's work together to keep our kids safe this year. ■

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

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HEALTH

By Leslie Herron

DISTINGUISHING COVID-19 from flu and cold

The flu and COVID-19 are both highly contagious respiratory illnesses. Even though they're caused by different viruses, respiratory illnesses can share similar symptoms.

Symptoms the two have in common include: fever, cough, fatigue/weakness, headache/muscle pain/body aches, and nausea/vomiting/diarrhea.

A major difference is symptom onset. The flu comes on suddenly, typically with a fever, muscle aches, fatigue, chills and headache. COVID-19 onset can be more gradual.

The flu usually causes a mild, dry cough. The COVID-19 Delta variant can cause a severe dry cough. The Omicron variant is less likely to affect your lungs, so a cough may not be a symptom, and it could be difficult to distinguish from the common cold.

The Omicron variant comes with mild symptoms like a stuffy or runny nose, sore throat and headache — symptoms more like a cold.

Unique COVID-19 symptoms that don't typically overlap with the flu or the common cold, include: sudden loss of taste or smell, shortness of breath and dry mouth. These symptoms don't necessarily mean you have COVID-19, but, if severe, seek medical care. ■

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



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HEALTH

By Alicia Fisher, PT, DPT

WHAT IS your CORE, and why is it so important?

Visualize the core as an abdominal canister. Your diaphragm is on the top, the pelvic floor is the bottom and the surrounding walls are made up of the transverse abdominis (TA), internal obliques and multifidi. This system provides central stability for the spine and pelvis and creates a base for every movement that you do. Without this stability, the structures above and below are more prone to chances of pain and dysfunction. To have a strong core, these muscles have to work together to provide support as well as to help regulate any pressure within our system. How we manage this pressure will determine the strain that is placed on our abdominal walls as well. The weakest point in this cannister is where pressure can “leak out” and create dysfunction. This is why poor pressure management can lead to certain issues such as prolapse, hernias and diastasis, along with stability issues including back or hip pain. For our core to be strong, the muscles must activate in the correct order, stabilize the spine, and manage the abdominal pressure that we create in our system. ■



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

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HEALTH By Delecia Crannell

THE POWER of music

Mother Nature is teasing us this year. I was so excited to share something about the signs of spring I was seeing for this article entry. Alas, I am limited on signs to share. So, while searching for a new topic, I learned that April is the designated awareness month for anxiety, jazz and lasagna. Although I do love lasagna, anxiety seems a better topic choice for a healthcare provider.



There is a plethora (I love that word) of early research linking positive effects of music on anxiety. In 52 studies with more than 3,700 combined participants, listening to music was found to have significant anxiety-reducing effects in a variety of patient types. Interestingly enough, in addition to reducing anxiety, music interventions were also noted to decrease pain and depression. Thus, there was an improvement in both mood and sleep, creating a wonderful snowball effect (pardon the terminal winter pun there).

It does not matter if you are passionate about jazz, prefer a bit of country, 1980s pop, or some soulful gospel. Play the tunes that speak to you as you drive, clean house, cook dinner, tinker on the mower or whatever you are doing to soak up the benefits of those magical musical notes. ■

Information provided by Delecia Crannell, ARNP, FNP-BC, Triune Health and Wellness, 715 Cottage St., Adel, 515-478-9660.

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HEALTH By Sheryl Frye

GROUNDING techniques

Sometimes in our busy lives, we have trouble being present in the moment. We are thinking about things we need to get done, remembering the past or just experiencing anxious thoughts. Grounding techniques can help us create some distance from our distressing thoughts to help us become more present in the moment. These techniques use our five senses to help us regain our perspective. Grounding techniques — such as breathing deeply or listening to your surroundings — are often simple and can be utilized in any situation. Other physical grounding techniques include taking a walk, holding a piece of ice or savoring a scent like tea. Grounding techniques can also include mental tasks to help us with distraction. Thinking about silly jokes, reciting a poem or song and counting backward from 100 are examples of grounding mental techniques. Sometimes, soothing techniques can help in times of high distress. We can use our imagination to ground us by picturing someone we love or visualizing our favorite places. Playing with our pets and engaging in favorite activities like crafts can also help us create feelings of wellbeing during periods of high stress. Identifying techniques to stop us from getting lost in our distressing thoughts can give us the tools to create more joy in our daily lives. ■



Reference: www.healthline.com. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

THE SPIRIT of the Adel Fire Department: Part II

More volunteers needed

Tim Knipper and Justin Kitzinger both joined the Fire Department as a way to give back to the community through volunteering.

“While firefighting is inherently dangerous, we train regularly (about three to four nights a month), to learn new tactics, continuously upgrade our equipment and do everything we can to keep ourselves as safe as possible,” says Knipper. “These new trucks are a great example of ways to upgrade our equipment and provide a safer working environment for our firefighters.”

The volunteers on the Adel Fire Department have committed to exceptional service. In addition to their own jobs or careers, they have pledged to the responsibility and obligation of protecting the citizens of Adel and the surrounding rural areas against the disaster of a fire or other emergency.

“Being a volunteer firefighter can be very stressful, but also a very rewarding experience,” says Knipper. “When we are called to a scene, people are at their worst moments, whether a vehicle accident, a medical emergency or a fire in their home or business. Seeing the benefits we might provide in these situations is the fulfilling and satisfying part of our volunteer service.”

Last year, Adel had more than 700 calls, with about 90% of them being medical related.

In general, volunteer firefighter numbers across the country are down, and Adel is no different. The AFD is looking for approximately eight more volunteers.

“To join the Adel Fire Department Association, there is an application and interview process that a prospective member must complete. After being accepted, the new members go through a probationary status,” says Knipper. “During this period, new members learn department operations and train and work with other members of the department to ensure they can confidently serve in any emergency situations.”

Training requirements have increased with more than 100 hours needed to complete the coursework, written and practical testing for the Firefighter 1 and 2 certifications. Many firefighters are also EMTs, which helps in the medical emergencies. If anyone is interested in joining, applications are available at the Public Safety Building, 102 S. 10th St., or check the Fire Department’s facebook page: www.facebook.com/AFD25. ■



Firefighters train to rescue people from many different situations.

SPRING lawn care tips

As spring arrives, there are some simple things you can do that will make a difference in your lawn in 2023. Many people will start off with a heavy raking to clean up the yard. This is time consuming and labor intensive. A simpler and more effective approach is to lower your mower deck to a 2-inch cutting height to remove the dead brown tissue of last year’s leaf blade. Heavy raking is only necessary if you have a heavy mat of leaf material that is smothering your grass.



Mowing with a sharp mower blade should always be your goal. Mow frequently enough so you never remove more than one third of the leaf blade at one time. I normally recommend a cutting height of 3 inches after the initial mowing for the remainder of the year. Set your mower to this height and leave it there. This promotes the healthiest growing environment for your lawn.

Crabgrass control should be applied before emergence of crabgrass seed. If you plan to seed bare spots this spring, be careful. The normal pre-emergence products you or your lawn care company apply will affect spring seeding results.

Professional lawn companies and/or nursery specialists can, and will, provide good advice to you. Utilize these resources to obtain the best results and to learn the proper timing of pre-emergent products. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.

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“Iowa Spring produces a wide variety of springs that are custom-made for manufacturers,” says Brian Setchell, vice president and manager of operations. “They could be grouped as agricultural, construction machinery, mechanical, overhead garage door and appliance industries, with subsets to include dock levelers and railcars.”

The main plant in Adel is framed by trees and tucked off of Highway 6 at 2112 Greene St. On April 20, Iowa Spring will celebrate the building and opening of a new plant in Adel at 301 Visions Parkway in the business park further west on Highway 6.

The company is inviting the public to an open house from 4-6 p.m., Thursday, April 20, to tour the new manufacturing location. Plant tours will be available, leaving from the main office reception area. Refreshments and hors d’oeuvres will be provided.

The new plant facility of 55,000 square feet will be outfitted with CNC machines.

“CNC is an acronym for computer numerical controlled machinery, meaning the computer’s software dictates the movement of routers, drills, lathes and so on of the machinery,” says Setchell. Use of CNC technology is growing due to the limited work force and need for increasing custom production output. The workers are given on-the-job training as their skill sets increase and are trained to work on the CNC machines in the plant.



Anthony Thomas, from West Des Moines, works the weekend shift. Being in the military, he appreciates the flexibility and the huge American flag hanging in the new plant.

“We are proud to provide a good place to work; we’ve built a good team of people, and we can’t do any of it without each one of us,” continues Setchell.

During the pandemic, when most manufacturing ground to a halt, Iowa Spring continued to operate with dedicated workers and steel mills that continued to ship to a long-standing customer with a good reputation.

Lorissa Jorgenson, human resources manager, says, “I have been here since 2012 and love working in an environment that is people-oriented. Tim, the president, and Brian and Brett, go out on the floor and know everyone’s name and ask about their ideas. We have about 160 employees over three shifts; many are from the surrounding small towns, as well as Adel.”

If interested in applying, contact: ljorgenson@iowaspring.com.

“Adel is tremendous. We have had a very successful work environment here,” says Tim Bianco, president and CEO. “We have been in Adel since 1979, and I think of this as my home. When the new plant was considered, I wanted



Examples of awards and types of springs produced by Iowa Spring Manufacturing, Inc. are showcased.



Matt Corbin, left, from Dexter, is training Dallas Adair from Polk City on the CNC machinery. He commutes because he says, “It’s a great job.”

to reinvest in our community. With the growth of the profits during the last three years, the workers were able to benefit, too, with a year-end bonus each year.” Iowa Spring is owned and operated by the son of the original founder, Jim Bianco.

“Recently, I was taking a competitor on a tour of the new building, and he asked about the garage door in the break room. I said, ‘It’s open during the summer so the workers can go out and eat outside at picnic tables.’ He was surprised.

“This organization is my family, and you want to take care of your family. We value our workers, their opinions, and the care they have for their work. That is how we are successful and can fulfill our mission of ‘a quality product, when you need it, at a competitive price.’” says Bianco. ■



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CHAMBER NEWS

By Jackie Wilson

THE CAR Store

Service bays offer opportunity for expansion.

Since 2006, The Car Store in Adel has offered a steady stream of pre-owned vehicles and plenty of mechanical service bays. Ron Plagmann started the company in 1995 with just two cars on the lot. Ron originally worked for Radio Shack but decided to sell cars — not because of a love of cars, but rather the hours.

“Iowa has a blue law where they can’t sell cars on Sundays,” explains Ron’s daughter, Angella Losee. “Dad didn’t like working electronics seven days a week, so he got a job selling cars, where he’d get a day off.”

Ron worked for other dealerships in various locations. He stayed in touch with a friend, John Cunningham, who owned Cunningham Chevy Olds Pontiac in Adel. The business was bought by Shottenkirk and moved to Waukee. The Adel lot sat empty until 2006 when Ron moved in.

Angella says the location is ideal.

“We’re right on Highway 169, and it’s very well-traveled.”

Angella started working with her dad in 2003 and later full time when moving to Adel. Several years after that, Angella joined the Adel Chamber of Commerce. Since joining, the Chamber has helped her get the word out about their business.

“It’s been beneficial. The Chamber provides a lot of opportunity to merchandise our business,” she says.

Additionally, the Chamber helps promote other businesses and services.

“During COVID, our window cleaner stopped doing business,” Angella says. “I called Deb at the Chamber, and she recommended C.A.M.S. - Cleaning and Maintenance Solutions. Now our windows look fantastic.”

The Car Store has participated in various Chamber events, including the Holiday Sip & Sample, as well as running cars in the Sweet Corn parade.

The Car Store employs four people in sales, repair and detailing. With 12 service bays, they are looking to expand with plans to hire another technician.

Ron retired in 2020 and Angella took over the business. She says it’s important to continue to do business in Adel.

“It’s grown since we moved here. People want to do business locally, and it’s awesome for the community.”

Angella cites their success started with Ron’s vision of treating people right.

“My dad’s been doing it for a long time, and he always made an effort to do it the right way,” she explains.

She recommends other business owners join the chamber. “They do a lot to promote businesses. If something’s going on, we always get emails of opportunities to get involved in Adel and the Chamber.” ■



The Car Store in Adel, owned by Angella Losee, carries on the traditions started by her father, Ron Plagmann.

OUT & ABOUT



The Adel Partners Chamber of Commerce held a ribbon cutting for the newly renovated Adel Family Fun Center on March 3.



Lacey Guiles, Riley Ostrem, Bianca Fuquey and Dusty Strunk at Adel Family Fun Center on March 3.



Mindy Smith, Amanda McCord and Amy McCord at Adel Family Fun Center on March 3.



Malycki Mañon-Sosa, Bryce Smith and Kale Smith at Adel Family Fun Center on March 3.



Mike Yanacheak and Steve Balk at the St. John's Catholic Church Friday Fish Fry on March 3.



Pat Holloway, Mike Cooper and Michael Warmuth at St. John's Catholic Church Friday Fish Fry on March 3.



Carlos Valencia and Chris Oberreuter at St. John's Catholic Church Friday Fish Fry on March 3.



Adel Kiwanis Club member Jim Marshall presents ADM Student of the Month Kylie Shafer with a certificate and gift card at the March 21 club meeting.



Janet Hromatko, of the Polk City Kiwanis Club and Lieutenant Governor of Kiwanis Division 13, visited the Adel Kiwanis Club on Feb. 28.



Adel Kiwanis Club member Jodi Kuhse with Jessica and Joseph Gomke at the March 21 club meeting.

OUT & ABOUT



Members of the Adel Volunteer Fire and Rescue held a Fireman's Dance on March 25. Attendees raised \$15,000 toward upgrading equipment.



Adel Lions Club President Del Buchman introduced new playground equipment to Meadow View Elementary students. The Adel Lions Club donated \$400 to help pay for the equipment.



Adel Boy Scout Troop 152 camped at the Raccoon Valley Sportsman's Club from March 24-26.



LTC Jeremy Smith taught basic wilderness survival skills to Adel Boy Scouts on March 25.



Adel Boy Scouts learned about hiking, fire building, cooking and water purification at Scout camp on March 25.



Dr. Kelly Sedars, Adel Family Dentistry, received a Residents' Choice certificate.



Pastor Matt Krause, Faith Lutheran Church, and Kylee Henderson, Faith's Flock Preschool, receive Residents' Choice certificates.

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16" TRAY

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SERVES APPROX
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